



## June 2026 Newsletter

### Throwing an Empty Jacket

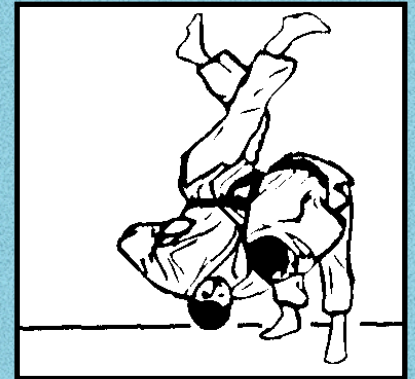
One of my old Judo instructors used to say that when you do a throw correctly it will feel like you are throwing an empty jacket. What he was implying was that if the technique is executed correctly it should feel effortless. This can be applied to any technique though be it a punch, kick, block, joint lock or anything else.

One of the students recently asked, "So it shouldn't hurt when I do this?" The short answer is yes. The why is a little more complicated. The body uses pain as an indicator that something is wrong. By pain I mean true pain caused by improper technique not the sore or achy muscles from learning a new technique. Often times improper technique involves the joints not being aligned properly.

Trying to perform a technique too quickly is usually what causes people to have poor joint alignment for the technique. When punches and kicks hit targets or bags with improper technique it will lead to a jarring feeling in the limb and pain in the joints. Joint locks and throws can be a little more problematic because we are not only moving our body but another body too. Usually the shoulders, backs and knees are the joints that can be affected if improper technique is used.

The key to fixing any problems with technique is to slow down and practice at a slower speed with proper form and execution. Any strikes or kicks should have a pop or snap when the target is hit followed by a fluid recoil of the limb. Joint locks and throwing techniques should be able to be performed slowly with no discomfort in the shoulders, back or knees when executing the technique.

An example of slowing down leading to better technique happened recently in class when some of the students were doing board breaking. A few students were coming in too fast with sloppy technique to hit the board and try and break it. After getting them to slow down and think about what the technique should look like all of them were able to break the board with less physical effort.



Another example that is always fun to see happen is when practicing throws where people are struggling with it at first but then slow down. When the technique is done correctly it is sometimes a double shock. The person doing the technique is surprised at how easy it was and the other person is surprised because of how quickly they were thrown because they did not even feel it until they were on the ground.

If you are every struggling with a technique and not able to make it work for you try slowing down. Go through the motions slower without forcing the technique to happen. In time with diligent practice you will have that effortless feeling of throwing an empty jacket.

Take care,

*Kirby Strissel*

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

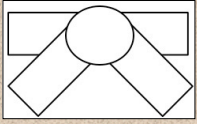
관장  
스트리셀  
키르비

무술  
스트리셀  
헬스웰스



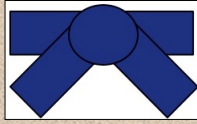


## Thursday June 11, 2026 Promotion Test



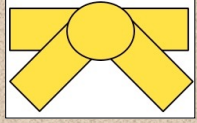
**White Belts**

**5:00 PM**



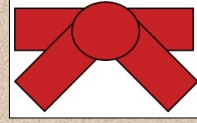
**Yellow Belts**

**6:00 PM**



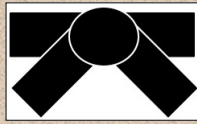
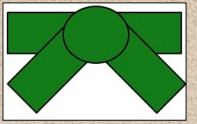
**Green & Blue**

**7:00PM**



**Red Belts**

**8:00 PM**



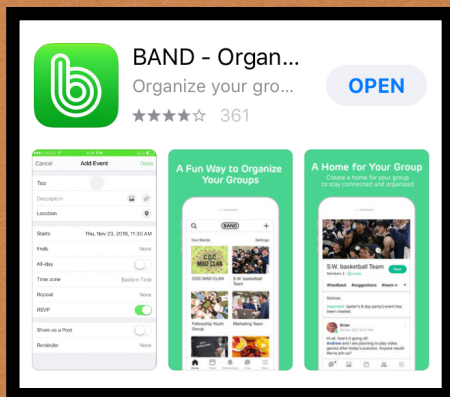
There will be no regular class on test night for white, yellow, green and blue belts. Red and black belts can and should attend the red belt testing to assist with any red belts testing and prepare for future testing this evening.

If you have any questions contact Kirby Strissel.

## Water Bottles



Please remember to bring your water bottle or send one with your child to class. As we get into warmer temperatures we want to keep everybody hydrated.



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

<https://band.us/n/a0abbf2489p8W>

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.

