



May, 2011

**MAY
TUITION
IS DUE**

Happy Birthday to:

Ms Ann Marie Hernandez
May 2

Mr. Sultan Jaouhari
May 8

Mr. Chase Hernandez
May 14

Mr. Joshua Moore
May 22

Mr. Samuel Kaucher
May 26



**HITT TOURNAMENT
RESULTS**

Congratulations to all who competed in the recent Houston Invitational Taekwondo Tournament. It was great to have the Johnston family, back home from Florida, compete with us. WAY TO GO Mr. Moore.....Grand Champion.....AGAIN! !!

	Patterns	Sparring	Breaking	
Mr. Dan Moore	2nd	1st	1st	Grand Champion
Mr. Rainer Horn	-	2nd	-	
Mr. Mitch Horn	-	2nd	-	
Mr. Dillon Hernandez	-	2nd	-	
Ms. Ann Hernandez	3rd	1st	-	
Mr. Chase Hernandez	-	1st	-	
Mr. Dan Johnston	-	-	-	
Mr. Evan Hernandez	1st	1st	-	



Tournament pictures and sparring videos are on the "Picture" tab of our website.....check it out!

Be sure to make it to every class as our next tournament is May 7th in Austin. Tournament registration forms are on our website, www.moore-eagletkd.com. Make plans to come and compete, or come in support of our Eagle "family"!



Other Upcoming Events

**May 20 - 22, 2011
Instructors Course**
(Red belts and higher)

Clearwater, Florida

INSTRUCTORS

Mr. Dan Moore
281-795-1229 (c)
moore5518@yahoo.com

Mr. Josh Moore
J-mo-12@hotmail.com

Mr. Bill Bell
713-478-4646
bellbw@comcast.net

CLASSES

Clear Lake Christian Academy
14325 Crescent Landing Drive
T/TH 6:00- 7:00 pm

INFORMATION

For more information, visit our website at www.moore-eagletkd.com

How to Correct Mistakes in the Ring

By Benjamin Paris from blackbeltmag.com

Signaling Your Opponent

Sometimes, being predictable is a mental issue: Without realizing it, you choose to do the same thing every time. Other times, it's a physical issue: You provide visual cues that betray your intentions. Or a lack of flexibility or poor technique forces you to commit to an attack early enough to forewarn your opponent. No matter the specifics, signaling him about what's to come is never good.

The fix: To overcome this problem, you must first realize that you suffer from it. If you're giving away your intentions, you probably aren't aware of it, but someone else might be. Ask a classmate to watch you spar, or watch a videotape of yourself.

Doing something to rectify the problem is harder. If your visual cue is because of a lack of physical ability, you can try to improve your ability, but that takes time. A faster way of overcoming the problem is to work within your current ability and change your tendencies by throwing more fakes. For example, if you always shift your front foot out before executing a rear-leg roundhouse kick, you should occasionally shift your front foot out and not kick. After a while, shifting your front foot will no longer indicate that you're planning to kick. Then, when the time is right, you can shift your foot out to initiate the kick without giving it away.

If you're signaling which technique you'll use because of a habit you've developed, you can try to break that habit. However, know that changing a psychological habit can be even harder than overcoming a physical limitation. So, as good instructors teach, if you cannot get rid of your habit, use it. If you drop your hands before kicking, drop your hands and don't kick. After a while, your "habit" will cease to be an indicator of anything.

A more sophisticated method of dealing with habits is to consciously use them to lure your adversary into a predictable position. If he's a good defender, he'll pick up on your habits, but if you know what he's doing, you can switch to a technique that can be thrown from that same position.

The strange thing about using your opponent's counterattack against him is that it's more likely to succeed if he's skilled at defense. Bad defenders don't notice your tendencies, and so they won't react to them. Good defenders notice what you're doing, but if you notice that they're noticing, you can use their perception against them.



Verse of the Week - Sir, Learn & Listen

"... Be quick to hear, slow to speak . . ." James 1:19

There's no doubt about it, men and women are very different. By nature men are "fixers"; fix the TV, fix the leaky tap, etc. So it comes as a shock to most men when it seems like their wives would rather talk about the situation than fix it. Indeed, just having him sit and listen attentively to how she feels about it often changes her entire outlook. Has the situation been resolved? Not necessarily. But an important need has been met. The man who used to hang on her every word when they were dating has suddenly returned showing that her feelings, thoughts and struggles really matter to him. Then man who learns this sooner rather than later, finds himself with a happy lady.

Often our prayers do not seem to change the circumstances, yet we feel much better when we have prayed. Why? Because we have shared it with One Who is able, and cares enough to listen; so we walk away with a changed outlook. Paul writes, *"Husbands, love your wives, as Christ loved the church and gave Himself [His time, His attention, His support, His encouragement, and His life] up for her" (Ephesians 5:25).*

Isn't it amazing how many men can soar in their careers, yet be clueless about this! Sir, it's not too late to learn! But be warned, the first time you attempt this do not be surprised if your wife gets suspicious, looks confused or collapses and has to pick herself up off the floor. Her reaction will be in proportion to the length of time you have been emotionally absent. Hang in there. Give it time. *"Love never fails . . ." (1 Corinthians 13:8).*

