



March 2026 Newsletter

Repetition = Reflex

“How many times should we do this?” This is one of the most common questions I hear from students when they start to practice a drill to develop a specific technique. The honest answer is thousands of times but we do not have that much time in one class. We do however have enough time to take a technique and work on making it become a reflex.

Through repetition a technique will become ingrained in the muscle memory and become a reflex. This along with proper execution should be the goal when teaching or learning new techniques. The minimum number of repetitions should be 10, which in fact is just enough to get a person warmed up with a new technique. After around 100 repetitions a person will usually remember the technique the next class. To become a reflex it will take around 1000 repetitions.

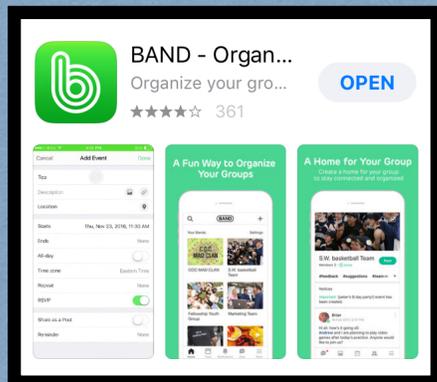
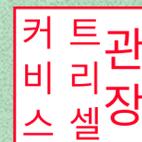
Variety in how the students practice the technique will help maintain interest while increasing the number of repetitions in each class. Take for instance front middle kick. Before even getting into the workout the motion of doing high knee lifts as a warm up can help prepare the students for the kick later in class. During basic movements the technique can be practiced moving up the floor. Any forms that have front middle kick in them are another opportunity for practice. Drill the kick by choosing a 1-step sparring technique using the front middle kick. Bag work and kicking targets are great opportunities to work on the technique with some physical resistance as opposed to just kicking the air. Coming up with combinations using front middle kick in them and using them during sparring drills. As a cool down practicing slow front middle kicks to work on balance and proper form.

These are just some basic ideas on how to take one technique and have students drill on it throughout class. This will help the students develop the muscle memory and be able to make the techniques a reflex.

Take care,

Kirby Strissel

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



Hey, join our 'Martial Arts For Health & Wellness, LLC' group on BAND - The app for groups and communities!

<https://band.us/n/aea5Actau5P3f>

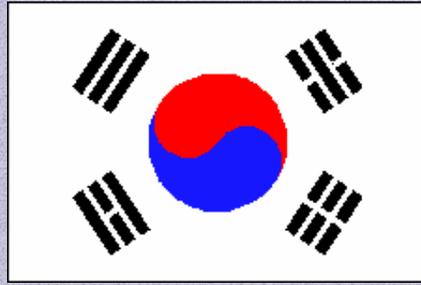
If you have not yet please download the BAND app to your smartphone. I will be using this as another communication method for updates about last minute changes that may affect class schedules. You can join the group at the above link.





Symbolism Of The South Korean Flag

The flag of South Korea, or Taegeukgi has three parts: a white background; a red and blue taegeuk ("Yin and Yang") in the center; and four black trigrams, one in each corner of the flag. King Gojong proclaimed the *Taegeukgi* to be the official flag of Korea on March 6, 1883.



rendered in red, in perfect balance. Together, they represent a continuous movement within infinity, the two merging as one.

The white background symbolizes "cleanliness of the people."

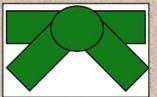
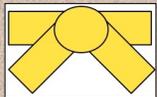
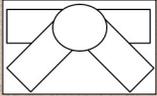
The taegeuk represents the origin of all things in the universe; holding the two principles of "Yin", the negative aspect rendered in blue, and "Yang", the positive aspect



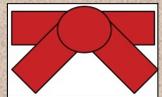
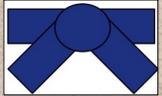
The four trigrams originate in the Chinese book I Ching, representing the four Chinese philosophical ideas about the universe: harmony, symmetry, balance, circulation.

The general design of the flag also derives from traditional use of the tricolor symbol (red, blue and yellow) by Koreans starting from the early era of Korean history.

Thursday March 12, 2026 Promotion Test



White Belts	5:00 PM
Yellow Belts	6:00 PM
Green & Blue	7:00PM
Red Belts	8:00 PM



There will be no regular class on test night for white, yellow, green and blue belts. Red and black belts can and should attend the red belt testing to assist with any red belts testing and prepare for future testing this evening.

If you have any questions contact Kirby Strissel.

KOREAN MARTIAL ARTS TERMINOLOGY: COUNTING 1-10

<u>English</u>	<u>Korean</u>	<u>Pronunciation</u>	<u>English</u>	<u>Korean</u>	<u>Pronunciation</u>
One	하나	hana	First	일	il
Two	둘	dul	Second	이	ee
Three	셋	set	Third	삼	sahm
Four	넷	net	Fourth	사	sa
Five	다섯	taset	Fifth	오	oh
Six	여섯	yaset	Sixth	육	yuke
Seven	일곱	ilgope	Seventh	칠	chill
Eight	여덟	yadoll	Eighth	팔	pawl
Nine	아홉	ahope	Ninth	구	koo
Ten	열	yawl	Tenth	십	ship

