



September 5, 2010
**SEPTEMBER
 TUITION
 IS DUE**

**CLASS TIME
 CHANGE**

In order to fit into the other programming at our current facilities, our class will meet
**Tuesdays & Thursdays,
 6:00—7:00 pm**

**UPCOMING
 EVENTS**

**Midlothian Invitational
 TKD Tournament
 Sept. 11
 First United Methodist
 Church
 Midlothian, Tx**

Happy Birthday to:

**Mr. Skylar Hoke
 September 21**

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

BECOMING A CHAMPION

www.tkd-itf.org

Sparring

Although Taekwon-Do is a defensive art, training by the practical application of techniques against a real adversary is very important and is an excellent way to check what a student has learned. During sparring, he or she will test skills acquired, learn to recognize and, with practice, anticipate the opponent tactics; sparring builds self-control, self-confidence, and courage. There are two types of sparring: step sparring and free sparring.

Step Sparring:

Step (or prearranged) sparring is planned by the players. They agree on the rules, such as the number of steps to be taken, the target to be attacked, the tool to be used, etc. There is no contact; the purpose is to develop control by stopping just short of the target. There are three levels of step sparring: 3-step for beginners, 2-step or intermediate, and 1-step or advanced. The goal is to help the student understand the purpose of the movements, to master interaction with the

Free Sparring:

Free sparring is not pre-arranged. There is no prescribed number of steps or movements. It is essentially open combat with controlled attacks using all available means and methods. In order to prevent injury, protective equipment is worn. The teaching of free sparring is in the program starting at the yellow belt level. According to the rules, the attacker must stop the attacking tool just before reaching certain vital spots. Only blows that stop two centimeters from a vital spot are counted. The evaluation of free sparring is based on accuracy, speed, timing, distance, and quality of technique executed. Balance, blocking and dodging skills, and attitude are also very important. Because each of the participants is free to move and attack, free sparring encourages the development of strategies for attack and defense, while improving speed and timing. Since free sparring is practiced as a non-stop fight that may consist of one, two or three rounds, being in top physical condition is very important. The ITF has distinct rules and a system for free sparring in tournaments. Both hand and foot techniques are allowed, and good fighters use combination and flying techniques. These fights can be really spectacular.

Kingsland Color Belt Tournament Results

Congratulations on all who competed in the Color Belt Tournament at Kingsland a few weeks ago. Below are the results from the tournament. Be sure to check out the tournament photos and videos on our website, www.moore-eagletkd.com/Pictures.html

Competitor	Patterns	Sparring	Breaking
Mr. Dillon Hernandez	2nd	1st	
Ms. Ann Hernandez	3rd	1st	
Mr. Chase Hernandez	---	1st	
Miss Lexi Hernandez	3rd		---
Miss Whitney Moore	2nd	2nd	3rd
Mr. Sultan Jaouhari	1st	2nd	1st

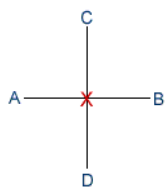


THE INTERNATIONAL TAEKWONDO FEDERATION

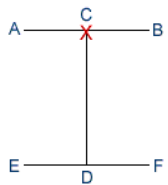
www.tkd-itf

Patterns

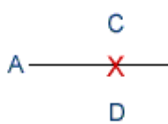
General Choi developed 24 Taekwon-Do patterns—24 to correspond to the 24 hours in the day, a continuously repeated cycle that represents eternity. He named each pattern (except Chon-Ji) after important people in Korean history, as a reminder of the importance of honoring and cultivating respect for those who have accomplished great things. A Taekwon-Do pattern is a choreographed sequence of fundamental movements in an imaginary fight against one attacker or several. The execution of the movements requires the application of the Theory of Power. Correct breathing generates internal energy, which increases power. The patterns must be performed precisely and smoothly; the overall effect should be one of harmonious, perfectly-controlled movement. By practicing the patterns diligently, students can improve their memory skills, ability to concentrate, muscular development, physical coordination, and sense of balance. As explained in the section Fundamental movements, ITF techniques have evolved continuously. Important modifications occurred when General Choi introduced the concept of wave movement, which is the principle for the development of power by generating a maximum of speed and mass through relaxation, breathing, and hip movements, and his insistence that movements be executed with solid and graceful stances. Precisely-detailed descriptions of all twenty-four patterns are found in the Encyclopedia of Taekwon-Do. In order to explain the importance of understanding the philosophical aspect of the teaching of ITF patterns, here is a brief introduction to three of the 24 patterns:



Chon-Ji is the first pattern a student learns at the beginning of his training. Translated literally from the Korean, Chon-Ji means the heaven and the earth. This pattern reminds us that we human beings are just one element in the universe. Hence the importance of recognizing our place in the universe and living in harmony with the environment and respecting the universal laws such as Ying and Yang. General Choi describes Chon-Ji in nineteen precisely-detailed steps.



Dan Gun is the second pattern in the ITF system of patterns. It is named after the holy Dan-Gun who, according to legend, founded Korea in 2333 B.C. The diagram for Dan Gun evokes the student and the scholar. In the Middle Ages, scholars were the elite of Korean society and were held to a very high standard. Students today would do well to show the same dedication.



Po-Eun is a more advanced pattern and is introduced at the Black Belt level, 1st degree.

Po-Eun is named for Chong Mong-Chu, a 13th Century Korean poet famous for his poem I would not serve a second master, though I might be crucified a hundred times and who was also a pioneer in the science of physics. General Choi chose this name and the diagram, which signifies unique, to emphasize the importance of loyalty.



Verse of the Week - ALL IN THE FAMILY

"Be kind to one another, tender-hearted." Ephesians 4:32

The average couple spends about 37 minutes a week in meaningful communication. They spend 5 times more each day watching television! No wonder we're in trouble! Like anything else, good communication doesn't just happen; it must be developed, and that takes time and effort. Want to communicate better? Here's how:

1. Build platforms for communication. Be creative. Take walks together as a family. Call your partner during the day. Try to meet for lunch once a week. Offer to drive the kids to soccer practice so you can talk to them. Communication can happen anywhere.
2. Control communication killers. TV's and phones are the chief culprits. Restrict the time you give them and you'll be amazed how much more time you'll have together.
3. Encourage honesty and transparency. Differences of opinion are healthy and normal in any family. Encourage every member to speak his or her mind, and when they do, don't criticize or retaliate.
4. Adopt a positive communication style. Be conscious of the way you interact with your family. You may unwittingly have adopted a style that stifles communication. The fastest way to do this is to: (a) retaliate - that has a degrading effect; (b) dominate - that has an intimidating effect; (c) isolate - go off in a huff; that has a frustrating effect. Instead, cooperate - that has an encouraging effect. If you're in the habit of using any communication style other than a cooperative one, start working immediately to change it. You'll have to, if you want to build a good relationship with your family.

