



Dragon's Breath

May/June 2014

"Dedicated to Black Belt Excellence for Students of All Ages"

On The Cover

"What is Pain?"

Pain is a fact of life and, if you are involved in an energetic activity like a contact sport or a martial art, can be a normal day to day companion.

Quotes from Martial Artists

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.

~ Bruce Lee

What's Inside

3 Five Tenets Explained The second of our five part series explaining the 5 tenets of Taekwondo. This month, Integrity! What does loyalty and honor mean to instructors, and to students?

4 Upcoming Events
Including upcoming tournaments, seminars, and belt test dates!

"What is Pain?"

Wikipedia states that:

Pain is the unpleasant feeling common to such experiences as stubbing a toe, burning a finger, putting iodine on a cut, and bumping the funny bone. The International Association for the Study of Pain defines pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage".

Pain motivates us to withdraw from damaging or potentially damaging situations, protect the damaged body part while it heals, and avoid those situations in the future. It is initiated by stimulation of nociceptors in the peripheral nervous system, or by damage to or malfunction of the peripheral or central nervous systems.

Most pain resolves promptly once the painful stimulus is removed and the body has healed, but sometimes pain persists despite removal of the stimulus and apparent healing of the body; and sometimes pain arises in the absence of any detectable stimulus, damage or pathology...

Different people will have different feelings of pain corresponding to the same stimulus. At the same time tolerance to pain is a very subjective thing.

Low pain threshold

To some extent having a low tolerance to pain has one advantage: people with low pain threshold will usually try to reduce or avoid pain, causing them to be more careful than others about

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Quotes from Martial Artists

- Where there is only a choice between cowardice and violence, I would advise violence.
~ Mohandas Gandhi
- "The more you sweat in training, the less you bleed in combat."
~ Navy SEALs
- Everyone has a plan, 'till they get hit."
~ Mike Tyson

Continued from What is Pain?

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everything. That could be not ideal for a martial artist. Low tolerance can in fact be very annoying because any little impact or strike can cause extreme discomfort therefore incapacitating fighters to continue their actions; worse it can trigger irrational reactions and limiting their ability to fight with a clear mind.

High pain threshold

At the opposite side of the spectrum people with high tolerance to pain will care less about being hit: this can sometimes cause them to be more exposed to danger and more likely of being involved in more serious accidents. A high pain threshold can be at the same time a serious competitive advantage for full contact fighters: being able to continue fighting despite pain can make the difference between winning and losing a fight.

Conditioning

Some martial arts encourage the practice of specific conditioning exercises that allow students to improve their resistance to pain and how to deal with it. From a physiological point of view repetitive strikes to any body parts are far from useful; while extensive and repetitive bruises on the body and limbs can be aesthetically, internal organs and the head can suffer permanent damages when they receive repetitive strikes.

I usually encourage my students to avoid, to the best of their ability, hits in the head while I am obviously aware it can be difficult while sparring. To anyone who states that to be a good martial artist (or fighter) you need to be able to receive any kind of strike without showing pain I would answer in two ways:

- A good martial artist should be good at blocking or

avoiding strikes. Yes, in the case a strike goes through she will get on with life and try to block better next time.

- There is a large number of (ex) boxers with permanent brain damages, mostly caused by repetitive head strikes: it's just a simple demonstration that you just cannot train the brain to absorb these impacts.

Personally I don't really mind getting occasionally bruised but I can usually avoid most damages by blocking effectively my opponents' attacks using my hands protected by gloves rather than absorbing those attacks on the arms.

Redirecting pain?

A few weeks ago I took part to a Silat seminar: the master running it spent a significant part of the training explaining that conditioning is very important for their style and he insisted that pain should be ignored and absorbed and the energy generated should be redirected toward the opponent to generate more powerful attacks: I am in total disagreement with this philosophy because I believe that a martial artist will fight better when relaxed rather than angry. Anger can cause irrational reactions and, limiting mental flexibility, reduces the chances of coping with a number of situations.

Conclusions

Pain is a fact of life and, if you are involved in an energetic activity like a contact sport or a martial art, can be a normal day to day companion. While practitioners of martial arts should try their best to avoid getting injured they should also acknowledge the fact that it's a fact of life and it should be dealt with, without becoming too familiar with it.



The 5 Tenets Explained Vol 2

INTEGRITY

Definition: Steadfast adherence to a strict moral and ethical code.

Honesty. Loyalty.

In the Dojang: It is easy to understand how honesty and loyalty imply integrity. In the dojang, no ethical martial artist would think of teaching dirty tactics to students in order to win a sparring contest. Nor would one consider demonstrating any technique that would intentionally harm their opponent in anything other than a life-threatening situation.

Even when instructing students in the devastating techniques that can be employed in self-defense, emphasis is always placed on the use of only the force necessary to remove the immediate threat and to then remove oneself from the situation. Recognizing that there can be a very fine line between being the defender and becoming the aggressor, it is integrity that enables the ethical martial artist to not cross that line.

Similarly, martial artists of high moral fiber would never attempt to lure students from one dojang to join another. Even when advanced to the level of starting one's own school, it would not be acceptable to employ the assistance of current friends and students without the blessing of one's current Grand Master. Loyalty is placed high on the

list of a true martial artist's list of virtues.

However, this does not preclude one from studying or practicing other forms of martial arts. In fact, knowledge of other martial arts and their varied techniques can help with the development of proper technique in Tae Kwon Do. For our purposes, loyalty means being true to your dojang, your Grand Master, your friends and family, and foremost, to your self. Again, it is integrity that enables the moral and ethical martial artist to understand that meaning.

On the street: In a general sense, integrity means knowing the difference between right and wrong and always attempting to do the right thing. Outside the dojang, we regularly witness examples of right and wrong in our society. Does adherence to this tenet require the martial artists to get directly involved in each occurrence witnessed? Of course not! One must first realize that right vs. wrong is subject to individual interpretation and may not mean the same to all persons.

Being a martial artist does not require or permit one to impose our will or sense of values on others. It also does not require one to interfere in areas that are not of our concern even if we believe the situation does not fit our interpretation of right and wrong. Adhering to this tenet merely means attempting to live one's life in accordance with their personal beliefs of that which is right.

-Article by Gary Hirsch



Birthdays of the Month

Teanna Oulette May 14	Rey Mark Bacolod May 7
Louisa Gietz May 26	Madelyn Samuelson May 13
Joshua Waites May 10	Jory Finley May 14
Emily Munroe May 22	Raistlin Parker May 14
Zach Doble May 25	Sadie McLean May 14
Kirra Bencz May 26	Hayden Munro May 30
Emily Stock May 11	Cameron Haberstock May 31
Hannah Waites May 13	Gavin Grubert May 10
Billy Cadotte May 26	Danny Cey May 28
Aiden Gripp May 31	Thomas Whyte May 28
Wesam Dlikan May 3	Maximus Frostad May 1
Cameron Jobling May 12	Cayden Thuber May 6
Taytum Stuber May 4	Stephanie Mew June 28
Owen Spencer May 6	Cal Challinor June 13
Ryan Haberstock June 6	Shahmeer Ahmad June 23
Dustin Walker June 11	Mackenzie Wilson June 4
Nic Miner June 29	Raymond Ngo June 8
Seth Akins June 4	Camden Heron June 16
Chantelle Flint June 12	Sloan Akins June 7
Kaitlyn Marshall June 3	Keaton Schaeerer June 13
Dylan Louttit June 2	Jax Benci June 25
Maximus Orsborn June 8	Shanti Clisby June 2

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WORLD TAEKWONDO FEDERATION

FIRE DRAGON TAEKWONDO

Medicine Hat School

Located at: 6-665 Kingsway Ave SE
Medicine Hat, AB T1A 2W8

PHONE: (403) 502-2228

Master Instructor: Mark Pellerin 7th Dan

Brooks School

Located at: 111 4 Ave. W
Brooks, AB T1R 0Z6
(Upstairs in the Lakeside Leisure Centre)

PHONE: (403) 793-8077

Master Instructor: Do Han Choi WTF 5th Dan

UPCOMING EVENTS

June 14—Year End BBQ

Location: Fire Dragon Taekwondo Parking Lot

Details: Should be a LOT of fun! We are going to have an inflatable obstacle course, a dunk tank, and of course, a BBQ. We will be providing hot dogs, anything else you may need, bring as pot luck, and we WILL cook it!

June 21—Medicine Hat Fan Round-Up Taekwondo Demo

Location: Medicine Hat College, Front Lawn

Details: Our demo will take place at 1:30, in the lawn beside the main doors! Come check it out, and bring some cash so that you can go and check out the awesome local comic convention inside, after, or before! Adults are \$8, kids (7-17) are \$5, and anyone 6 and under is free!

June 27—Fire Dragon Taekwondo Medicine Hat Belt Test

Login to the website, and go to the Times and Info tab. Go and read the student guide for more information about belt and stripe tests!