



The Roundhouse: Headlines from Around the Do-jang.

As in any relationship, Taekwon-Do can take you on an emotional roller coaster of highs and lows. There is the initial period of infatuation that we often see when students are so passionate and eager to learn about their newfound "love" that they come to class almost every night of the week. Few students can maintain that big of a time commitment to one activity and, those who do manage to push themselves nonstop to black belt, often end up exhausted and burned out as soon as they reach their goal.

In this issue of The Roundhouse, we would like to share the **Sources of Inspiration** that our instructors turn to for the motivational "jump start" they need to banish burn-out.

Crush or Commitment?

Any health club will tell you that it gets a surge of new business right after the New Year's resolutions are made, followed by a nosedive in drop-outs a month or two later. Frustration with the lack of instant gratification, too much time commitment required, or simple boredom can all be factors. This is true with Taekwon-Do, as well, especially for those students who view it as just "something to do in the evenings." If you look in our Student Handbook, you will see that the very first chapter is entitled: Taekwon-Do: A Way of Life. Any black belt will tell you that Taekwon-Do is a part of who they are; for many, it defines them. Try viewing TKD as more than just a way to stay in shape, and you will discover a richer and more meaningful experience that positively impacts all facets of your life.

"Satisfaction lies in the effort, not in the attainment. Full effort is full victory."

-- Mahatma Gandhi

Bob Crouch, 4th Dan Instructor, has observed that beginner to intermediate level Taekwon-Do students see quick improvements as they are progressing. This fast learning curve spurs them on to reach the coveted blue belt, where they can start breaking. On the other hand, blue, purple and brown belts don't necessarily see giant leaps in improvements, because they are focusing on refining or "tweaking" their techniques. Fine-tuning can be a source of stagnation for students who are counting the days to their black belt test. This is a good time to look beyond perfecting your current pattern according to Kirk Werner, 3rd Dan Instructor. He recommends delving deeper into the details of your training by setting a goal for yourself that has nothing to do with advancement. Look for ways to improve flexibility in your warm-up stretches. Practice a challenging break for an upcoming tournament. Or, consider taking a couple of weeks off to recharge your batteries.

"A friend is someone who knows the song in your heart, and will sing it back to you when you forget the words."

-- Author Unknown

Angela Pinto, 1st Dan Instructor says, "it is my closest friends that have helped me stay connected to Taekwon-Do when I'm facing those times that I feel like I could easily give it up." Bob Crouch echoes her sentiments by stating, "I hold Taekwon-Do, and the people I know because of it, as part of my life/my family and that motivates me to be part of it, regardless of where I am." I think it's fair to say that the Bailey's consider all of their students as part of the Traditional Taekwon-Do "family." We are very fortunate to have a deep sense of community and connection within our school -- and between the different schools throughout the Bailey's organization. Whether you socialize with Taekwon-Do students outside of the Do-jang or not, you can use this special bond we share with fellow students to motivate and inspire you at those times when you need to rekindle your passion for TKD. Brenda Asheim, 2nd Dan Instructor, says "all it takes is a workout in Edmonds to get me pumped up about Taekwon-Do again." Just seeing higher ranking black belts who are your mentors can be enough to ignite your desire to be like them. And, remember, you may be the one person who is inspiring other students! We are all mentors. That alone should inspire us to motivate each other.

"Life's not about expecting, hoping and wishing, it's about doing, being and becoming.

It's about the choices you've just made, and the ones you're about to make, it's about the things you choose to say - today.

It's about what you're gonna do after you finish reading this."

-- Mike Dooley

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