



MARTIAL ARTS FOR HEALTH & WELLNESS, LLC

September 2020 Newsletter



Ways of Showing Respect in the Martial Arts

In traditional martial arts respect for oneself and others should be part of the training process. When one thinks about respect in the martial arts one probably thinks of bowing or saluting to the flags at the beginning and ending of class or bowing to an instructor or classmate. There are many other ways we can demonstrate respect for ourself, others and our art. We are going to look at each of these in a little more detail below.

How does one show respect for oneself in the martial arts? Showing up and being ready to workout in a clean uniform is a good start. Have any patches or stripes that should be on the uniform or belt sewn on as soon as possible. You earned that patch or stripe that represents your rank so you should be presenting that to your instructor and classmates so everyone knows where they need to be lined up in class and what material you should be working on. Follow good hygiene practices such as keeping your finger and toe nails trimmed so they are not a problem in class.

When working out immerse yourself in your training. Try not to let thoughts unrelated to class distract you from what you are doing in the present. You are in class to improve yourself so now is the time to focus on you not things that happened earlier or may happen later. If we are honest most of us probably do not take enough time for ourselves. If you are attending class leave the outside distractions from work and home at the door while you take an hour or so for yourself.

How does one show respect or others in the martial arts? Standing at attention and actively listening when receiving instructions. Bowing to your instructor and saying, "Yes Sir," or "Yes Ma'am," after receiving instructions. Bowing to your instructor and classmates before and after beginning training. Shaking hands after working out with a partner is another additional way of showing respect after bowing to each other. Controlling your behavior so you are not being a distraction to your classmates or having the instructor take time away from teaching the group to redirect your actions. Talking out of turn, dancing around, and touching other people in line are just a few examples of how our behavior can be disrespectful to our classmates. Anything you would not like someone doing directly or indirectly to you should probably not be done in class. Try to conduct yourself how you want others to conduct themselves around you.

How does one show respect for their art? All of the little things we do when training pertain to the art. If the setup allows bowing or saluting before stepping onto the training floor and bowing or saluting to the flags at the start and end of class are two of the most common ways we can show respect for our art. Some behavior that is disrespectful and should be avoided is talking loudly or yelling, running around before class, touching equipment that is currently not in use, and moving forward just enough to hit or kick the wall during practice. Behavior like this shows a lack of respect for our art and self-control of one's actions. Try to treat everything you do like all eyes are on you and you want to set a good example.

My hope is these various ways we can show respect in the martial arts run parallel to how we act in other areas of our life such as home, school and work. By striving to be respectful in all areas of our life we can be a better person without too much effort. Treat yourself how you want others to treat you, treat others how you want others to treat you and treat everything you do like your are setting a good example for everyone watching you.

Take care,

Kirby Strissel

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

커트관
비리장
스셀

헬웰무
쓰니술
앤스



10 Healthy Lifestyle Tips For Kids

Below are ten lifestyle tips for children I came across from a gentleman named Chris Casamassa.

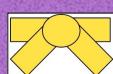
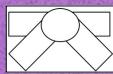
1. Food is Fun... Enjoy your food.
2. Breakfast is a very important meal.
3. Eat lots of different foods everyday, variety is the recipe for health.
4. Which group would you tip for the top? Protein, carbs or fat?
5. Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!
6. Fat facts. Too much fat is not good for your health.
7. Snack attack! Eat regularly and choose a variety of snacks.
8. Quench your thirst. Drink plenty of liquids.
9. Care for those teeth! Brush your teeth at least twice a day.
10. Get off the couch & Get moving! Be active every day.



7. Snack attack! Eat regularly and choose a variety of snacks

Even if you eat regular meals during the day, there will still be times in between that you feel hungry, especially if you have been very physically active. Snacks can fill the gap, but should not be eaten in place of meals, only as an extra. There are lots of different snacks available. Your choice may be yogurt, a handful of fresh or dried fruits, sticks of vegetables like carrots and celery, unsalted nuts or rice crackers, or perhaps a slice of fruit loaf or some bread with cheese. Occasionally, you may prefer crisps and other packet snacks, a chocolate bar, a piece of cake or biscuits. Whichever snack you enjoy, remember it is always good to include a variety of different types to keep things in balance.

September Promotion Testing



As we come off of our outdoor training and move back inside we will conduct promotion testing for those that are ready after our outdoor training this summer. We will conduct the testing like we have in the past as for those that were doing a make up test during the normal class. This December we will return to having an evening dedicated to promotion testing. A test list will be on the front table.



If you have any questions contact Kirby Strissel.

BAND - Organ...
Organize your gro...
★★★★★ 361
OPEN

The screenshot shows the BAND app's main interface. At the top, there's a green header with the app's name and a star rating. Below the header, there's a large blue button labeled "OPEN". Underneath the button, there are three smaller screenshots showing different features: "A Fun Way to Organize Your Groups", "A Home for Your Group", and "Add Event". The bottom half of the screenshot displays a calendar view with a specific event listed: "Weds, Nov 25, 2015, 11:30 AM" with a location "Home" and a status "Event". The calendar also shows other events and a sidebar with various settings and notifications.

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

<https://band.us/n/a1a512P2Z05dR>

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.

