



## August 2025 Newsletter

### Filling In The Gaps

Most, if not all of us, started our martial arts journey in just one art. Later on in our training we may have found areas that our core art was lacking. I hear some people claim such-and-such is a complete art because it entails striking/blocking, joint locks/throws, groundwork, weaponry, ki development, etc. It may be complete since you are getting a little of all those elements but are you going to have the same skill level as a person whose focus is on one or two of these elements? Probably not.

I am not going to push or promote one art over another or even certain arts for certain skills here. However, if you take an honest look at what your practicing you will come across areas where your skill level is lacking. Depending on what your goals within your martial arts training are this may not matter. However, to help fill in these gaps cross-training in another art can be a very effective and enjoyable way to expand your knowledge. I personally think it is important to at least have spent enough time in one art, your core art, to have achieved the rank of black belt before starting to cross train in another art.



**Throwing and Grappling**  
Judo



**Blocking and Striking**  
TaeKwonDo



**Staff**  
Weaponry

It does not mean you need to reach black belt level in that art but it is important to spend enough time in the new art to truly get a grasp on the material. I have seen people who spend a few months doing one art, then jump to another art, then jump to another art and just continue to train in this way. This is just giving them a very brief introduction into the material they are training in. The only way to truly learn the material is by putting in the blood, sweat and tears by training until the techniques start to become a reflex.



**Joint Locks**  
Hapkido







# MARTIAL ARTS FOR HEALTH & WELLNESS, LLC



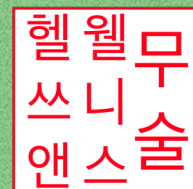
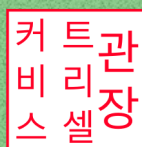
For those of us that are instructors it is important to be honest about your arts strong points and weak points with students. The days of trying to pass off one art over another should be gone by now but unfortunately you still come across it. Instead of trying to pass off whatever art it is we teach as the best one we should be willing to learn to fill in the gaps our own training, AND BE HONEST about where the material came from. We should also be willing to refer our students to other instructors who can help to fill in some of the gaps that are found in the training that we are not qualified to cover.

The martial arts can be a lifelong journey. During that journey it is important to be dedicated to training yourself and your students if you are an instructor. It is also important to try and grow in the areas our skills may be lacking. By cross-training we have a chance to grow as a martial artist.

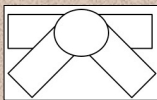
Take care,

*Kirby Strissel*

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

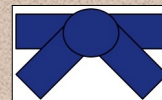


## Thursday September 11, 2025 Promotion Test



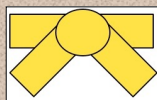
White Belts

5:00 PM



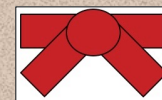
Yellow Belts

6:00 PM



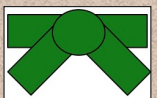
Green & Blue

7:00PM



Red Belts

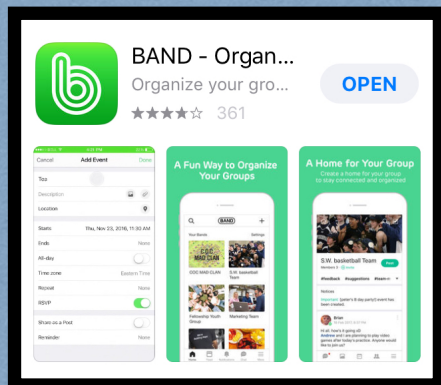
8:00 PM



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



If you have any questions contact Kirby Strissel.



*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.

