

Volume 4, Number 2—Summer 2003

ACTA SUMMER CAMP—A ONCE IN A LIFETIME EXPERIENCE, AGAIN

By Master James Perron, 6th Dan (Clinton, IA)

Approximately 50 ACTA members from seven Kim's Academy schools kicked, punched, spun, jumped and hopped through two-and-a-half days of intense Tae Kwon Do training at Camp Dodge in Johnston, Iowa.

From June 19-22, 9th Degree Grand Master In Mook Kim conducted the camp with assistance from 6th Degree Master Ki Wook Kim and other ACTA Instructors.

The weather was perfect for summer camp. A refreshing breeze each day, combined with temperatures in the 70s and 80s, made the outdoor sessions a pleasure.

General training began each day at 6 a.m. with a warm up walk/run of up to two miles. This was followed by a rigorous workout consisting of basic form, one-step sparring and free sparring exercises. Breakfast was very welcome at 8:30.

Midday class resumed at 10 a.m. with yoga stretching and special exercises for agility, speed and flexibility. Then into dobaks for forms and more one-step sparring. Lunch followed at 1:30.

We returned to the field at 3:30 for breakaway self-defense, more forms and free sparring until 6:30. Dinner was at 7, and a 10 p.m. bedtime was none too early for many campers. Whew.

Working out on an inclined, grassy field is quite different than the hard surface or carpet we are used to having underfoot in the dojang. The uneven surface is a unique experience for most students, and can be a true test of balance when performing spin kicks, especially when encountering the occasional "knob" or "dip" in the field.

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(Summer Camp, continued)

When practicing on an irregular surface, muscles react differently, sometimes resulting in sore calves, thighs, hips and lower back by the second day. This was evident by the odor of mentholated muscle rubs in the barracks at bedtime.

Master Ki Wook Kim, 6th Dan, led the class in innovative sparring exercises and techniques. Instruction included footwork, foot switching and kicking techniques, counter kicking exercises, jamming and breakaway techniques, and effective use of hand techniques for close-proximity sparring.

Grandmaster Kim's breakaway self-defense class provided very viable and easily assimilated techniques. The focus was on escaping and countering, using hand and foot techniques readily available to Tae Kwon Do practitioners. The sequences were logical and with repetition, can be very effective.

Hyung practice, especially for the Instructors and higher ranks, was very enlightening. Many questions were answered and discrepancies were standardized, with the information to be dispensed at each academy in the weeks to follow.

First-time campers may have felt that they had gotten into something for which they were unprepared. But by the end of camp, all participants knew greater capabilities than they first thought. The Perseverance and Indomitable Spirit exhibited during the Sunday morning workout led to a sense of accomplishment and a feeling of having reached deep inside to pull up the reserves that many individuals did not know they had.

The vigorous workouts in the sun, the intensity of the training, and the amount of information conveyed in such a short time makes Summer Camp a most memorable experience. Those who participate will want to return and bring another person to experience firsthand the benefits of Summer Camp.

Attending Summer Camp is more than just practicing Tae Kwon Do. The experience promotes socializing with students from our sister academies, allowing each student the means to form a network of friends within the ACTA family.

The dedication, enthusiasm, and efforts of the following people made the 2003 ACTA Summer Camp a truly unique and enjoyable experience.

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ACTA Summer Camp, Class of 2003



(Summer Camp, continued)

Thank you to the following people: Grandmaster Kim for his unswerving dedication to Tae Kwon Do and his students. Master Ki Wook Kim for his excellent instruction in forms, sparring and kicking techniques. The Master, Junior Master and other Instructors who assisted in various capacities throughout the event. Mister Mike Worthey for supplying Quaker chewy Granola Bars, boxes and boxes of Cap'n Crunch cereal, and the Gatorade. Mike Worthey and Adam Ard, the Gatorade crew from the Marion TKD Club, for keeping the campers supplied with Gatorade at the breaks during workouts. The barracks and dining facility cleanup crews whose efforts dazzled the military personnel inspecting the buildings prior to our vacating Camp Dodge. Mr. and Mrs. Norman Little for doing the "leg work" for camp. And a special thank you to Mr. Jim Gibson, the Perry, Iowa HyVee catering manager. His efforts to keep the campers well fed with meals specifically planned to meet our nutritional requirements for the rigorous camp activities and his attention to our special requests did not go unnoticed. We look forward to seeing him again next year.

I encourage all students to attend the 2004 ACTA Summer Camp. Next year's camp is scheduled for June 24-27. Start making plans for the experience of a lifetime.

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**Make Plans Now for
Special ACTA Events
in November**

**Advanced Black Belt Make-Up Test
Friday, October 31**

6 p.m. at ACTA Headquarters on
Austin Highway in San Antonio, Texas

**2003 American TaeKwonDo Championships
Saturday, November 1**

San Antonio College
Registration, 8:30 a.m.
Referees meeting, 9 a.m.
Black Belt demonstration, 10 a.m.
Form competition, 11 a.m.

Form and free-sparring competition,
\$50 if you pre-register
\$65 at the door

General admission,
\$5 adults, \$3 children

TENETS OF TAE KWON DO: COURTESY

First in a series by
Grand Master James M. Brockway, Ph.D.
8th Dan (Burlington, IA)
Vice President, ACTA

Each of the Five Tenets of Tae Kwon Do has a "Self-Orientation" (egoistic) and an "Orientation Toward Others" (altruistic) component. Within each of these two components, we also find the mental, physical and spiritual elements of Tae Kwon Do philosophy.

Courtesy: Self -Orientation

Mental Element

The single most important *mental element for the Self-Orientation of Courtesy* is self-esteem and personal confidence. Social scientists and researchers have stated for many decades that the most important factor in a person's success is the level of his/her self-esteem.

The concept of "self-esteem" significantly affects a person's conscious and subconscious mental thoughts.

It is self-confidence that provides the courage and mental strength to successfully undertake a variety of life challenges that are both difficult and rewarding.

The best means for us to improve and enhance our self-esteem is by increasing our knowledge in a subject matter that has shared importance for others and us.

Therefore, our overall self-confidence is directly correlated with the level of proficiency we have mastered regarding the performance of specific skills and/or worthwhile tasks.

The largest number of skills and greatest proficiency of skills tends to return the largest benefits in terms of our self-esteem. Having each person acknowledge that he/she can always improve in his/her performance stimulates continued growth and helps eliminate the potential for arrogance when performing the technical skills at your command.

Physical Elements

There are five important *physical elements for the Self-Orientation of Courtesy*:

- (1) Strengthen the cardiovascular and respiratory systems;
- (2) Increasing endurance and stamina;
- (3) Enhancing body flexibility;
- (4) Improving muscle strength; and,
- (5) Developing technical skills.

(Continued on page 4)

(Courtesy, continued)

All five of these physical elements can be achieved by consistently obtaining:

- **Sufficient daily rest and relaxation;**
- **Eating a balanced diet and taking vitamin and mineral supplements; and,**
- **Exercising 4-5 times per week for at least 20-60 minutes.**

This will enable each of us to have a better self-concept and enhance our energy level for conducting our family, occupational, and recreational activities.

Spiritual Element

The principle spiritual element for the *Self-Orientation of Courtesy* is enjoying and appreciating the beauty around us each day. We can put this element into action each day by enjoying those aspects of life that we consider to be beautiful. For example, taking time daily to enjoy family relationships, favorite music, friendships, and various things found in nature (i.e., animals, plants, rock formations, bodies of water, waterways, different species of birds, fish, reptiles, insects and trees).

Courtesy: Orientation Toward Others

Mental Element

The single most important *mental element for the Orientation Toward Others of Courtesy* is the support nature you exhibit to others. Through your consistent support and encouragement, it is possible to significantly and positively impact the lives of others. It is appropriate to begin this effort with your family or extended family members. If your family does not currently require your efforts, then participation in “mentoring programs” is another excellent opportunity to share your experience and knowledge with others. There are several organizations that would welcome your assistance with their youth activities (e.g., Boy Scouts, Girl Scouts, Big Brothers & Sisters, Religious Youth Groups, YMCA, and YWCA)

Physical Element

Two of the greatest support mechanisms we can offer to another person physically involves:

- Encouraging their participation in regular physical exercises; and,
- Assisting in protecting them from physical attack.

The former can be accomplished by simply including a friend(s) in your daily workout routines. Most people will find it easier to workout regularly with a partner versus training regularly alone. Many times it requires only a little encouragement from a friend to have a person become actively involved with daily workout sessions.

The latter, protecting people from physical attack can be accomplished in many ways.

- You can take action by calling law enforcement when you witness a physical attack on another person.
- You can intervene verbally by demanding the assailant stop attacking the victim.
- You can physically defend a person utilizing your Tae Kwon Do skills mentally, physically and spiritually.

Of course, you must assess your personal skill-level in the third case, so that you can properly evaluate whether you are capable of undertaking the physical tasks necessary to bring harmony back to the situation for all parties.

Spiritual Element

The principle *spiritual element for the Orientation Toward Others of Courtesy* is the ability to assist in creating a fair and just situation for all persons in your immediate environment. We all understand that it is not possible to have a perfectly controlled environment all the time.

However, we can deliberately assist in creating a fair and just environment when conducting our business and/or personal affairs. This leaves space for disagreement and conflict to be discussed and resolved amiably.

Our ability to remain calm, self-confident, and utilize all our resources in the presence of overwhelming opposition, will definitely assist in creating the quickest possible resolution to any problems.

Establishing your beliefs, values, attitude, and behavior to reflect the positive and encouraging spirit we all long to become, will be a tremendous step in the right direction.

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HYUNG: THE HEART AND SOUL OF TAE KWON DO

Grand Master Kim often states that hyung, or forms, are central to the practice of Tae Kwon Do. Given that Tae Kwon Do is renowned as the “kicking Art,” it’s no wonder then that ACTA forms—designed by Grand Master Kim and introduced in the late 1990s—emphasize kicking.

Grand Master Kim states: “Form practice touches all aspects of a student’s practice. Physically, it promotes strength, flexibility, and healthy heart and lungs. Mentally, it is challenging. Having more kicks makes students *think harder*, which means more blood flow to the brain. You literally gain brain power through form practice.

“Form practice is good for the spirit, too. After an aggressive form workout, students feel exhilarated. Their self-esteem increases. And their self-confidence improves with the growth of their technical skills.”

Grand Master Kim also emphasizes the importance of form practice as a foundation for free-sparring. Improved balance, coordination, peripheral vision and general awareness of what is happening around us are just a few of the many other benefits of form practice.

Into the new ACTA forms, Grand Master Kim injected more than 50 years of martial arts and life experience. White Belt to 1st Dan Black Belt forms emphasize basic development—understanding basic kicking, striking and blocking techniques; “forcing” muscles to perform motions correctly; “feeling” the complete range of motion with each movement; and generating power.

Advanced Black Belt forms emphasize the mastery of technique; relaxed motion; focusing on the end point of each technique; and generating ever-greater levels of power.

Ask Grand Master Kim what the single most important thing you can do to improve your Tae Kwon Do skills, and the answer is immediate: “Practice your forms, over and over. You can *always* improve when you perform your hyung.”

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UNDERSTANDING THE COMPONENTS OF POWER AND THE PHYSICAL PRINCIPLES OF TAE KWON DO

An important goal of all Tae Kwon Do students is the development of power—defined as “force exerted or capable of being exerted.” We all want powerful kicks, strikes, blocks and jumps.

Tae Kwon Do offers us valuable guidelines for developing power. ACTA students should be familiar with the five overarching “Components of Power”:

- *Action/reaction force*—explained by Newton’s Third Law of Motion (for every action, there is an opposite and equal reaction)
- *Concentration of the target spot*—our mental focus on the target combined with quick and correct technical skill response
- *Equilibrium of body weight*—the proper shifting of weight while executing hand and foot techniques
- *Breath control*—quickly dispelling air from the diaphragm area for improved energy, strength and safety
- *Speed*—the result of relaxed movement, continuous muscle development and regular repetition of motion

To help us better understand and develop the Components of Power, we also study five “Physical Principles” of Tae Kwon Do:

- *Accuracy*—proper stances, correct blocking and effective counter attacks with hands and feet, and selection of specific technical skills for different purposes
- *Balance*—the importance of stances, technical execution of techniques, and the skill to execute combination movements
- *Focus*—precision in hand and foot techniques, and correct selection of the 365 vital target areas of the human body
- *Speed*—development of long, lean muscles through regular stretching, repetition of movements for strength, and the use of basic physics in the technical skill aspects of Tae Kwon Do
- *Power*—combining all of the above for continuous development of the Components of Power

The overlap between the Components of Power and the Principles of Tae Kwon Do are both important and intentional. By studying—and actively practicing—the five Principles on a daily basis, we not only develop greater physical power, but we also strengthen the mental and spiritual aspects of our discipline.

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TEST YOUR EYES—AND YOUR VOCABULARY!

Tae Kwon Do “Find-A-Word”

Editor’s Note: Thanks very much to **Charles Allen**, 2D Black Belt from Burlington, Iowa, for the initiative and effort that went into creating this game.

(Answers on page 7)

W W G P N F T F C L K R Z S F G C Y O A
X X N X G R S Q X K R I X G D N J T D X
P R I O G A I Z F O C U S N Z I D E N L
Q E R N J B R F M Y L A P U S R W F O C
V X R R D P O K S I H G A Y S R A A W I
I G A S Z O A X Q Z N K B H Y A Y S K W
J N P T E T M Z T Y J D L S I P S L E Z
M W S E C V I I T M E T E N Q S V A A Q
N O E A J F E I T H C T P J V P Q N T Q
L Y E C L Z R R I A R V T N B E T O D J
M U R G N G J M A U B I X W E T N S T P
I E F S E A E I O N R L G L N S V R E P
M A T T Z L L C H I C W E W H E K E T P
W M N K K J M A P D L E C S Z N K P C P
F I F U R Y F S B K F H N T P O T F M S
D E E P S M O A T R E T Y B M I X W P A
P O W E R X B P P V N U J O B P R D F O
L O R T N O C F L E S X H S T O Y I U S
Y M E D A C A S M I K N K G X H D E T Z
B C G P U A C C U R A C Y J G E M Y H W

Word Find List:

ACCURACY

ACTA

BALANCE

BODY

COURTESY

FOCUS

FREE SPARRING

HYUNGS

INDOMITABLE SPIRIT

INTEGRITY

KIMS ACADEMY

MIND

ONE STEP SPARRING

PERSEVERANCE

PERSONAL SAFETY

POWER

SELF CONTROL

SPEED

SPIRIT

TAE KWONDO

Tae Kwon Do
"Find-A-Word"
Answers

Created by: Charles Allen, 2D Black Belt (Burlington, Iowa)

. . G S . G . Y O .
. . N G . N . T D .
P . I F O C U S N . I . E N .
. E R N M . . . U . R . F O .
. . R . D I . . . Y . R . A W .
. . A S . O A . . . N . . H Y A . S K .
. . P . E T M . . Y . D . S . P . L E .
. . S . C V . I T . . . E . . S . A A .
. . E A . . E I T . . T . . . P . N T .
. . E C . . R R . A R . T . . E . O . .
. . R . N G . . A U B I . . . T . S . .
. . F . E A . . O N R L . . . S . R . .
. . . T . . L C . I C . E . . E . E . .
. . N A P . . E . S . N . P . .
. I S B P O
D E E P S I
P O W E R B . R
L O R T N O C F L E S O . I . .
Y M E D A C A S M I K D . T .
. A C C U R A C Y Y . .

SUMMER ACTION IN BURLINGTON

Mid-July brought to Burlington, Iowa, the 2003 ACTA Midwestern Tae Kwon Do Championships and Regional Promotional Testing. This was the second time for the Burlington Programs to host the tournament, held on Saturday, July 12.

As with last year, the Burlington YM-YWCA West Gymnasium was a wonderful setting for the event. The Burlington area ACTA Instructors and students worked hard to make all competitors, spectators and tournament officials feel welcome.

Participants came to the event from around Iowa, Minnesota and from the Louisville -area programs. While modest in total numbers, competitors and spectators alike enjoyed an exciting day of demonstrations and top-level Tae Kwon Do competition.

The Regional Promotional Testing took place the following day at the same facility. Students from White Belt level to 3R Black Belt tested their skills and knowledge in front of a panel of judges that included Grand Master Kim, Grand Master James Brockway and Master Ki Wook Kim, among others.

Whether taking part in the tournament, testing or both, students who attended this summer's Midwestern regional events happy with the experience. While the trophies and new belt rankings were rewarding, all participants took home the best prize of all—the experience of meeting and growing their skills with others from across the ACTA.

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