



MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

February 2026 Newsletter



To Break Or Not To Break

One of the activities that can be common to martial arts depending on the style is breaking. TaeKwonDo is one art that breaking is often a component of but it can vary greatly from school to school how much of the program is dedicated to it. The material broken can be boards, bricks, patio block, roofing tiles, or other items of the instructors choosing. What is the purpose of breaking these items when a saw or sledgehammer would be the more appropriate tool? It can be done as a competition between students or as a way to test oneself.

Personally I think it is an important aspect of training for the student but not when it is used as a competition between students. The goal when I have students practice breaking is not to see who can break the most or do the most difficult technique. The goal is to give the students the option to try breaking to test their technique against something other than the air or a bag and more importantly to test themselves mentally. I give the students the choice to try if they would like to but encourage them to all try.

The reason I give the students a choice to try when we practice breaking in class is because I understand they may not enjoy breaking or are nervous about trying. The biggest challenge with breaking is usually not the physical aspect but rather the psychological aspect of breaking. With a little training almost anyone will be able to break a board. The challenge is overcoming the doubt in one's mind. Most unsuccessful breaking attempts occur because the person does not fully commit to striking through the material being broken. They will hit the material they are attempting to break but will often times pull the technique up short instead of fully striking through the material being broken.

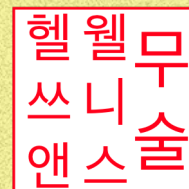
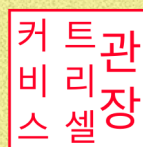
What is the benefit to having students try to break boards? To help them see a goal in front of them and committing to following through on it even if they are unsure they can do it. The board in the case of breaking is the goal and can be a symbol for anything else in life they want to achieve. The student needs to commit to what they are doing and follow through completely to achieve their goals. In life we all come up against challenges that we may be uncertain about. In class breaking is an opportunity for the students to face a small challenge and overcome it.

What if a person does not successfully break? It does not really matter. Breaking is just one aspect of class and another opportunity will come up down the road to try again after more practice. If the board does not break today it is an opportunity, not a failure, to learn from and try again in the future. If we do not meet success when we attempt something, especially the first attempt, it is only a failure if we do not learn from the experience. I hope students can take the practice of board breaking, trying and succeeding or trying and learning from the experience to try again in the future, and apply to other challenges they face in life.

Take care,

Kirby Strissel

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





Below is a list of resources on some of the martial arts that have influenced our program. Some are easy to come by but some are more difficult to find. The first one is a link to an excerpt from a book I have not been able to find but is full of good historical information.

RESOURCES ON THE HISTORY OF

Tae Kwon Do - Tang Soo Do - Kong Soo Do

http://martialartsresource.com/anonftp/pub/the_dojang/digests/history.html

Taekwondo History By Dr. He-Young Kimm

Taekwondo: Traditions, Philosophy, Technique by Marc Tedeschi

Complete Tang Soo Do Manual Volumes 1 by Ho Sik Pak

Complete Tang Soo Do Manual Volumes 2 by Ho Sik Pak

Tang Soo Do: The Ultimate Guide to the Korean Martial Art by Kang Uk Lee

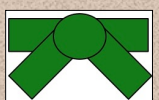
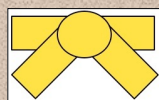
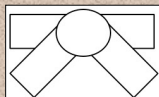
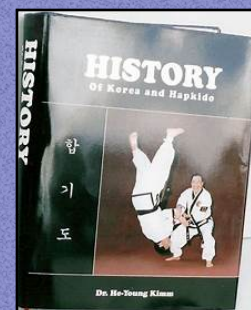
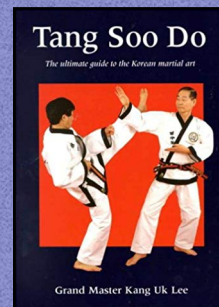
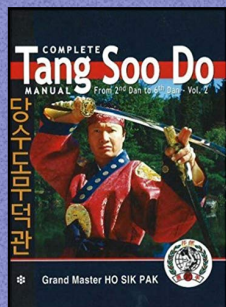
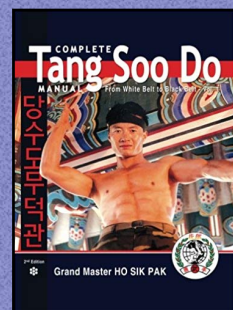
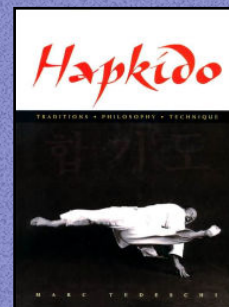
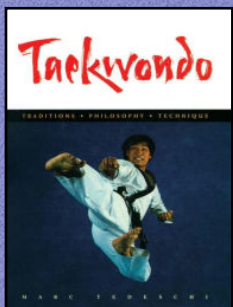
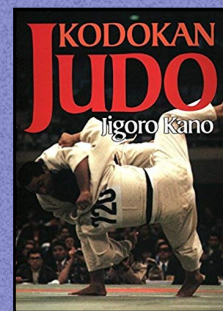
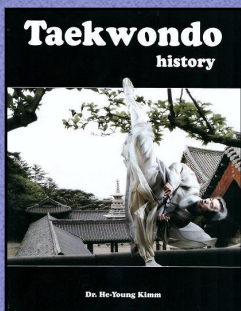
Hapkido

History of Korea and Hapkido By Dr. He-Young Kimm

Hapkido: Traditions, Philosophy, Technique By Marc Tedeschi

Judo

Kodokan Judo By Jigoro Kano



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.

