



December 2024 Newsletter

Are We Hitting In Anger?

A while ago a student sent me an very good article. To very briefly sum the content up the author wrote about the idea of hitting a pillow in anger and how it is not a good idea because this reinforces that hitting when angry is an acceptable solution and teaches violence. In the martial arts are we then teaching violence by hitting targets and bags or doing sparring drills with somebody? If we come to class angry are we just reinforcing releasing our anger in a violent manner? I do not think so, if we are mindful of what we are doing while we are training.

I believe that even if someone is angry it can be beneficial to workout and hit a target or bag. The key is not to focus on what is causing the anger while hitting something but rather to focus on what you are doing. Martial arts practice should be a continuous effort to improve oneself physically, mentally and emotionally. If a person is focused on relaxing and using proper technique while hitting a target they should be letting go and not dwelling on whatever is causing them to be angry. Although we are training to develop skills to defend ourself if we need to the goal should not be to hurt somebody because you can. The goal should be improvement of those skills but to also be a good training partner in class and person outside of class.



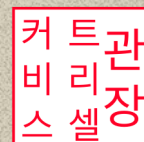
Unfortunately with the popularity of MMA, Mixed Martial Arts, there are sometimes people who may have a wealth of skill but are not getting some of the other goals or benefits of the martial arts. I think the quote I have heard from multiple professional fighters that bothers me the most is something along the lines of, "I enjoy fighting because it's the only way I can hit somebody and not go to jail." To hear a person talk about wanting to hurt, destroy, or break their opponent is to me showing a lack of respect or compassion for that other person. By all means if you want to compete there are avenues for that but there should still be a respect and sportsmanship shown otherwise it really is no better than a sanctioned beating.

When we practice we are taking our body through the physical movements for whatever skill or drill we are working on. We need to be thinking about what we are doing and concentrating on correct form. Having a calm and relaxed emotional state one will be able to garner more from their training. We also need to genuinely care about the people we are working with. There is no room for anger in the martial arts. Although we may become angry or upset about something or someone we can use the martial arts to transform that negative emotion into a positive experience by changing our focus onto what we are doing at the time.

Take care,

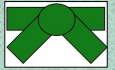
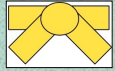
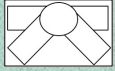
Kirby Strissel

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



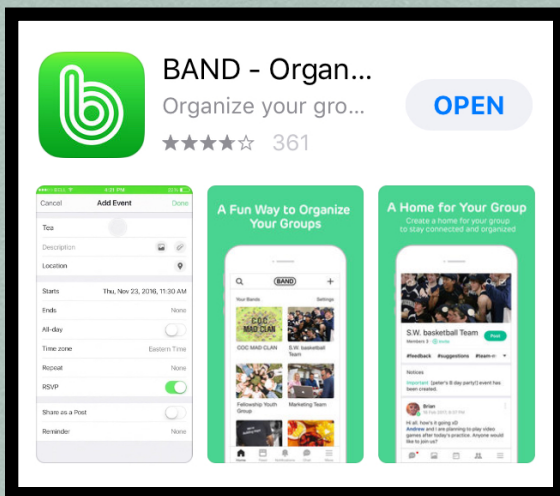
There will be no regular class on test night. We will use this evening for those students that are testing. Feel free to attend another class earlier in the week if you normally just attend Thursdays.

If you have any questions contact Kirby Strissel.

KOREAN MARTIAL ARTS TERMINOLOGY: COUNTING 1-10

There are two different ways used to count from 1 to 10 in Korean. Below are both ways along with how the number can be pronounced.

<u>English</u>	<u>Korean</u>	<u>Pronunciation</u>	<u>English</u>	<u>Korean</u>	<u>Pronunciation</u>
One	하나	hana	First	일	il
Two	둘	dul	Second	이	ee
Three	셋	set	Third	삼	sahm
Four	넷	net	Fourth	사	sa
Five	다섯	taset	Fifth	오	oh
Six	여섯	yaset	Sixth	육	yuke
Seven	일곱	ilgope	Seventh	칠	chill
Eight	여덟	yadoll	Eighth	팔	pawl
Nine	아홉	ahope	Ninth	구	koo
Ten	열	yawl	Tenth	십	ship



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.

