



April 2025 Newsletter

You Don't Need to Get in Shape to do Martial Arts

Sometimes when people find out I am active in the martial arts they will say that they would like to get into the martial arts but need to get into shape first. Another thing I hear from people who used to train but do not currently or are doing very little training currently is that they want to get back into to class more often but first they need to get into shape. To both of these comments I have in the past just accepted it on good faith that they will follow through on what they say. After a lot of time however I have seen a pattern where the vast majority of these people, however good their intentions are, do not follow through.

I believe one of the reasons people do not follow through is simply the amount of available time they have to commit between family, work and other activities. I can understand the lack of time in the day and the efforts to allocate it appropriately. If somebody is going to do something well they are going to need to have enough time to put into it. If people are not getting into the martial arts, or back into them, because of legitimate time constraints I can respect that.

However, if they are saying they need to get into shape first it seems more like an excuse to me. To get into shape a person is generally going to take part in some sort of exercise program that should include resistance (strength), cardiovascular (aerobic) and flexibility training. Here is a little secret... all of those can be part of training in the martial arts. I am not implying that a person can just train in the martial arts and not do other forms of exercise to work these three areas. I feel a person should train in the martial arts AND workout in other ways to effectively strike a level of balance in their resistance, cardiovascular and flexibility. If you are going to workout in other ways in addition to martial arts classes and are unsure where to start working with a personal trainer is a safe way to ease into a program.

Here are some brief examples of how these areas can be worked on in a martial arts class and in another workout at a gym or at home. Resistance training in martial arts can be achieved by just doing the workout getting your muscles firing with basics, forms and 1-step sparring. To increase the resistance aspect bag work and hand held target work, sparring (especially partner work with throwing or grappling). If you were to work with a trainer they could lay out a program that would be best suited toward your goals. Some options if you are doing it on your own are free weights, resistance bands, weight machines and kettle bells to work on your resistance training outside of class.

Cardiovascular exercise in the martial arts can be achieved by just doing class at a pace that pushes you with whatever drills you are doing. It is okay for your training to have some camaraderie but it should not turn into a social hour where you just work your jaw. Away from class try running or walking outside or on a treadmill. You can adjust the incline of the treadmill to push yourself more. Ellipticals and bikes are good if you want to avoid jarring impacts to your joints.

Flexibility can be achieved in your martial art classes by safely working on increasing the range of motion (ROM) with whatever techniques you may be doing. This should be a gentle process as opposed to forcing the muscle to lengthen beyond what it is able to safely do without causing injury. If you are going to stretch in class for increased flexibility it should be after working out and giving the muscles time to properly warm up. This could be a cool down period during the end of class or take the time to do it after the class is over. Stretching for





MARTIAL ARTS FOR HEALTH & WELLNESS, LLC



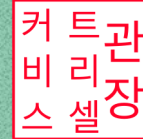
ROM can and should be done after any workouts. Another way to work on flexibility is yoga, which will also help to an extent with resistance training and proper breathing.

So the next time somebody says to you that they would like to get into the martial arts or get back into the martial arts but need to get into shape first explain to them they by joining a class or getting back into class they will get in shape. Life is too short to sit on the side lines and wait to do something or make excuses. If you really want to start something then do it now but do it at a pace that is safe for your body. As things start to get easier then start to challenge yourself more.

Take care,

Kirby Strissel

Kwan Jang - Martial Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association

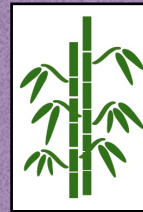


Bamboo

Continuing on with some of the symbolism in the logo we use is the bamboo. Bamboo was chosen because of two of its traits. Strength and flexibility. Bamboo is a very durable plant that is still used today in some countries for scaffolding while building modern day steel and glass sky scrapers, hence the strength. Bamboo is also a supple and yielding plant if you have every seen a bamboo forest gently swaying in the wind, hence the flexibility.

In the martial arts it is important to have a balance of both strength and flexibility in your techniques.

There are times where strength is of importance and other times where one needs to be flexible. If one relies too much on strength without being able to yield you can be over powered by someone stronger like the unmoving tree that is broken in a strong wind. At the same time if you are always yielding and giving way you can never redirect or overcome your partner's offense like the grass that gets trampled underfoot and cannot stand up again. There is a balance of strength and flexibility that we want to achieve to be both strong and yielding in our martial arts, not one or the other.



March 2025 Promotion Test Results

Int. 9th Gup White

Liam Cummins
Owen Cummins
Arlo Petersen

Adv. 9th Gup White

Noah Boswell
Aren Fahradyan
Caleb King
Julieta Petrussek

Nov. 8th Gup Yellow

Anisha Bathla
Savannah Boswell
Harry Zhang

8th Gup Yellow

Jimmy Chang
7th Gup Yellow
Ishaan Anavekar
Nelson Stille

Int. 7th Gup Yellow

Thomas Banda

Adv. 7th Gup Yellow

Caleb Banda
Lucas Fontana
Max Maurer

6th Gup Green

Isaac Feenstra
Elizabeth Hillebrand

5th Gup Green

Aanav Jayakar
Aaryav Jayakar
Arthur Mielke

Int. 5th Gup Green

Charles Schotland

Adv. 5th Gup Green

Cyrus Choung
William Kopyievskyi
Shane Petersen
Charles Wang
Sophia Wang #0

Nov. 4th Gup Blue

Laith Alasadi
Dhruv Bathla
Karlee Mielke
Philip Kopyievskyi
Ivan Petersen

4th Gup Blue

Theodore Li

Nov. 2nd Gup Red

Jayden Batson
Sylar Choung

2nd Gup Red

Jameon Petersen

2nd Poom Dan

Adrian Russi

Next Testing: June 12, 2025

