



January 2025 Newsletter

Being Disciplined in Your Training

What does it mean to be disciplined? Disciplined is defined as showing a controlled form of behavior or controlled way of working. In the martial arts students are expected to control their behavior, not acting wildly before/during/after class, and conduct themselves in a respectful manner with their peers and instructors. The second part of the definition is what we are looking at right now, controlled way of working. In this case how they approach their training.

In class there are certain expectations of how people approach their training. This can be viewed as a spectrum or range going from not trying at all moving all the way up to a very focused intent on what is being done. Most people are going to fall somewhere between these two extremes but hopefully leaning more toward having a very focused intent on what is being done. The important thing is to be consistent in how one approaches training. If one is not really putting any effort into class on a regular basis and only trying when they think it matters, usually promotion tests, it is going to have a negative effect on the results of their training.

In the past this has happened countless times where a student does not try in class regardless of how the material is being presented that they need to learn and be able to demonstrate with a certain level of competency to advance in rank. This person may be doing well enough to be allowed to test, which is a privilege one earns not a right, based on their training in class. On test day when the student thinks it matters they will suddenly look like a different person compared to their normal performance in class. Sometimes even looking great compared to how they usually perform.

The difficult part is even though they may have had what appeared to be a great performance compared to how they normally look it may not be enough to be promoted to the level they were hoping to be promoted to. Why? Because testing is done objectively based on minimum expectations for how the techniques and material are performed. Even though somebody may look good at testing compared to how they normally look in class it comes down to how well are they performing the material to meet the standards for the various ranks.

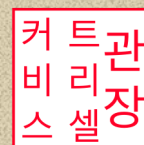
In the past this situation played out with a child who was not putting in the effort they were capable of in class but looked quite good at testing and earned the rank they received, but not good enough to get the rank they were hoping for. After their performance I told them I was proud of them and that was what I wanted to see from them in class. Instead of a thank you they said, "I know. I did that today because testing mattered." Unfortunately for them their performance did not earn them the rank they wanted.

Every once in a while a parent of a student or a student will express frustration over not getting the rank they thought they should have. Rank is earned through practice not given just for showing up. Being disciplined in how one approaches their training during class is going to have a greater effect on how they perform at testing rather than just trying hard on test day. More important than promotion testing though people need to be disciplined in how they approach other challenges in life such as school and work. The hope is we take what we are learning in the martial arts, in this case discipline, and apply those lessons to other areas of our life to be a better version of who we are.

Take care,

Kirby Strissel

Kwan Jang - Martial Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association





December 2024 Promotion Test Results

9th Gup White

Arlo Petersen

Int. 9th Gup White

(2 stripes)

Noah Boswell

Aren Fahradyan

Caleb King

Julieta Petrussek

Adv. 9th Gup White

Anisha Bathla

Savannah Boswell

Harry Zhang

Nov. 8th Gup Yellow

Jimmy Chang

8th Gup Yellow

Nelson Stille

7th Gup Yellow

Thomas Banda

Salma Hashi

Elizabeth Hillebrand

Int. 7th Gup Yellow

Caleb Banda

Lucas Fontana

Nov. 6th Gup Green

Arthur Mielke

6th Gup Green

Aanav Jayakar

Aaryav Jayakar

5th Gup Green

Charles Schotland

Int. 5th Gup Green

Cyrus Choung

William Koptievskyi

Karlee Mielke

Shane Petersen

Charles Wang

Sophia Wang

Adv. 5th Gup Green

Laith Alasadi

Dhruv Bathla

Philip Koptievskyi

Ivan Petersen

Nov. 4th Gup Blue

Theodore Li

Jessica Thach

3rd Gup Blue

Bijal Mehta

Jameon Petersen

Int. 3rd Gup Blue

Jayden Batson

Sylar Choung

2nd Gup Red

Casey Bockol

Jordan Bockol

Catherine Li

Cho Dan Bo

Khayyam Shuja

Next Testing: March 13, 2025

New Year, New Schedule

Mondays

5:00-5:55 PM White Belts

6:00-6:55 PM Yellow Belts

7:00-7:55 PM Green & Blue Belts

8:00-8:55 PM Red & Black Belts

Wednesdays

5:00-5:55 PM Yellow Belts

6:00-6:55 PM Green & Blue Belts

7:00-7:55 PM White Belts

8:00-8:55 PM Red & Black Belts

Thursdays

5:00-5:55 PM Green & Blue Belts

6:00-6:55 PM White Belts

7:00-7:55 PM Yellow Belts

8:00-8:55 PM Red & Black Belts

I understand sometimes it may be easier for a higher ranking student to attend a class for lower ranking students, such as a yellow belt attending the white belt class. This is alright but to get the most of their training students should try to attend the class that is appropriate for their rank. If you have any questions let me know.

