



August 2019 Newsletter

DOJANG SCHEDULE CHANGE!

Effective September 1st, 2019

SUN	MON	TUE	WED	THU	FRI	SAT
DOJANG CLOSED	<p>4-5pm Kids Class (Age 4-12)</p>  <p>5-6:30 pm General Class (Age 12 & Up)</p>	<p>5-6 pm Poomsae Class</p> <p>6-7:30pm Hapkido Class / Adult Self Defense</p>	<p>4-5pm Kids Class (Age 4-12)</p> <p>5-6pm General Class (Age 12 & Up)</p>	<p>5-6pm Sparring Drills Class</p> <p>6-7:30pm Hapkido Class / Adult Self Defense</p>	<p>5-6pm Sparring</p>  <p>6-7:30pm Demo (Every Other Friday)</p>	<p>8-9:30am Hapkido Class / Adult Self Defense</p>

Upcoming Events:

Red to Black Belt Testing -
August 29th-30th, 2019

Maui Open Championship
- September 7th, 2019

**See Ms. Jenn for more info*



*Congratulations to our new
Color Belts!*



POOMSAE CLASS - This class is for students who really want to take the time to understand and perfect their poomsae. What is behind each movement, the proper chambers and stances.

SPARRING DRILLS CLASS - This class is highly recommended for the students who attends Friday Sparring. We will be taking the time to work on footwork, timing and strategy.

Meet Your Current MTHC Instructors!

(Listed in Order of Instructor Rank)



Master James Donald: 5th Dan Taekwondo (Kukkiwon), 1st Dan Hapkido (World Hapkido Federation). Master Instructor, Head Competition Coach and Team Trainer. Master Instructor and Founder of Mu Do Ho Shin Sul Hapkido, Certified International Combat Hapkido Federation Instructor, Won Kuk Lee Founder Certified, USAT Level 1 Coach. US National Competitor (Regional Gold Medalist, Alaska State Taekwondo Champion (1995-2000)).



Sabumnim Jenn Siverly: Owner of Maui Alpha Taekwondo LLC (aka MTHC), 1st Dan Taekwondo (Kukkiwon). Competition Coach, Team Trainer and Coordinator. USAT National Silver Medalist, Hawaii State Gold and Silver Medalist, Sparring and Poomsae Coach Certification from World Taekwondo, USAT Associated Coach Certified.



Sabumnim Cheyanne Donald Valera: 6th Dan Taekwondo (Kukkiwon), Junior Olympics Gold Medalist, AAU Certified Referee, Certified Massage Therapist, Certified Personal Trainer



Kyosanin Edwin Estabillo: 2nd Dan Taekwondo (Kukkiwon), Pan Am Open Bronze Medalist

Kyosanin Miranda

Vierra: 2nd Dan Taekwondo (Kukkiwon), Hawaii State Gold Medalist, USAT Nationals Competitor, US Open Competitor, Las Vegas Open Gold Medalist, Maui Open Gold Medalist



Sabumnim Jan Wojtkow: 3rd Dan Hapkido, Mu Do Ho Shin Sol Instructor



Sabumnim Barbara Gach: 3rd Dan Taekwondo (Kukkiwon), Hawaii State Gold Medalist



Kyosanin Colby Sarbida: 1st Dan Taekwondo (Kukkiwon), US Open Competitor, Maui Open Gold Medalist

Sabumnim Rob Weltman: 3rd Dan Taekwondo (Kukkiwon), 4th Dan Chung Do Kwan



Jokyonin Rylan Siverly: 1st Poom Taekwondo (Kukkiwon), USAT Nationals Bronze Medalist, Hawaii State Gold Medalist, US Open Competitor, Maui Open Gold Medalist, Las Vegas Open Gold Medalist



Insight on Sparring

By: Master James Donald

Many people see sparring in TKD class and wonder what it is we are teaching their children. I would like to give an instructors view of what is being taught and gained through this part of a students practice.

Although this task would be monumental if we look at all the psychological aspects as they pertain to each individual, instead I am going to stick with a few general goals we will try to achieve with the average student.i

Also at this time I will not get into the added advantages that sparring for sport has to offer.

We know that at certain levels of anxiety our bodies produce adrenaline, the more stressful the more adrenaline. Adrenaline affects us all in precise ways, tunnel vision, confusion, etc.

When a large amount of the chemical is produced it is called an "adrenaline dump", learning to be able to function properly during this time can be difficult, there are very few ways to practice or condition for this.

When the students face each other for formal sparring they experience various levels of anxiety, "fight or flight" comes to mind, many beginning students will actually run away even though they have seen previous bouts with no injury.

Obviously after a certain amount of training there is not as much fear but there is always a certain amount of anxiety. It is not a matter of no fear, but more of how they learn to control emotion.

A large percentage of students at the lower belt levels find it difficult to control their anger, either when they are hit hard or feel some injustice has been done to them. After some time in sparring training they learn it is not advantageous to get mad, that losing control of emotions always results in negative rewards.

It is the same for violent behavior, trying to hurt another or wishing for an injury is counter-productive to sparring in class. On the contrary the respect shown both before and after a match is much more rewarding than seeing your partner in agony.

For a more physical goal I think this quote from the World Taekwondo is an appropriate explanation ; "Sparring is to have two people against each other to create various poomsae (form) where practitioners can react to real situations and it will lead the practitioners to understand the reality of poomsae."

"Sparring is two competitors facing each other to compare and influence their techniques upon each other within the same conditions." also from the World Taekwondo.

Watching the students spar gives an instructor a great time to observe how the student is absorbing the material being taught, and whether they will be able to use the techniques under stress. It is also a valuable time to instruct the student in real time, while they are using the techniques as they are intended to be used.

Observations can be made on an individual basis as to the demeanor of the trainee and whether the virtues of TKD and of course basic fair play are applied.

"Fair Play" -(a combination of observance of the rules, respect for the opponent, and combating violence and unfair behavior) -from the international committee on fair play.(ICFP)

The International Olympic Committee has accepted this definition and adds-"Fair play is materialized based on a modest behavior when winning a game; a polite behavior when losing a game; and hospitality that creates a warm and long lasting human relationship."

Before the sparring begins we come to attention and bow to each other, at the end of the match we again bow to each other then shake hands, this is the ritual that gives sparring a formal aspect. The rituals and rules have the ability to transform fighting into sparring, and turn sparring into a sort of artistic activity. When beginners spar they use brute strength and power. They struggle to observe the rules and struggle with their emotions. At some point during their training they begin to take charge of themselves and their situation and make artistic statements through their performance. The reality is if the student can control emotions and technique at a time when they are facing each other with physical force, making civilized, self conscious acts to ward off or overcome aggression then it will be easier to face the realities of everyday life.

If anyone wants to delve further into this discussion or questions on sparring please make an appointment with one of the instructors.

MAUI OPEN TAEKWONDO CHAMPIONSHIP
September 7th, 2019
War Memorial Gymnasium

TOURNAMENT WEBSITE AND ONLINE REGISTRATION: <http://mauiopentkd.com>

LOCATION: War Memorial Gym, 1580 Ka'ahumanu Avenue, Wailuku, HI 96793,
DATE: September 7, 2019

Registration/Weigh-In: Friday, September 6, 2019, 3:00-6:00 PM at War Memorial Gym Saturday, September 7, 2019:
8:00 AM – Registration/Weigh in for confirmed late arrivals and neighbor island athletes

COMPETITOR ENTRY FEES: Early Registration until August 19, 2019: One event \$75, each additional event \$15
Final Registration: August 20 - September 2, 2019: One event: \$105, each additional event \$15

PLEASE SEE MS. JENN BEFORE REGISTERING FOR THE COMPETITION!



STUDENT REFERRAL PROGRAM

Starting in August, we will be having a *New Student Enrollment Special!* Any new student that signs up in FALL will get their first TWO MONTHS of tuition for \$135.00. The \$135.00 also includes a dobuk or school t-shirt and pants. *That is an \$140.00 savings!*

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!



Thank you to all the parents & students for your continued support!