



Newsletter #9
March 2007

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Calendar

March 24
Competition, Toronto

May 12
Competition, Aylmer
No classes or Dragon
training

New Black Belts

In November 2006, three of our senior students tested for their black belt. Congratulations to Matt Plescia, Maddie Hille and Nick Lyon on attaining their 1st Dans. Now a new journey begins!

Promotions

Over 50 students were promoted to their next Gup rank in the past 3 months. Congratulations to all.

New Members

Several new students have joined our club since Christmas. Welcome to:

Ron Anderchek
Austin Boyd
Erica Buffam
Julien Daigle
Lesley Doy-Yat
Letitia Doy-Yat
Lukas Doy-Yat
Marilyn Doy-Yat
Steven Macinnis
Blair Murphy
Matthew Murphy
Noah Solomon

Note: Ron Anderchek is a returning black belt. We are very pleased that he has joined our school.

March Seminar

On March 17, several students participated in a fun-filled, day-long skills and drills taekwon-do seminar, hosted by Master Fu in Aylmer, Quebec.

Competitions

The Master of the Arts Tournament will be held on March 24 at Humber College in Toronto.

Master Fu will be holding his annual Friendship Tournament on May 12 in Aylmer, Quebec.

Everyone is encouraged to attend. Please see Sabuhmnim for entry forms.

Dragon Team

Reminder: The Dragon Demo Team meets every Saturday at noon for one hour.

Sparring Gear

Sabuhmnim has several sets of sparring gear for sale.

Please ask if you need equipment.

Fundraiser

Thank you to the Dragon Team for a wonderful performance of patterns, self-defence routines and board breaking at the February fundraiser.

Sparks Taekwon-do and the West Carleton School of Performing Arts performed all afternoon, to a large audience.

All proceeds from the event were given to the National Eating Disorder Information Centre to increase awareness of eating disorders.

Power Theory

Where do martial artists get the power to break boards and bricks? There are 6 components to power theory – 6 things you can use to improve your own power.

M – Mass

A larger person can push you more easily than a small person. The mass of something affects power.

If you drop a piece of paper on your foot, it will not hurt. If you drop a 300-page book on your foot, it will hurt more. The book has a larger mass and more power when it drops.

You can increase muscle mass by exercising but you cannot change your mass significantly or quickly. Some of us are heavyweights and some are lightweights. But, you can use the other 5 components of power to improve your own power.

R – Reaction Force

Newton's Law of Physics states every action has an equal and opposite reaction. You can increase your power by adding reaction force to it.

Try punching a target with your right fist. Now, extend your left hand before you punch with your right. As you punch with your right hand,

draw your left hand into the chamber, the way we do when we practise. Notice your punch has more power when your left hand provides reaction force.

S – Speed

By adding speed to your punches and kicks you can improve their power. A faster kick will move a target further than a slower kick executed with the same foot (or mass).

Consider a bullet. If you throw a bullet at a wall, it will hit the wall and drop. If you fire that same bullet with a gun, the bullet will travel much faster than it will when you throw it, and it will embed itself or go through the wall because at a higher speed, the same bullet has more power.

B – Balance

Have you ever been asked to make your stances wider? That is to improve your balance, and your power.

If you stand with one foot behind the other – like you are on a tightrope – and you punch a target, you will not have as much power if you use the punch when your feet are in a proper fighting stance, at least shoulder width apart. Try it. Of course, it is also harder for your opponent to knock you over when you

are in a proper, well-balanced stance.

B – Breath

Sometimes when we work really hard at something, especially if we are learning a new kick, we hold our breath. Eventually, we will get light headed, lose our balance, our focus and our power.

Practise exhaling when you deliver a kick or punch. When we give a *kyop* it may scare our opponent, but it also helps us to make sure we are breathing properly, exhaling as we execute a move to increase power.

C – Concentration

If someone steps on your foot with the heel of a pointed high-heel shoe, it hurts more than if the same person steps on your foot with the heel of a running shoe. That is because the same mass is concentrated in a smaller area.

Focus on a small area of the target when you practise. This will improve the concentration of your kicks and punches and give your taekwon-do more power.

The 6 components of power are easy to remember if you use the acronym: MRS. BBC.

