



# JL Taekwondo Academy

*“Beginning of a Joyful Life”*

Dear parents and students,

As we have announced, Master Shin joined our JL Taekwondo family to bring the “art” or spiritual aspect of this art (the “do”) to our school. With that, your child, student and student leaders will notice a change in the way you have seen them learn. As one advances up in rank, Tae Kwon do teaches its student to become **leaders**, honor and respect their neighbors and have humility above all. I encourage you to review with your child/parent below the methods and goals to bring this spiritual aspect to your learning.

## 1. CLASS SCHEDULE

Every Thursday 6:30 pm - All Black Belts Class

Every Friday 7:10 pm – All Juniors

## 2. GOAL

Master Shin will teach the “spiritual” aspect of the “art of basic Taekwondo”. In Korean this is known as 'Moo Do'. The importance of this will teach future Taekwondo **leaders** especially beneficial for our junior and black belt students.

The “art” part of JL Taekwondo has the following elements:

- **Discipline**. Discipline will help one to focus.
- **Focus**. Focus will train one's mind.
- **Repetitive training**. Repetitive Training sharpens ones mind to lead the body.

Masters, Instructors & Student Leaders are there to teach, leading by example. As the student advances in belt (rank), they will learn to execute their learned technique with the applied elements above and without example. (Discipline, Focus, Repetitive training).

With the “mastery” of the above basic fundamental techniques, one can advance and learn more difficult advanced techniques and at the end the “student becomes the true leader and teacher.”

PARENTS: Please talk with your child that discipline will be strict and professional as well as repetitive. Repetition trains the mind to lead the body. Discipline will train the mind to focus. The body will tire of the repetition and the mind will tire of the discipline. This is where JL Taekwondo ask you as the parent to encourage your child to continue and emphasize the goals above.

Thank you.

Grandmaster **H.W. Jung**

Master **David Shin**

Please see the back page attachment for main instructions and activities to be covered.

Attachment:

Master Shin along with other masters, instructors & student leaders will consistently teach students the following:

1. Listening to instruction. Focus/Discipline.
2. Watching by example. Focus.
3. Executing according to given instruction/example. Discipline/Focus/Repetitive training.
4. Executing without example and according to instruction. Achieved repetitive training.

Activities to be covered:

1. How to tie belt properly.
2. How to stand at attention.
3. Tae Kwon Do terminology (World Taekwondo Federation)
4. How to make a fist
5. Stances. ( Horse, front(deep), walk, back, fighting)
6. Punching
7. Basic kicking execution.
8. Holding targets. (Holding targets teaches one to train the eye to see movement)