



October 2019 Newsletter

ATTENTION!

Tuition is due on the **FIRST** of every month!

Anything after the 5th will be charged a **\$10.00** late fee!

Anything after the 10th will be charged a **\$20.00** late fee!

Upcoming Events:

MTHC In-House Tournament -
October 26th, 2019 @ 9am

Dojang Closed on October 31st, 2019
for Halloween

Halloween Ninja Night - November 1st,
2019, 6-9pm
(After Sparring Class)

Dojang Closed on November 11th, 2019
for Veteran's Day

Dojang Closed on November 28-29th,
2019 for Thanksgiving & Black Friday

MTHC IN-HOUSE TOURNAMENT!

October 26, 2019

Competition to Begin at 9am
SPARRING, POOMSAE & BOARD BREAKING

MUST REGISTER BY OCTOBER 11TH!

Weigh-ins on October 25th between 5-7pm

1st Event - \$40.00

2nd Event - \$10.00

3rd Event - \$10.00

Poomsae Forms:

Yellow to Orange - Taeguk 1 or 2

Purple to Green - Taeguk 3 or 4

Blue to Red - Taeguk 5 or 6

Brown to Candidate - Taeguk 7 or 8

Black Belt - Koryo or Keumgang (Will be posted one week
prior to competition)

Sparring:

Brackets will depend on weight, age and belt level.

Board Breaking:

Max of 5 boards per competitor. \$5.00 per board
3 attempts per station.

*Food will be available for purchase!



HALLOWEEN NINJA NIGHT!

November 1st, 2019
6-9pm (After Sparring)

\$30.00 per person

Food, Games and Favors!



Artwork by: Keanna Ferguson

Support your MTHC Competition Team!



The wolf pack will be selling Obachan's snack packs for **\$10** starting in October! Please see Ms. Jenn or the team for details.



NEW STUDENT SPECIAL & REFERRAL PROGRAM

Don't forget about our **NEW Student Enrollment Special and Student Referral Program!** Any new student that signs up in FALL will get their first **TWO MONTHS** of tuition for \$99.00.

Each current student will be given FREE TRIAL CLASSES cards to give out to their friends and family. To thank our students, we have created a referral program. For the first referral you sign up, you will receive a free MTHC t-shirt. For the second referral you sign up, you will get to pick from the following items: a new cotton dobuk, BMA sparring gloves, BMA foot protectors or double paddles! Please ask if you have any questions!



FREE

Week of Trial Classes!

Referred by: _____

Sign up for 2 months, get one month FREE!
\$100 VALUE!

NEW NEW! The student that refers and signs up the most students per month will win an additional prize! The prizes will change monthly!

Virtues

While TKD is noted for its physical attributes what some people do not know is that the original pioneers of TKD wished for everyone to be much more than great at striking.

In the World Taekwondo handbook called "The Book of teaching and learning Taekwondo" there is an explanation for the name Taekwondo.

It is interesting that they break down the name into a first and last just as a human name, tae - (foot/stepping), kwon -(fist), and do-(way of life) as in taekwon (foot,hand) the first name and do (way of life) the last, or family name. Hapkido would be hapki, (collecting energy) the first name and do, the family name. The same can be said for Judo or Kumdo...I.e. they share the same family name. In the same text this is a summary of explanations defining "do" ;

-do-is the mind, which resides in a body and arbitrates spirit and body.

-do- is the principle and ethical regulation and value judgments.

-do- is truth and principle of movements and their procedures.

-do- is energy, breath, and strength; it arbitrates body and mind.

"Taekwondo represents the physical body as well as ethical codes of conduct necessary to be a virtuous human being."

Practitioners of TKD are constantly training in order to reach perfection of movement.

This requires the person to constantly evaluate not only their movements but themselves.

Evaluating and re- evaluating ourselves and our techniques lead us into mind cultivation, which leads us to methods and principles that build character and virtue.

In the book "Martial Meditation; philosophy and the essence of martial arts." These excerpts are particularly helpful in their explanations.

" Oddly, to the casual observer, a martial art may be an excellent place to develop politeness and social virtues. For these ways of behaving have to be maintained in situations of great stress, where a person is often tempted to yield to feelings of aggression and thoughtless, selfish impulses. It should be noted that martial arts practice is not intended to be confined to a small space for a short time (I.e sport activities), but to become a way of life."

" All forms of combat do seem to be able to develop certain virtues such as self control and courage. The signal difference between the two is that the result of traditional martial arts training can be something in addition to fighting skill, whereas the result of training of other forms of combat or sport is generally fighting skill alone or excellence in a certain form of competition. It is then the presence of forms that make it possible that practicing a martial art promotes the development of character, by channeling the interest in fighting in such a way that artistic enjoyment is gained at the same time as fighting skill.

To quote Aristotle "Practical wisdom is assured through having a virtuous character" Virtues are character traits or dispositions to act in certain ways in certain situations. Virtues are gained not through abstract thought and theorizing but through habituation and practice. it is by doing good acts that you become good; it is by being brave that you acquire the virtue of courage.

In the traditions and rituals of the martial arts practicing virtues such as respect, courteousness, kindness, etc. are commonplace and everyday occurrences . This is where we practice self discipline, self control, courage, and other positive life skills.

If you are mindful of acquiring these skills as you train you will absorb them quickly, although even students without mindfulness will gain from the practice and repetition. Soon the mental attitude will spill over into everyday life.

To put it simply Taekwondo discipline has three specific aims :

A powerful body, a strong mind and spirit, and a noble moral disposition.

These ideals are what the original Kwanjangnims wanted for Taekwondo to become, it is obvious from the creeds and moral codes that each Kwan has.

Unfortunately not all TKD Masters are educated equally, nor are all TKD schools aware that there is much more to martial arts than fighting or sport.

We see some schools and masters who put winning and trophies ahead of moral virtues. Courtesy and respect go out where winning and bragging rights prevail. This type of school produces sport jocks, and breeds disrespect for all who are not considered winners, at the same time developing a jealous attitude for those who beat them.

Sport taught with humility, alongside the virtues of the art, are the well rounded schools. Producing fine athletes, who take all that is good from the sport and leave the bragging and false superiority behind them.

Parents, instructors, and senior rank belts, should try to instill the virtues of TKD and help the students to have a mindfulness of what they are achieving.

Written by:
Master James Donald

