



## November 2024 Newsletter

### Benefits of the Martial Arts

So you or your child has an interest in the martial arts. What can you gain by taking up the martial arts? Discipline, respect, confidence, stress relief, physical fitness and self-defense skills. All of those are things people can benefit from having in their lives. This makes for a nice list of benefits but let's elaborate on each of them a little more.

**With self-discipline most anything is possible.**

**-Theodore Roosevelt**

Discipline in this case means self-discipline for the individual. This can be in the form of just showing up for class each day to train. It is easy for us to find reasons not to attend class; your favorite show is on, your tired, you had a hard day at school or work, and any other reason we can come up with. By regularly attending class we will become more disciplined to follow through on our intentions and work toward a goal.

Respect for ourselves and others in class should carry over to other areas of our life. One of the most often seen examples are saying, "Yes Sir" or "Yes Ma'am" when the instructor is done giving directions. The other is when students bow to each other or the instructor and student bow to each other. When training there are certain expectations where the instructors and students should be treating each other in a respectful manner. The instructors duty is to train the students with a firm but caring approach. The students should follow the directions being given in class and respect the experience and knowledge the instructor is passing on to them.

**Respect**

**-Give it  
To get it-**

**Self-Confidence**

Confidence can be developed in a variety of activities in class. For the shy person having to say, "Yes Sir" in a group setting, answering a question when there is a group discussion, or talking to their training partners can help them come out of their shell. Learning how to execute a new technique or finally learning how to perform a new form after weeks and months of practice will make a student feel good about themselves and their hard work. If a person begins to pursue teaching they will develop confidence in their ability to teach and demonstrate to new students.

Stress-relief is something everybody can benefit from. Through martial arts training we can take that stress we have built up from work, school, our home life, or any other source and channel it into something positive. For some it can be just coming to class and not having to think about what to do or tell others what to do because an instructor is leading the class. For others the focus and concentration of working on the material helps them let go and not think about their stressors. Sometimes just hitting a target or heavy bag helps a person let go of whatever stress they are holding onto.

**Stress-Relief**

**Health  
& Fitness**

Physical fitness is something everybody should try to maintain. More and more jobs are causing people to work in sedentary or repetitive positions for longer durations with little or no variety of movement. Children in school now have less physical education and recess than previous generations. Coming to class and working hard can have cardiovascular, strength and flexibility benefits all in one work out.





Self-defense skills are something hopefully nobody has to use but if the need arises one can defend themselves or even better see and avoid potential problems. Sometimes people are concerned with these skills leading to aggression in children but they should be learning to control themselves and only use these skills as a last resort. Their best self-defense tools are their brains and mouths. Learning to see and avoid problems or using their voices to talk their way out of a fight is far better resolution than physically having to defend oneself.

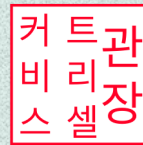


The overall goal of training in the martial arts should be to reap the above benefits. More importantly than just getting these benefits in class is to take some of the above benefits and applying them to other areas of one's life. Take the discipline we apply to training in class and apply that to our school or work. The respect for ourself and others at class should carry over to work, school and home. That confidence from speaking in class or learning a new physical skill will allow a person to be a better speaker at work or try to learn another new skill.

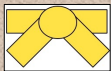
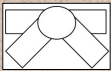
Take care,

*Kirby Strissel*

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



## Thursday December 12, 2024 Promotion Test

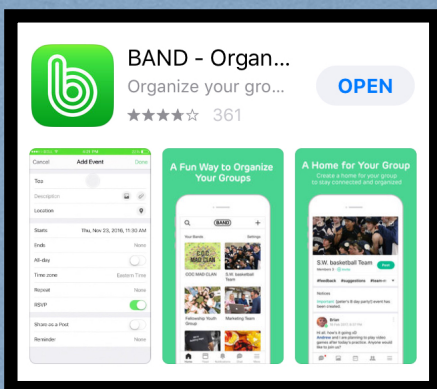


White Belts	5:00 PM
Yellow Belts	6:00 PM
Green, Blue & Red Belts	7:00PM



**There will be no regular class on test night. We will use this evening for those students that are testing. Feel free to attend another class earlier in the week if you normally just attend Thursdays.**

**If you have any questions contact Kirby Strissel.**



**Hey, join our 'Martial Arts For Health & Wellness, LLC' group on BAND - The app for groups and communities!**

<https://band.us/n/a5a60c17jd1dU>

If you have not yet please download the BAND app to your smartphone. I will be using this as another communication method for updates about last minute changes that may affect class schedules. You can join the group at the above link.

