



## Mark your calendars! 2020 Training and Testing Dates

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| <b>Nov 12<sup>th</sup></b> - Axe Taekwon-Do Testing | <b>Dec 24<sup>th</sup> – Dec 31<sup>st</sup></b> – Axe Taekwon-Do Closed - Holiday |
| <b>Nov 26<sup>th</sup></b> – No Class Thanksgiving  | <b>Jan 5<sup>th</sup></b> – Return from Break                                      |
| <b>Dec 17<sup>th</sup></b> – Class Event            |  |

*All articles in this edition are by Sr. Master Todd*

### Testing – November 12<sup>th</sup>



The next promotion testing will be on Thursday, November 12<sup>th</sup>. I understand this is a change but some of the students testing are out during the next week. Color belts will

receive their testing forms on Thursday, November 5<sup>th</sup>. Black belts that are testing have already received their forms. All forms and test fees need to be turned in on Tuesday, November 10<sup>th</sup>. **Testing will start promptly at 630 pm and we should be done by 8 pm.** If not, we will continue on Tuesday, November 17<sup>th</sup>. The testing director for this test will be Mr. Buckley. All black belts not physically involved in the testing will be dressed in the USTF blues. Please contact me if you have any questions.

### Axe Taekwon-Do Training

The slight adjustments are finished and we can continue to train until the end of November at the Powerhouse Facility without any schedule changes (Tuesday & Thursday 630 pm – 8 pm). In December currently, we will be in the Powerhouse Facility on Tuesday and Zoom on Thursday. **However, the time will change in December on Tuesday.** We will train from 7 pm – 830 pm. Younger students can leave at 8 pm if necessary. *If we locate another place to train for December & January we will move the class and adjust the times.* Thus far, we will be required to return to Zoom in January. Hopefully, this will change and we locate a place to train in person on Tuesday and Thursday nights. I believe Ms. Grant and Mrs. Grgas are checking to see if we can move to a facility they may have access to for training. The Powerhouse Facility is located at 10922 S. Old 36<sup>th</sup> Street in Bellevue. It is northeast of Culvers off of 36<sup>th</sup> street.

### Tuition

We collecting monthly tuition. You can pay in person during our scheduled workouts or you can mail your checks to me, payable to Axe TKD. If you are sending by mail, the address is 3355 Rahn Blvd, Bellevue, NE 68123. The cost is

\$50 per student or \$80 for a family rate. We may be able to process with Venmo, please contact Sr. Master Todd for details.

### No class – Thanksgiving Thursday, November 26<sup>th</sup>



### Black Belt Lunch & Holiday Party



I have decided we can't safely participate in the Annual Black Belt Luncheon or Class Holiday Party. I will explore doing something in class on Tuesday, December 17<sup>th</sup>.



### No class – Dec 24<sup>th</sup>, Dec 29, Dec 31

Please enjoy the holiday break with your family and friends, reflect on the rough year we have endured. Be ready to return to training on January 5<sup>th</sup> and be ready for a promising 2021.



## Attacking and Blocking Tools

By General Choi Hong Hi

Founder of Taekwon-Do

As the claws of a tiger or the wings of a bird constitute weapons in their own ways, so do the hands and feet of man form natural weapons. One of the important features of Taekwon-Do training turns the hands and feet into tough effective weapons capable of withstanding the harshest test without being damaged or dulled. Even the best woodcutter must give up tree cutting if his axe or saw is broken. In wartime, even the sharpshooter becomes helpless and perhaps gets killed if his gun does not fire because of long neglect of cleaning. By the same token, even the master of Taekwon-Do who is well versed in the technique may succumb to an attacker if he or she breaks a hand or foot during combat because they were weak from lack of toughening or training maneuvers. In addition to publicizing Taekwon-Do during normal dealings with others, the students are encouraged to actively participate in the demonstration programs in which the breaking of tiles and pine boards can serve as a testimony to the public of the power of Taekwon-Do.

In this manner, the students of Taekwon-Do can maintain the discipline of exercise to keep the hands and feet hardened and in constant readiness. No matter how skillful one's techniques are if the techniques lack force one is unable to impart any pain or shock to the opponent during the actual combat. The part or surface through which the shock or power is transmitted to the opponent's body is called the attacking tool and any part or surface, which intercepts or repulses the attack, is called the blocking tool. Theoretically, all locations of the concentration of strength are considered as attacking tools, most of which serve also as blocking tools. The nineteen parts or positions where the strength can be easily concentrated and toughened or developed are the most frequently used tools in Taekwon-Do. They are divided into hand parts, foot parts and miscellaneous parts. Remember that unlike other tools, they cannot be obtained easily but can only be gained through ceaseless training under the anvil of firm individual resolution.

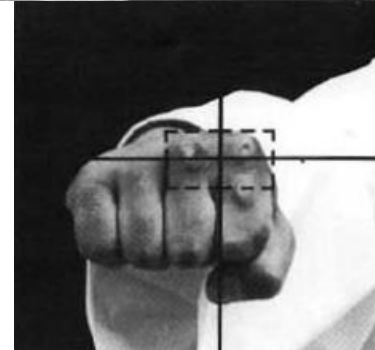
The hand creates so many types of tools that special care should be paid to the selection of the appropriate tool for the appropriate target.

### **Fore fist**

The fore fist is generally used for attacking the philtrum, ribs, solar plexus, chest, abdomen, *jaw*, etc.

The main knuckles of the forefinger and middle finger are the punching parts. The top and the front of the fist should form a right angle so the punching parts can be closely contacted with the target. The wrist should not

be bent when the fist is clenched. The fore fist is occasionally used for a pressing block.



*The lines show the center of power.*



### **Do not bend the wrist:**

The reasons for not bending the wrist are:

1. To prevent the wrist from being blocked or grabbed by the opponent.
2. To align the punching parts of the fist exactly on the target.
3. To concentrate maximum force on the punching parts.

For maximum power, the front two knuckles must contact flush against the point of impact.

Mathematically, power generated from the hip must flow in a smooth unbroken line through the forearm and out through the apex of the front two knuckles.