



## January 2022 Newsletter

### Change The Routine - Part 2

Last time we started to look at taking a skill set, kicking technique, and working on it in simple drills, 1-steps or on a target. The next week we would move into applying the technique in combinations with a partner. Once students are comfortable doing these controlled drills the next step is to try and apply the combinations and techniques that work for them in free sparring.

As individuals we will all have different techniques that “work” for us. We need to try and help each student find the techniques that “work” for them and apply them in their combinations. This does not mean that we should neglect the techniques that do not come as easily. Our goal should be to competent at all the techniques but take the ones that “work” for us and excel at them.

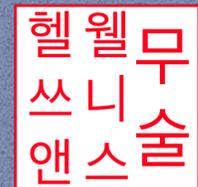
When it’s time to move away from the above example I may focus in more on forms (overall technique and application) or self-defense techniques for a few weeks. I will try to have my focus shift between the three broad categories of forms, sparring and self- defense. By doing this my goal is to help the students refine techniques in the hopes that they will take the information and work on applying it in future classes and their own private workouts.

Sometimes instructors will try to cover too much in one class. This does not allow the students to retain the finer details of whatever is being worked on if they are constantly changing to different activities throughout the class. By shifting the focus of the workouts from one area to another every few weeks we can work on building good foundations in forms, sparring and self-defense techniques.

Take care,

*Kirby Strissel*

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



### December 2021 Promotion Test Results

**9th Gup White**  
Jameon Petersen  
Shane Petersen  
Michael Traynor III

**Int. 9th Gup White**  
Natalie Hanna  
Ivan Petersen  
Jaxon Sorensen

**Adv. 9th Gup White**  
Devin Bill  
Theodore Li  
Jefferson Martin

**8th Gup Yellow**  
Kaelyn Bill  
Kennedy Martin  
Rowyn Martin

**7th Gup Yellow**  
Dalia Sharaf

**Adv. 7th Gup Yellow**  
Catherine Li

**6th Gup Green**  
Siri Kirkeby  
Marcus Light

**5th Gup Green**  
Dhara Kannan

**Int. 5th Gup Green**  
Khayyam Shuja

**4th Gup Blue**  
Ellie Dickinson  
Adrienne Howe

**Int. 3rd Gup Blue**  
Christopher Kang  
Adrian Russi

**Nov. 2nd Gup Red**  
Isaac Russi  
Zackary Wallace

Next Testing: March 3, 2021





## Perseverance

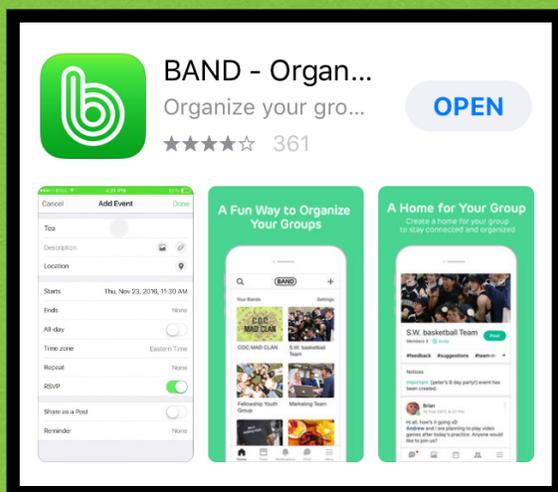
The Chinese character on the logo was chosen for what it means. There are a handful of meanings for this character but the three that are of importance here are:

- Perseverance
- To Persevere
- To Endure



All of these can be interpreted to mean facing and working through a challenge or difficulty. In the martial arts we are faced with this in the course of our training. This can come in the form of learning a new technique or form, working around an injury, sparring against a more skilled partner or just taking that first step to begin training in the martial arts. What we learn and do in class as we face and overcome these obstacles will have an affect on our development in the martial arts.

But, we are not trying to just make good martial artists. It is more important to become a better person. Hopefully we can overcome these challenges in our training but more importantly take these lessons and apply them to other areas of our life such as school, work and relationships with others.



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

<https://band.us/n/aca54fn7Ma774>

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.

