



The Roundhouse: Headlines from Around the Do-jang.

In this and upcoming editions of **The Roundhouse**, we'd like to elaborate on the five fundamental tenets of Taekwon-Do: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. If you've read the Student Handbook (available at the Do-jang or on our web site), you know that the Traditional Taekwon-Do College encourages students to use these tenets as a guide for becoming an honorable person with perfect character and physical condition, both inside and outside of class. **Courtesy** is described as: "Showing respect to your instructors, higher ranking students, and all others. Being polite and encouraging a sense of justice." At our Do-jang, courtesy also refers to the way you represent yourself -- and our school -- by respecting your uniform and overall appearance.

Reflecting Your Best Self.

We are proud of all our students, and we expect you to wear your Traditional Taekwon Do uniform with pride, too. The cleanliness and neatness of your overall appearance not only says how you feel about yourself, but it can actually boost your self-confidence so you feel -- and perform -- even better. Here's another way to look at it:

Life is an Echo.

A father and a son were walking in the mountains. Suddenly, the son falls and hurts himself.

He screams: "AAAAAhhhhhhhhhh!!!"

To the son's surprise, he hears the voice repeating, somewhere in the mountain: "AAAAAhhhhhhhhhh!!!"

Curious, he yells: "Who are you?"

He receives the answer: "Who are you?"

Angered at the response, he screams: "Coward!"

He receives the answer: "Coward!"

He looks to his father and asks: "What's going on?"

The father smiles and says: "My son, pay attention." And then he yells to the mountain: "I admire you!"

The voice answers: "I admire you!"

Again the man yells: "You are a champion!"

The voice answers: "You are a champion!"

The boy is surprised, but does not understand.

Then the father explains: "People call this ECHO, but really this is LIFE. It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more competence in your team, improve your own competence. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given to it."

Life is not a coincidence. It is a reflection of YOU.

-- Anonymous

By now we hope you've read the Rules and Guidelines in your Student Handbook (they are also displayed on the bulletin board in our Do-jang). One of the rules states that your uniform (dobok) is "always clean and freshly laundered." If you're one of our younger students, we recommend that you (or someone else) hem your dobok pants with a simple whipstitch for easy shortening and lengthening as you grow. This is preferable to "cuffing" your pants, which can be disruptive when students are constantly stopping to roll up their cuffs during class. As stated in the Rules and Guidelines, safety pins should not be used to hold your uniform together. Bulky jewelry is also discouraged for safety reasons. If you have any questions, please ask one of our instructors for further clarification.

Remember:

"Character is doing what's right when nobody's looking."

-- J.C. Watts, Jr.

Another important rule is to keep your fingernails and toenails neatly trimmed. This is a sign of good grooming and, more importantly, it allows you to spar other students safely and courteously. Long, sharp nails can inflict cuts and infections. Your nail trimming should be done at home before you come to class, NOT inside the Do-jang! Mr. Werner works very hard to keep our Do-jang sanitary and clean. Be sure to wash your hands before and after class, too -- especially during this cold and flu season.

"Make the most of yourself, for that is all there is of you."

-- Ralph Waldo Emerson

Most importantly, when you attend tests or tournaments at the Bailey's Do-jang in Edmonds, remember that you are a student representing Mr. Crouch and the Duvall school. Your clean uniform, neat grooming (nails trimmed and hair tied back if long), and courteous, respectful behavior reflects a student with pride and character.