



MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

August 2026 Newsletter



Self-Defense Skill or Martial Art Skill?

Often times what looks good in the movies or in a public martial arts demonstration has a lot of flare to it. Bodies flying through the air and crashing to the ground in a heap. Wrists or elbows being locked and twisted causing someone to scream in pain before being driven to the ground. The defender leaping into the air to deliver some sort of flying kick to their aggressor. All of this could be done in a self-defense situation however the skill level required to achieve the above results or the risk associated with that approach to self-defense should be considered.

There are many different techniques that students will learn in their training. There is a time and a place where those techniques could be used. Sometimes the skills that are being taught are more a part of the martial art and have benefit to the student such as, learning body control, balance, etc., but may not be the best technique to perform if one was actually needing to defend oneself. Most of these techniques that are part of the martial art but maybe not the best option for a self-defense situation are taught at the higher levels.

So what techniques are better geared toward a self-defense situation? Probably the skills one learned at white, yellow, and green belt will give a strong foundation to work from. Some of our basic techniques and their variations are what we should strive to learn and execute well. With diligent practice these techniques can form the foundation for your self-defense tool box but also allow you to be able to better perform some of the more advanced and flashy skills we work on that may be better used as a training tool for oneself rather than a tool to try and use when you need to defend yourself.

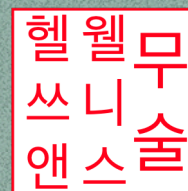
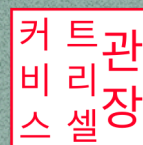
The basic escapes from a wrist grab, basic arm bar, wrist lock, and a few other techniques should really become the foundation of your self-defense tool box. There are plenty of variations on these techniques as well as defenses from various setups. Some techniques that may be better left in the realm of martial art skill are the inside wheel throw and outside wheel throw as well as many other techniques that take a higher level of skill to perform. There is still something to be gained from training these techniques but the reality of being able to execute some of the higher level techniques against a non-compliant aggressor is slimmer in a self-defense situation when one's fight or flight response kicks in.

As a practitioner of the martial arts hopefully you will never need to use the skills you are learning in a self-defense situation. However, if the need arises know that the techniques you learn earlier in your training should become a reflex when reacting to an attack. Keep training in the whole art and work all the skills but take the time to develop the lower level skills to a point of excellence.

Take care,

Kirby Strissel

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





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:

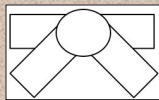
- Perseverance
- To Persevere
- To Endure



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.

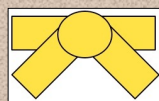
But, we are not trying to just make good martial artists. It is more important to become a better person. Hopefully we can overcome these challenges in our training but more importantly take these lessons and apply them to other areas of our life such as school, work and relationships with others.

Thursday September 10, 2026 Promotion Test



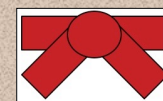
White Belts

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.

