



The Roundhouse: Headlines from Around the Do-jang.

In previous editions of **The Roundhouse**, we elaborated on three of the five fundamental tenets of Taekwon-Do: Courtesy, Perseverance and Indomitable Spirit. If you've read the Student Handbook (available at the Do-jang or on our web site), you know that the Traditional Taekwon-Do College encourages students to use these tenets as a guide for becoming an honorable person with perfect character and physical condition, both inside and outside of class.

The tenet **Integrity** is described as: "Being able to define right from wrong. Within the Do-jang, one must honestly attempt to do whatever the instructor asks. If you are asked to do 20 pushups, do not do only 10 because the instructor is not watching you." In this edition, we'd like to elaborate on how a commitment to integrity *and* regular, focused attendance affects your length of time between promotions.

Regular vs. Sporadic Attendance.

Woody Allen once said, "Eighty percent of success is showing up." Continuous, regular attendance is one of the main criteria instructors consider for student advancement. We mentioned in our third newsletter that the Bailey's have established *minimum* amounts of time that every student is required to spend practicing each hyung. The time varies depending on the belt level and difficulty of the hyung. It also varies depending on the student's commitment to regular class attendance. By regular attendance, we do not mean being in class every night for one week, then being absent for the next month. It takes time to get your power, flexibility and timing back to where it was before a long absence, so you can't just pick up where you left off.

"You are not stuck where you are unless you decide to be."

-- Wayne W. Dyer

In other words, your advancement is in your own hands. If you are dissatisfied with how slowly you think you're moving forward, consider what you can do to change that. Are you attending class regularly -- at least twice a week on a continuous basis? More importantly, ask yourself, "Am I completely focused on working hard every single time I step into the Do-jang?"

Quantity vs. Quality of Attendance.

At almost every test, Mr. Crouch reminds students: "Tonight is just a ceremony. Your real promotion test is each night in class." Unfortunately, our instructors have been noticing a few students who regularly attend class, but sleepwalk their way through hyungs and drills, only to come alive again for sparring. If you do not apply yourself with focused attention and hard work for the entire hour and 15 minutes, you will not advance as quickly as another student who does.

This is where your integrity comes into play. If an instructor takes the time to comment on your pattern by making suggestions on how you can improve it, do you listen carefully and then try to apply that advice when you repeat your hyung? A student who is demonstrating a serious desire to improve will make a genuine effort to put the instructor's comments into practice. On the other hand, if the same instructor has to make the same comment to the same student over and over again -- "Keep your fists tight", "Remember to chamber", "That's a belt level front kick" -- it implies the student is not paying attention or doesn't care about advancing. As someone once said, "Killing time murders opportunities." Take advantage of our instructors' experience by using your valuable class time to put their knowledge to work for you.

Remember:

"Some people dream of worthy accomplishments, while others stay awake and do them."
-- Anonymous