



## November 2022 Newsletter

### Being Disciplined In Your Training

What does it mean to be disciplined? Disciplined is defined as showing a controlled form of behavior or controlled way of working. In the martial arts students are expected to control their behavior, not acting wildly before/during/after class, and conduct themselves in a respectful manner with their peers and instructors. The second part of the definition is what we are looking at right now, controlled way of working. In this case how they approach their training.

In class there are certain expectations of how people approach their training. This can be viewed as a spectrum or range going from not trying at all moving all the way up to a very focused intent on what is being done. Most people are going to fall somewhere between these two extremes but hopefully leaning more toward having a very focused intent on what is being done. The important thing is to be consistent in how one approaches training. If one is not really putting any effort into class on a regular basis and only trying when they think it matters, usually promotion tests, it is going to have a negative effect on the results of their training.

In the past this has happened countless times where a student does not try in class regardless of how the material is being presented that they need to learn and be able to demonstrate with a certain level of competency to advance in rank. This person may be doing well enough to be allowed to test, which is a privilege one earns not a right, based on their training in class. On test day when the student thinks it matters they will suddenly look like a different person compared to their normal performance in class. Sometimes even looking great compared to how they usually perform.

The difficult part is even though they may have had what appeared to be a great performance compared to how they normally look it may not be enough to be promoted to the level they were hoping to be promoted to. Why? Because testing is done objectively based on minimum expectations for how the techniques and material are performed. Even though somebody may look good at testing compared to how they normally look in class it comes down to how well are they performing the material to meet the standards for the various ranks.

In the past this situation played out with a child who was not putting in the effort they were capable of in class but looked quite good at testing and earned the rank they received, but not good enough to get the rank they were hoping for. After their performance I told them I was proud of them and that was what I wanted to see from them in class. Instead of a thank you they said, "I know. I did that today because testing mattered." Unfortunately for them their performance did not earn them the rank they wanted.

Every once in a while a parent of a student or a student will express frustration over not getting the rank they thought they should have. Rank is earned through practice not given just for showing up. Being disciplined in how one approaches their training during class is going to have a greater effect on how they perform at testing rather than just trying hard on test day. More important than promotion testing though people need to be disciplined in how they approach other challenges in life such as school and work. The hope is we take what we are learning in the martial arts, in this case discipline, and apply those lessons to other areas of our life to be a better version of who we are.

Take care,

*Kirby Strissel*

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

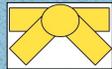
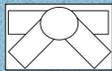
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## Thursday December 15, 2022 Promotion Test



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



There will be no regular class on test night. We will use this evening for those students that are testing. Feel free to attend another class earlier in the week if you normally just attend Thursdays.

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/a9a67ef6zeA11>

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.

## KOREAN MARTIAL ARTS TERMINOLOGY: COUNTING 1-10

There are two different ways used to count from 1 to 10 in Korean. Below are both ways along with how the number can be pronounced.

English	Korean	Pronunciation	English	Korean	Pronunciation
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

