

WABI-SABI TAEKWONDO

New Quarterly Newsletter#1: December 2023



MESSAGE FROM SR.MASTER ROZ



Dear Taekwondo Family,
Reflecting on the journey of 2023, I am filled with gratitude for the remarkable year we've had together. Stepping back into the Dojang in person has been an incredible experience. Your co-operation & understanding regarding distancing measures have made it possible for us to reconnect, learn & grow together. I extend my heartfelt appreciation to each one of you who have made possible some significant milestones including "Mini-Master Classes", the resumption of weekly Dan Grade classes & the return of in-person gradings. These achievements mark a triumph in my book!

To all our dedicated instructors, students & your families; your enthusiasm & commitment continue to inspire me. I eagerly anticipate the chance to personally assist you in your journey to further success next year. A warm welcome to our new students as well! Meeting some of you during the grading was a pleasure, & I was truly impressed by your dedication. I also very much enjoyed judging the competitions held this year in poomsae & three step. Keep up the fantastic work!

The return of Sabumnim Callum after his year in France was a momentous occasion celebrated by us all. Additionally, Sabumnim Charlotte took the reins in January, leading our Tuesday classes. Their contributions, & those of all our instructors & senior belts, are invaluable to our Dojang. Thank you all!

In our sessions this year, we had the privilege of hosting actor Thomas Hewitt, who conducted engaging acting lessons ahead of the poomsae competition. The children immensely enjoyed this fun & insightful session. I extend my gratitude to everyone who participated & supported us, despite the rainy days at Wheatley Hill Primary & Ox Close Primary. Your presence helped us showcase our unique style of Taekwondo, regardless of the weather.

Our commitment to self defence in its widest form, led us to conduct CPR training sessions for all students. Furthermore, in response to the concerning viral TikTok trend promoting choke holds, we organised sessions focusing on raising awareness of the dangers & teaching effective defence techniques against them.

As we approach a new chapter in our Taekwondo journey, I'm excited about the opportunities & growth that await us. Thank you all for your unwavering support, dedication, & enthusiasm. Let's continue to train hard, learn & support each other in the coming year.

Wishing you all Season's Blessings,

Roz & all at The House of Gadd



Save
THE
Date

UPCOMING EVENTS

NB there will be **no class** 12th December due to a venue clash

Christmas Party for all students & guardians/parents & **Awards Night:**
Tuesday 19th December 6-7:30pm (Awards will be given from 7pm) This is last class before xmas break

First Class of New Year: Monday, 8th January

Kup (coloured belt) Gradings: Saturday 18th May
Saturday 16th Nov.

Club Competitions: Monday 18th March - Sam Bon Kyroutgi
Monday 1st July - Poomsae



HEALTH AND FITNESS



Hydration isn't solely about quenching our thirst; it serves as a vital lubricant for our bodies. Ensuring adequate water intake not only keeps us hydrated but also aids in avoiding post-workout soreness. Why is it so crucial?

Connective tissues, known as fascia, envelop our muscles & act as the literal binding that holds our body together. Normally, these layers smoothly glide over each other during movement. However, stress or injury can cause them to adhere, leading to discomfort.

When these tissues become "sticky," they experience reduced circulation, allowing waste products from cells to accumulate rather than being effectively transported away. Consequently, this buildup leads to pain & inflammation. By prioritising water intake, you enhance circulation, thereby hydrating the tissues. This facilitates improved nutrient delivery to muscles while effectively transporting waste products to the liver & kidneys for elimination. The result? Reduced fatigue & irritability – it's a win-win!

By staying adequately hydrated, you not only support your body's functionality but also alleviate soreness post-exercise.

Embracing proper hydration can positively impact your overall well-being, enabling your body to function optimally.

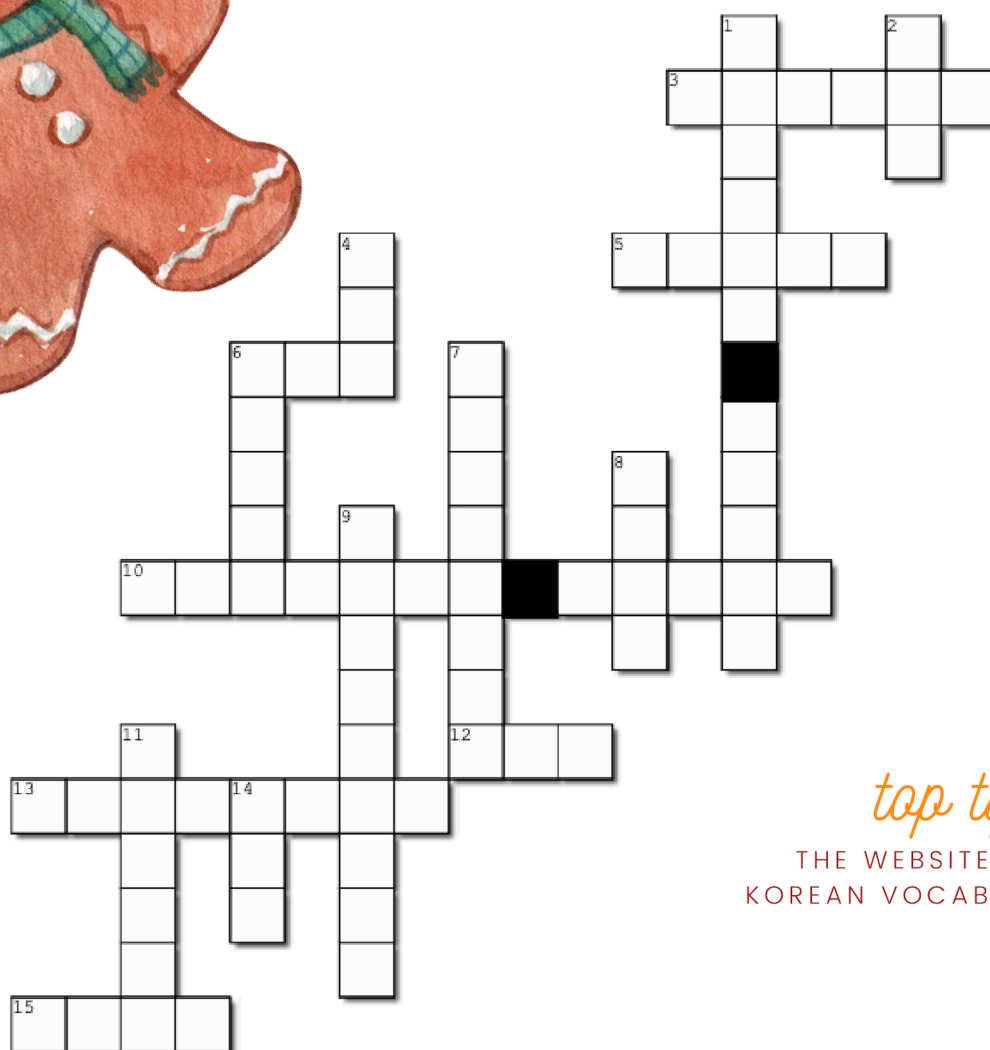
So, drink up & stay hydrated – your body will thank you for it!





A taekwondo tangle?

Complete the crossword puzzle below



top tip

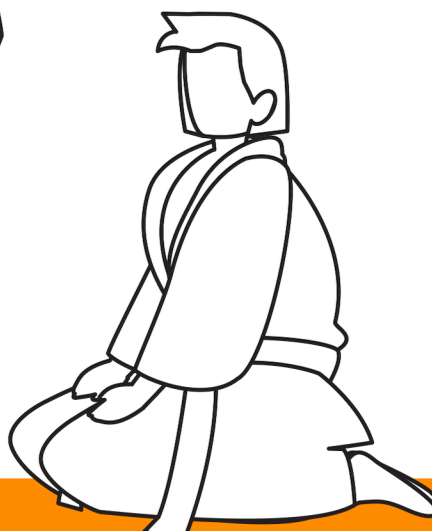
THE WEBSITE HAS A
KOREAN VOCABULARY LIST

Across

3. Heads, shoulders....and Toes
5. One of the colours of Kyrongi kit
6. A boy's name in English also a rank / degree
10. Big white bird standing, especially in Dan patterns
12. Useful for catching things and comes after 'set'
13. Have I got your attention, it isn't form of transport
15. Where uppercut often lands

Down

1. I have no horse, but I take a stance
2. Sounds like a drinks container but it's a grade
4. When? No it's a direction
6. We all need to keep our own clean
7. Singular baked good, found in Seoul
8. Tying them is hard
9. The Way of the Foot and Hand
11. Opposite of Ollyo
14. A pattern that might turn your tummy



QUESTIONS & ANSWERS

This is the part of the newsletter where we answer one of your questions that we think others might want to know about too, so please let us know what is on your mind!

Q: How often should I practice Taekwondo outside of regular classes to see improvement?

A: Consistency is key to progress in Taekwondo. Practicing outside of class helps reinforce techniques & enhances overall skill development. Doing moves in front of a mirror is really useful. Everyone is different, so it needs to fit in with you. You can do 2 or 3 practice sessions per week of around 30-60 minutes; or maybe a daily practice of 15 minutes. Everything helps, but it is regular practice, coupled with dedication & focus, that will significantly impact your advancement in Taekwondo. Not able to physically practice? Try to come to extra classes but also, there is always something to read (e.g. our website), a project to do, or you can practice meditation, it all helps.



TECHNIQUE TIP



How to do a basic punch:.

Start by ensuring your fist is correct. With an open hand bend the fingers into the palm & then fold the thumb underneath, not inside the fingers & make sure that the thumb is not sticking out to the side or forward. The fist should be very tight. Your fist should start in chamber position on your hip, thumb up. The other hand is the focus hand which should be pointing at the target. Make sure that your wrist is not bent, that there is a straight line from your knuckles to your elbow.

You punch only with the two largest knuckles, the ones of the index & middle finger, to maximise impact & prevent injury. Engage your hips & torso in the punch. As you punch, rotate your body slightly in the direction of the punch to generate power. Direct your punch towards the target & extend your arm fully, aiming to connect with the target using the first two knuckles. This comes straight from the hip chamber position. Keep your wrist straight & turn your forearm just as you would make contact with your target. Co-ordinate your breath with your punch. Exhale sharply as you punch, which helps with power & control. Kihap!

Begin by practicing slowly & with control to focus on technique. Gradually increase speed & power as you become more comfortable with the movement.



MESSAGE FROM THE COMMITTEE

The Wabi Sabi Committee is a dedicated group of instructors, parents & students that work in the background to help make the club the best it can be. This year, the Committee obtained a grant from Trimdon Parish Council, which helped purchase a large crash mat for self defence session in the new year. The Committee has been integral in organising the 3 Step & Poomsae Competitions, getting donations of food & working in the background to make sure the days ran smoothly. They have been instrumental in providing safeguarding training to all instructors & writing policies to help keep

our members safe. They are currently working hard, like Christmas elves to help deliver another fabulous Christmas party. The Events Working Group are making plans with local groups & schools to provide people with a taster of Wabi Sabi style Taekwondo. In the new year, the Committee will keep up the good work applying for grants to help purchase more mats for the dojang floor. Each mat is £25, so it is a big undertaking to increase the floor size. They will be providing support for our upcoming competitions & continue to make improvements to policies to keep the club running safely.

Merry Christmas FROM THE COMMITTEE

If you would like to submit an article or suggest topics that you would like covered in future newsletters, please e-mail us at wabisabitkd@outlook.com or talk to us in class.



*wishing you all,
love, peace & joy*

from Anna, Sharon, Charlotte, Callum, Ewan, Jade, Sinead, Dan, Polly, Michelle, Nathan, Aiden, Danny & Roz

