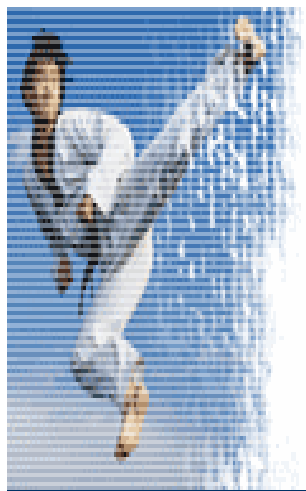


Please note: we welcome and value your feedback. Please let us know what you would like to see included in the newsletter and how you think the newsletter can be improved.



**BUILDING CHAMPIONS
IN LIFE**
for over 35 years

KMAF NEWSLETTER

This is the first issue of Kim's Martial Arts and Fitness Newsletter we have published since last May! The young people who were largely responsible for the nuts and bolts of publication, notably Mr. Tim Moore, have moved on; others individuals have accepted new job responsibilities which limit the time available to help with the newsletter. However, we are now fortunate to have Tim's role ably filled by Ms. Yenser. Anyone who wishes to participate in the publication of the newsletter may do so by contacting Alison Stevens, alisonstevens@hotmail.com, Debbie Yenser, deborah.yenser@gmail.com, or me, cdmooreair@aol.com.

This issue includes a number of articles that I am sure everyone will find interesting and informative. In addition to the usual tournament results, promotions and the Strength and Conditioning column, we have articles by Mr. Zachary Dunois and Mr. Michael Nowak concerning the experience of practicing Taekwondo and practicing *poomsae*, respectively. We also have two articles concerning nutrition for athletes; a comprehensive treatment of the topic written by Mr. Berry, and an article highlighting four common nutrition myths, contributed by Mr. Ross. Mr. Kuehn has been so kind to remind all of us on proper etiquette that must be displayed while in the school.

Again, if you wish to contribute an article or help in any way with the publication of the newsletter, please contact the individuals mentioned above.

Mr. Moore

STUDENT CORNER

What It's Like Being a Kid in TKD

Starting off on your white belt is like your first day of kindergarten. You hardly know anyone. You may feel shy or even scared. It made it easier starting off with kids my own age. Sometimes when you are small, you kind of get lost in a large class and feel that no one is watching you. Just like in school you will make friends, some young and some older. When you go up in rank, it is like going up one grade. You have to learn different things before you get your next belt color. Working on your forms before class will help you to fix and improve on the little things. But now I enjoy working out with people older than me. Each person helps each other. Each person in the class works as a team. If you do something bad or incorrectly you may get push-ups. This is to help you to learn. Try your best everyday and it is important to stick with it and never quit.



Your TKD buddy Zachary Dunois

PRACTICING POOMSAE

One of the four elements of Taekwondo is poomsae. Poomsae may be defined as a series of symmetrical body movements against multiple imaginary attackers performed in proper sequence without hesitation. It is evident then, that poomsae must have some connection to sparring or self-defense. But poomsae does not appear to the beginning practitioner as having anything to do with fighting. Who after all, fights in a deep front stance? What the practitioner gains from the proper learning and practice of poomsae are the ability to focus, execute powerful techniques with speed and accuracy, breathing control, body control, and balance. All are important attributes in a good fighter.

Beginning

How then does one learn and practice poomsae? A higher ranking belt who understands and can perform the poomsae correctly may demonstrate the poomsae. After an introduction and overview, break down learning the poomsae into three parts: the pattern, the stances, and the techniques.

Breaking It Down

Once the movements of the poomsae are committed to memory, the next step is to coordinate body and mind. This requires understanding the stances and techniques and how to properly execute them, and practicing the correct stances and techniques. A handy guide to study poomsae is to break it down, slow it down, and nail it down. If, for example poomsae palgwe il chang calls for executing front stances and back stances, then practice those stances without executing the form. Practice moving from one stance to another stance. Practice 90-degree turns and 270-degree turns. Similarly, practice hand techniques without performing poomsae.

Put It All together – Slowly

Practice the poomsae slowly, pausing to check your stances and check proper execution of technique. Perform the poomsae in front of the mirror changing direction, allowing you to self examine your poomsae from every direction. A parent or friend may be able to videotape your poomsae for you to review and correct yourself.

Getting Feedback

It is important to get feedback on your progress from a coach/instructor who can watch your poomsae. If you can arrive a few minutes early or stay a little later, politely ask a higher-ranking belt to watch your poomsae and provide feedback. Sometimes we are diligent in our practice but do not realize we are practicing the wrong thing or practicing incorrectly. Correct mistakes before they become bad habits.

Nailing It Down - Improving

As one practices slowly and consistently, the correct techniques will become automatic and the poomsae's ideal speed will become more natural. However, don't feel the need to rush through the poomsae performance. In fact, you may have to struggle against the urge to "get it over with". If you have been practicing diligently, you will be able to perform your poomsae with confidence, giving sufficient time for the audience or judges to appreciate the effort in every technique you execute. In combat we react to our attackers, we don't panic. Make certain the parts of your body are working together – coordinate all the parts of the body.

Rhythm

One of the obvious differences in a barely acceptable poomsae performance and a truly outstanding one is the sense of rhythm. A fight is a series of actions, reactions, and counteractions. The techniques in poomsae should be performed without hesitation. But, movements, stances and techniques should not blend into one continuous movement. Each action, reaction or counteraction takes place in its own space and time and the power and explosiveness of each technique is evident. Remember to breathe - deeply. The observers should be able to observe your breathing technique. Proper breathing will help you with focus and power. And loud forceful kiyaps at the appropriate time will reinforce your intentions.

It's Test Day or Competition Day

Your performance on test day or at competition is judged from the moment you enter the dojang. Proper respect to the dojang, the officials, and black belts is required and is noted by the officials. When called upon to perform poomsae, a quick, audible "Yes, sir" or "Yes, Ma'am" should be directed toward the official. One departs from one's position gracefully, moving to the rear of the performance area so as not to disturb other performances or show disrespect to the judges. Approach the performance area allowing sufficient room to perform the poomsae without encroaching on the judges. After executing a proper bow and coming to the joombi position, announce your name and the poomsae you will be performing. First impressions are important! Speak slowly and audibly, enunciating carefully. Your eyes are up, focused yet taking in everything going on around you. You begin, remembering not to rush, taking time to demonstrate the techniques you have diligently practiced and have a strong start to your poomsae. Final impressions are second in importance only to first impressions. So finish strongly with a proper stance, a sharply executed technique, and loud kiyap. When finished, return to the joombi position, execute a proper bow towards the judges and if asked, turn around while scores are rendered. When instructed to do so, turn and bow again to the judges, take two steps backward, and quietly and respectfully exit through the back of the performance area and around the edges, returning to your seat.

Now I Know My Poomsae, Tell Me What You Think of Me

As Taekwondo practitioners we are striving to be our best. Integrity comes with doing our best with every attempt and constantly striving for improvement. We may have learned our poomsae. We can perform it. We may have earned our next belt. But do we perform at our most proficient level every time? And do we understand what the movements are and why they are taught in that particular combination and sequence? Do we understand how what we have learned will help us in the sparring ring or in an altercation on the street? Now that we know our poomsae, it is time to go beyond that and master the poomsae, continue to practice it until we can't forget it. Study the movements and what they mean. As long as I have been practicing poomsae palgwe il chang, I hesitate to say I have mastered it. Each time I practice it, I learn something new about that particular form. But that's what makes our study of Taekwondo much more meaningful. We need to remind ourselves that the movements and techniques of a particular poomsae are designed to convey an important lesson on balance, control and proper use of technique. A confidently performed poomsae gives a sense of power but performed using the wrong techniques or stances robs the practitioner of the important lessons to be learned.

Mr. Nowak

WHAT JUDGES LOOK FOR IN A POOMSAE

Testing and competition exists for us to do self-examination of our progress and to encourage us to do our very best. For those who are curious about how poomsae is judged, the referee manual states that judges and referees will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement;
2. Degree of proficiency that will be judged on the basis of:
 - a. Beginning and ending the Poomsae at the same spot;
 - b. Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment;
 - c. Mental concentration;
 - d. Focused eye and head movements;
 - e. Accurate targets;
 - f. Inhaling and exhaling at the proper moment;
 - g. Balance;
 - h. Rhythm;
 - i. Synchronization of entire body movements;
 - j. Taekwondoistic attitude.

Five Tenets of Taekwondo

Courtesy	<i>Ye Ui</i>
Integrity	<i>Yom Chi</i>
Perseverance	<i>In Nae</i>
Self-control	<i>Guk gi</i>
Indomitable Spirit	<i>Baekjul Boolgool</i>

BASIC NUTRITION FOR ATHLETES

For those of you who don't already know, I'm an exercise physiologist by profession. I make my living through an understanding of how the body responds to exercise, and specifically how I can use that response to achieve particular goals. My goal in writing this article is to dispel some of the nutritional misconceptions, and provide readers with the basics of sound nutrition for martial artists.

As an exercise physiologist, I see food as nothing more than energy. If you eat more food (calories) than you expend, your body will store the excess as fat. If you eat fewer calories than you are expending, your body will make up the difference by burning fat stores. If your caloric input and output are the same, your weight will remain stable. This principle is known as energy balance. Weight control is all about managing caloric intake and expenditure, there are no shortcuts and no magic solutions.

While it is true that the source of nutrients in an athlete's diet does not play a role in weight control, it plays a very important role in physical performance. For the first 20 minutes of aerobic exercise, the body is relying almost exclusively on carbohydrate for energy. As the duration of the activity increases, the body will start to rely more and more on stored body fat for energy so that it can maintain a minimum reserve of glucose from carbohydrates. The result of glucose depletion is extreme exhaustion and fatigue, known to runners as "hitting the wall", and to cyclists as "bonking". Once someone has "hit the wall" or "bonked", skillful athletic performance is virtually impossible. Therefore, it is extremely important for athletes to make sure that they have an adequate amount of carbs in their diet.

Since readily available carbs are so crucial to performance, they should make up the bulk of calories consumed. In general, a balanced diet for an apparently healthy adult should consist of approximately 55 to 60% carbs, 20 to 30% fat, and the last 10 to 20% from protein. However, within each of these nutrient groups not all sources are equal. Let's take a closer look at each group individually.

Carbs are either simple or complex and have approximately 4 calories per gram. Simple carbs, such as glucose, fructose, dextrose, etc. are found in table sugar, corn syrup and honey among other places. They consist of one or two sugar molecules bound together. They are rapidly absorbed in the body, and provoke a large insulin response that can actually *lower* blood sugar levels causing one to feel hungry. This is where carbs get their reputation for being "bad for you". It is not the carbs, per se, that lead to weight gain, but rather the increased consumption of calories following the insulin response that causes weight gain.

Complex carbohydrates consist of three or more sugar molecules bound together. Starches may have anywhere from 300 to several thousand sugar molecules. Their molecular structure slows down the absorption rate and does not initiate the same magnitude insulin response. Simply put, it takes longer to digest a complex carb, so you feel full longer. The preferred dietary sources of complex carbs are whole grain, or multi-grain products which contain fiber. Fibers are resistant to human digestive enzymes, thus slowing the absorption rate even more. As an added bonus, fiber plays an important role in preventing intestinal disorders and lowering cholesterol. Adults should aim for 20 to 35 grams of fiber daily.

Dietary fat is the next major nutrient group, and can be either saturated or unsaturated depending on if there is any more room for additional hydrogen molecules on the fat molecule. All fats have approximately 9 calories per gram. Saturated fats typically come from animal sources such as meat or dairy products, and are closely linked to elevated cholesterol and heart disease. Less than 10% of your total daily calories should come from saturated fats.

Unsaturated fats are usually found in plant products such as olive oil, corn oil, etc. They do not seem to impact cholesterol as much as the saturated fats, but moderation is key. Too much of anything is usually not a good idea. The recently much discussed trans fats are actually a subset of unsaturated fats. Trans fats have been chemically treated, or "hardened", by forcing hydrogen molecules into places they previously did not exist. Trans fats are found in margarine and many store bought pastries. Once digested, trans fats seem to raise cholesterol even more than saturated fats. Current recommendations call for less than 1% of total daily calories to come from trans fats.

Protein is the last major nutrient group, and has approximately 4 calories per gram. Athletes tend to be more interested in protein than in the other nutrient groups. Protein is needed for the building of muscle as well as repair of tissue damage that is a natural consequence of heavy training. Knowing this, athletes are often tempted to consume huge amounts of protein. This is nearly always a mistake. The body can only repair itself so fast, and has no mechanism for protein storage. Any protein consumed that is over and above the *immediate need*, is either eliminated or stored as fat. It's been said that athletes often have the most expensive urine in the

world. The recommended intake of protein for athletes undergoing regular, strenuous training is generally quoted as 0.8 to 1.2 grams of protein per kilogram of body weight per day. However, I've also seen recommendations as high as 2 g/ kg/ day for Olympic caliber strength athletes. The preferred sources of protein are the high quality, complete proteins found in lean red meat, poultry, or fish. Incomplete proteins from plant sources lack one or more of the essential amino acids, and must be consumed in combination with other foods in order to maintain the proper balance of nutrients. This is of particular importance for vegetarian athletes.

Last, but not least, is the issue of weight management for the athlete. Many athletes, martial artists included, believe that rapidly "cutting weight" in order to be able to compete in a lower weight gives them an advantage over their opponent. Current thinking on this subject is overwhelmingly against such a practice. Rapid weight loss, more than 2 or 3 pounds over a week, is more due to dehydration than anything else.

Now that we've covered weight maintenance, let's address weight loss. As mentioned previously, rapid weight loss is more related to dehydration rather than an actual decrease in fat tissue. We should be aiming for 1 to 2 pounds of weight loss per week. The only practical solution is to eat a little less and exercise a little more. A useful link to calculate caloric expenditure of various activities is: <http://www.csgnetwork.com/caloriesactburned.html>.

Well, there you have it. A quick guide to basic nutrition and weight management. It really isn't as hard as many would have you believe; eat a variety of foods, anything in excess is probably bad. Whole grain carbs are your friends, go easy on fats and look for high quality proteins. "Cutting weight" just before a tournament can be extremely dangerous, the need for which can be negated with just a little forethought and planning. Remember, you'll only gain weight if you eat more than you need, you'll only lose weight if you eat less than you need.

Mr. Berry

FOUR COMMON NUTRITIONAL MYTHS

Myth 1: *Game performance is not affected by what you eat.*

Virtually every study on athletic performance for both team and individual sports shows that a diet rich in carbohydrates improves running performance. However, nutritional research from the 1970s to present day still show that athletes choose a diet that is approximately 40 percent carbohydrates, 40 percent fat and 20 percent protein.

Myth 2: *What you eat after the game does not matter.*

At matches and tournaments around the country, players will sometimes eat the worst post game snacks possible including soda, sweet drinks, potato chips, candy bars and fries. Muscles are most ready to receive a fresh supply of fuel during the first hour or two directly following exercise. The smart coaches and parents supply food that will start refilling muscles with carbohydrates at just that time. A proper supply of carbohydrates is needed. It can come from a carbohydrate replenishment drink or other foods like bagels with jelly, pretzels, raisins or other dried fruit. This is even more critical between tournament matches when the time between matches is even shorter.

Myth 3: *A diet is good as long as an athlete gets enough protein.*

While most every survey of the athletic diet shows that athletes get all the protein they need from food, there is a problem. The vast majority of protein is consumed in conjunction with fat. Marbled meat, ground beef, and fried chicken all are examples of protein that is combined with lots of fat. Red meat should be trimmed of fat, and ground beef should be very lean. Chicken should have the skin removed before cooking. One place protein isn't commonly found is the immediate post-exercise meal. A little protein helps in storing new fuel in the muscles faster than when there is no protein. Players can try to figure out a protein source after the game or drink a carbohydrate replenishment drink that contains protein.

Myth 4: *Your body is the best indicator of when to drink; Mother Nature knows best.*

For most mammals, it is OK not to drink until thirsty. However, the thirst mechanism of humans operates differently than the average mammal. In fact, the human thirst mechanism doesn't even kick in until a person has lost about two percent of body weight from sweating. At this level, a decrease in performance begins to become evident. Players should drink before starting the match, every 15-20 minutes during competition if possible. Make sure the athlete has drink bottles near the mat both so they have easy access to fluids during stoppages. Don't forget that training in the winter is also dehydrating, so drinking fluids is just as important in cold weather.

Mr. Ross

TOURNAMENT RESULTS

Junior Nationals Taekwondo

- 1st Tim Kinley
- 2nd Tom Kinley

USJA Junior Nationals (Judo) - Boca Raton, FL - 7/15/6

- 1st Tanner Kim
- 1st Tyler Kim
- 2nd Sal DeSimone
- 2nd Kevin Holman
- 2nd Nick Cavanaugh
- Zack Cavanaugh also attended
- Nolan Stahl also attended

USJA Junior Nationals (Judo) - Ft Lauderdale, FL - 7/23/6

- 2nd Aleesha Allen
- Charles Allen Jr also attended

Rock & Roll Judo Championships - Cleveland, OH - 9/23/06

JUNIORS

- 1st Cort Altimus
- 1st Kevin Holman
- 1st Nick Cavanaugh
- 1st Nolan Stahl
- 1st Tyler Kim also Best Technique
- 1st Alicia Nocket
- 1st Tanner Kim
- 2nd Sal Desimone
- 2nd Zack Cavanaugh

SENIORS

- 1st Alicia Nocket
- 1st Nolan Stahl
- 1st Tracey Hreha
- 2nd Kazutaka Ara

PA State Judo Open - Cranberry, PA - 9/30/06

JUNIORS

- | | |
|-------------------------|--------------------------------|
| 1st Aleesha Allen | Jr. Girls Open 14-16 Heavy |
| 1st Annette Elphinstene | Jr. Girls Open 10-11 Heavy |
| 1st Hunter Black | Jr. Boys Open, 10-12 Heavy |
| 1st Jordan Schwantz | Jr. Girls Beginner Light |
| 1st Kevin Holman | Jr. Boys Open 8-9, -65lbs |
| 1st Krystal Caldwell | Jr. Girls Open, 9-10 Middle |
| 1st Leah Kurtz | Jr. Girls Open, 11-12 Middle |
| 1st Nick Cavanaugh | Jr. Boys Open 8-9, -77lbs |
| 1st Nolan Stahl | Jr. Boys Open, 13-16 +140 |
| 1st Sal Desimone | Jr. Boys Open 8-9, -60lbs |
| 1st Tanner Kim | Jr. Boys Open, 8-9 +90lbs |
| 1st Tyler Kim | Jr. Boys Open, 10-12 -90lbs |
| 1st Wesley Walsack | Jr. Boys Beginner -12-13, -110 |
| 2nd Ana Desimone | Jr. Girls Open, 9-10 Middle |
| 2nd Anthony Enscoe | Jr. Boys Open 8-9, -60lbs |
| 2nd Cort Altimus | Jr. Boys Open 8-9, -77lbs |
| 2nd Emma McMahon | Jr. Girls Beginner Light |

Taekwondo Black Belt Promotions

- | | |
|-------------------------|---------|
| Mr. Tyler Kim | II Poom |
| Mr. Zachary Dunois | II Poom |
| Mr. Zacariah Cavanaugh | II Poom |
| Mr. Hunter Black | II Poom |
| Mr. Nicholas Hirsch | II Poom |
| Mr. Jason Hirsch | II Poom |
| Ms. Annette Elphinstone | II Poom |
| Ms. Michelle Giuntini | II Dan |
| Ms. Liz Cavanaugh | II Dan |
| Ms. Cornelia Moore | Ei Dan |
| Mr. John Harold | Ei Dan |
| Mr. Deiter Stoski | Ei Dan |
| Mr. Rick Elphinstone | Ei Dan |
| Mr. Bob Berry | Sam Dan |
| Mr. Timothy Moore | Sa Dan |
| Ms. Ann Shade | Sa Dan |
| Mr. Paul Czeriak | Oh Dan |

- 2nd John Rocco Kzazlas
- 2nd Kate McMahon
- 2nd Nico Gloechl
- 2nd Nolan Stahl
- 2nd Tony Baker
- 2nd Zach Dunois
- 3rd Alexis Wundarly
- 3rd Alicia Nocket
- 3rd Huey McMahon
- 3rd Jack McMahon
- 3rd Rayman Erny
- Robert Moran
- Zack Cananaugh
- Wesley Walsack
- Liam Williams

SENIORS

- 1st Fran Madden
- 1st Joe Schneider
- 1st Kazutaka Ara
- 1st Max Callaghan
- 1st Ron Kozarian
- 1st Tracey Hreha
- 2nd Alicia Nocket
- 2nd Charles Allen
- 2nd Chrissy Kanick
- 2nd Daniel Perry
- 2nd James Cerra
- 2nd Ken Stewart
- 2nd Lucas Nuzum
- 3rd Jeff Lee
- 3rd Rob McNeily

MASTERS

- 1st Bob Cyphers
- 1st Dave Jackson
- 1st Gary Hirsch
- 2nd Chuck Schmidt
- 2nd Robert Berry
- 3rd Bob Russell
- 3rd Chis McMahon

KATA

- 1st Sara Tarbox & Pam Russell
- 2nd Mark Fenner & Bob Berry
- 3rd Charles Allen Jr. & Bob McNeily
- 1st Sara Tarbox & Bob Berry

SPECIAL AWARDS

JUNIOR TEAM TROPHY

SENIOR TEAM TROPHY

- Nolan Stahl
- Kazutaka Ara
- Chrissy Kanick

- Jr. Boys Beginner 4-5
- Jr. Girls Open 14-16 Heavy
- Jr. Boys Beginner -12-13, -110
- Jr. Boys Open , 13-16 -140
- Jr. Boys Open 8-9, -65lbs
- Jr. Boys Open 9-10 +90lbs
- Jr. Girls Beginner Light
- Jr. Girls Open - Light
- Jr. Boys Open 8-9,-60lbs
- Jr. Boys Open, 10-12 Heavy
- Jr. Boys Beginner - 6-8, Heavy
- Jr. Boys Beginner - 6-8, Medium
- Jr. Boys Open, 10-12 -90lbs
- Jr. Boys Beginner - 10-12, Middle

- Sr. Men - White Belt -169
- Sr. Men- White Belt -200
- Sr. Men's Advanced -161
- Sr. Men- Intermed -200
- Sr. Men- Advanced -178
- Sr. Women's -Middle
- Sr.Women's - Light
- Sr. Men Advanced -198
- Sr. Women's -Middle
- Sr. Men- Intermed -200
- Sr. Men - Intermed -175
- Sr. Men - White Belt -169
- Sr. Men Intermed +200
- Sr. Men - White Belt -169
- Sr. Men Advanced -198

- Men's Masters - 35-45 Middle
- Men's Masters - 34-45 Light
- Men's Masters - +56 Middle
- Men's Masters - +56 Middle
- Men's Masters - 35-45 Middle
- Men's Masters - 34-45 Light
- Men's Masters - 35-45 Heavy

- Nage No Kata
- Nage No Kata
- Nage No Kata
- Katame No Kata

- Outstanding Junior Male
- Outstanding Senior Male
- Outstanding Senior Female



"The way is training."

Miyamoto Mushashi, 16th century master swordsman, calligrapher and writer; author of the classic text, *Book of Five Rings*

TOURNAMENT RESULTS CONTINUED...

Ocean State International - Providence, RI 10/28/06

JUNIORS

1st Tanner Kim
3rd Tyler Kim

Northeastern Judo Tournament - NJ- 12/4/6

JUNIORS

1st Leah Kurtz
2nd Liam Williams
2nd Nolan Stahl

New Castle Taekwondo Tournament - 1/27/07

Zachary Dunois (1st breaking, 2nd sparring, 3rd forms)
Tyler Kim (1st sparring & grand champion in forms)
Kevin Holman (3rd breaking, 2nd sparring, 1st forms)
Liam Williams (2nd breaking, 1st sparring, 1st forms)
Eva Sherman (2nd breaking, 2nd sparring, 1st forms)
Jeremiah Miller (3rd breaking, 3rd sparring, 3rd forms)
Julie Kerr (1st breaking, 1st sparring, 2nd forms)
Amanda Miller (3rd breaking, 2nd sparring, 1st forms)
Justin Mengel (1st sparring, 3rd forms)
Hunter Black (1st breaking, 1st sparring, 3rd forms)
Derek Mengel (1st sparring, 3rd forms)
Alexandria Steighner (2nd breaking, 1st sparring, 1st forms)
Zack (1st breaking, 3rd sparring, 2nd forms) Kevin's school
Jake (1st breaking, 3rd sparring, 3rd forms) Kevin's school

Judo Black Belt Promotions

Mr. Bob Cyphers	Sho Dan
Ms. Tracy Hreha	Sho Dan
Mr. Bob Berry	Ni Dan
Mr. Charles Schmidt	Ni Dan
Ms. Meg Goppelt	Ni Dan
Mr. Ben Geiselman	Ni Dan
Ms. Lisa Osmundson	San Dan
Mr. Bob Russell	San Dan
Ms. Alison Stevens	San Dan
Mr. Chris Moore	San Dan

ATHLETE PROFILE

Name: Joseph T. Schneider

Age: 22

Years in Taekwondo: 4 years

Rank: 5th Gup-Blue Belt

Recent Tournaments: 2006 US Nationals

Recent Awards: First place in Sparring at Nationals

Competitor Information: Joe has been training at the University of Pittsburgh for over 4 years and is the Administrative Assistant for Panthers Taekwondo Club. He has competed in collegiate tournaments along with local state tournaments. In addition, last year Joe competed in the State Open Judo Tournament and earned a gold medal in the White-Belt Heavyweight division. Joe plans to continue to compete in Taekwondo tournaments but also begin training in Judo more.

Favorite Techniques: Ap Cha Gi (front kick), Nadia Cha Gi (Axe Kick), Deui Cha Gi (Back Kick)

Other Sports or Training: Weightlifting, Judo, and Soccer



If you would like to contact this competitor, you may do so at: joseph.t.schneider@gmail.com

Name: Rich Campbell

Age: 21

Training: Kung Fu 3 years, Boxing 1 year, Taekwondo 2 years

Rank: Red belt

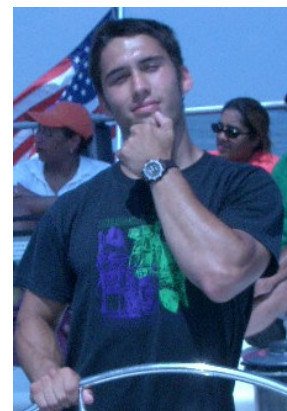
Competitions: US Taekwondo nationals, Collegiates, USA boxing events

Awards: 2nd at US TKD Nationals

Favorite Competitors: Yossef Karami (Iran), Steven Lopez, Herb Perez, Moon Dae Sung (Korea)

Favorite Techniques: skipping axe kick, roundhouses

Other training: started judo, weightlifting, running, recreational sports



Dearest friends, students, and teachers,

It has been brought to my attention that we have forgotten how to properly present ourselves when in the school. I hope I can shed some light on things that we should and should not be doing.

Entering the School: When you walk through the door of the school, you remove your shoes and any forms of headwear. It is disrespectful to wear hats inside! When you walk past a black belt (Judo or Taekwondo), you should offer your respect by greeting them with a "Hello Ma'am (or Sir)".

Bathroom Etiquette: This may seem like a trivial thing, but when you use the restroom before, during or after class... **wash your hands!!!** You share the mat with other people. We are constantly grabbing, punching, kicking, and throwing each other. It is unhealthy to share your germs with your partner.

Walking onto the Mat: Another important hygiene matter is the way we present ourselves prior to walking on the mat. Aside from hand washing, your uniform should be clean. Finger and toenails should be cut. Any and all forms of jewelry should be taken off before coming on the mat. Bracelets, necklaces, or abrasive hair ties should not be worn. Also, earrings, nose rings, tongue rings, eyebrow rings, and even lip and toe rings must be taken off!

T-shirts: Females should always wear a shirt, preferably a white t-shirt, underneath their uniform. When you wear a t-shirt, it should be tucked in to your pant bottoms, and not hanging out. It should also not be coming out beyond the sleeves of your uniform.

Mr. Kuehn

PITT CORNER

Panthers Taekwondo

The University of Pittsburgh student organization, Panthers Taekwondo, has started a new semester with many plans. They are looking forward to competing in more local tournaments rather than just in the Ivy-Northeast Collegiate Taekwondo League. Training sessions will be held on Fridays from 3:30 to 4:30 beginning 2/16, Saturdays from 1:00 to 3:00 beginning 2/17, and Sundays from 3:00pm - 5:00pm in the MPR of Trees Hall. Sundays people need to bring all gear as we will be sparring and doing contact drills. Anyone is more than welcome to join us!



Three Pitt students placed at Senior Nationals this past fall:

Paul Thompson - silver medal

Rich Campbell - silver medal

Joseph Schneider - gold medal

For more information or to contact Panthers Taekwondo please visit their website @ www.pantherstkd.org, or email at pitttkd@gmail.com.

TRAINING AND CONDITIONING

It has been some months since the publication of the last KMAF newsletter and this column. Hopefully, everyone remembers the concepts we discussed in previous issues. By way of review, an excellent article which summarizes concepts fundamental to strength training by Charles I. Staley, B.Sc., MSS., *Strength Development Fundamentals for Martial Artists*, can be found on the very informative web site, www.fightingarts.com. Also, a number of strength and conditioning articles which were previously published in KMAF Newsletter are available on John Schneider's web site, www.judofitness.com.

Presumably at this time of year, readers of this column are training hard and have incorporated a number of the strength and conditioning methods we have described into your workouts. Unfortunately, I gather from conversations that I have had with a number of students, many of you have been or are currently engaged in activities which can only in the most generous sense be described as strength and conditioning in lieu of proven strength and conditioning protocols. I think it is appropriate at this time to examine a number of common misconceptions concerning strength training and, hopefully, help everyone to return to the path of increased strength and superior conditioning! First, however, it is important to repeat one of the time honored truisms of strength training: **any program performed regularly and conscientiously, is superior to the best program imaginable performed haphazardly**. Progress results from a patient, diligent approach to training. Also, we must be sure we fully understand why we are engaged in strength training and what we hope to accomplish: if we are to succeed, we must have a goal and our training must be directed towards achieving that goal.

Although, strength training has seen a number of significant advances in recent years, it has always been plagued with fads and unproven, "training breakthroughs." A few of more frequently heard misconceptions are found below:

"Just as we eat everyday, sleep everyday, go to our job, maintain our homes, we must train everyday. Training should become part of our lives."

Grandmaster Kyu Ha Kim

Lifting Weights Will Slow You Down This could not be farther from the truth. On the contrary, developing maximum strength is considered to be a critical component in the speed training utilized by track athletes, among others.

If You Must Lift Weights, Lift Light This completely erroneous idea is most often heard from individuals who are primarily engaged in aerobic activity. The reality is, if one is engaged in strength training, one must lift sufficiently heavy weights to present a challenge.

In order To Be Effective, the Movements Employed in Strength Training Should Mimic Athletic Activity. An example of this sort of approach is the use of ankle weights in an effort to improve kicking technique; the use of light dumbbells while practicing hand techniques, etc. Unfortunately, this sort of training often leads to injury as skill related body parts become over worked. A far more effective approach is to develop strength through the use of compound/multiple joint movements such as squats, overhead presses, etc.

Stamina for Combat Sports is improved by Running Long Distances Although running for an extended period of time in one's target heart range has great benefits for aerobic cardiovascular conditioning, combat sports require high levels of anaerobic conditioning, best developed by interval training, not distance running (Note: It is also true that one must first be in good aerobic condition before undertaking anaerobic conditioning! Nothing is simple!)

Lifting Heavy Weights Will Result in Injury In a word: no! Injuries sustained while attempting to lift a heavy weight, a maximum single repetition, for example, are almost invariably the result of a trainee utilizing poor, sloppy form. When poor form is employed when attempting to lift a heavy weight, the likelihood of injury is high, but due to

improper execution, not the amount of weight. Generally, if one's form is good, when a heavy attempt fails, the weight simply does not move!

Particular Barbell Movements are "Unsafe" and Should be Avoided During my long involvement with strength training, very nearly every conceivable barbell and dumbbell movement has been branded as unsafe at one time or another: back squats, front squats, olympic movements (if the trainee is over 40!), overhead presses, behind the neck presses, lat machine pulldowns, upright rows, bench presses, parallel bar dips, deadlifts, stiff-legged deadlifts, good mornings, lateral raises, leg extensions, etc., etc.! The fact is, unless contraindicated by an injury, all of the above are perfectly safe **when performed properly**. In those rare instances when an injury does limit a trainee, usually an analogous movement- dumbbell upright rows for barbell upright rows, for example- may be substituted to obtain the desired training effect.

Circuit Training is a Form of Strength Training No. Circuit training is an excellent form of interval training which may be used to improve anaerobic conditioning. If done properly, few, if any, strength gains are realized.

A Significant Amount of Training Time Should Be Devoted to Core Development Although developing a strong core should be one of the goals of any strength and conditioning program, especially for a martial artist, today a disproportionate emphasis is placed on core development: it is today's strength training fad! Many compound joint movements-overhead presses, overhead squats, back squats, power cleans, deadlifts, etc.-strongly work the core. Specific core training should be held to one or two movements per workout; anything more is simply excessive, if not counter-productive.

Again, the key to success when engaged in a strength and conditioning program is twofold: understanding one's objective and consistency. Finally, as always, feel free to contact either Mr. Berry or me if you have specific questions or concerns.

Mr. Moore

