



# The Roundhouse: Headlines from Around the Do-jang.

The first page of our student handbook is entitled: Taekwon-Do: A Way of Life. That's because General Choi Hong Hi, founder of Taekwon-Do, intended the martial art to be more than just a physical fitness and self-defense program. The many fulfilling facets of Taekwon-Do become even more apparent when you achieve your 1st Dan, and are offered exciting opportunities -- from judging tournaments to teaching classes.

Unfortunately, in today's whirlwind of school, work and extracurricular activities, things like Taekwon-Do tend to ebb and flow. Students may have consistent attendance one month, and sporadic the next due to other time commitments. As busy black belts ourselves, we understand about the ebb and flow of life, but we also think it is important for our students -- and black belts in particular -- to stay regularly involved in Taekwon-Do. That's why, in this edition of *The Roundhouse*, we are focusing on "finding balance."

**"There will come a time when you believe everything is finished. That will be the beginning."**

-- Louis L'Amour

*It takes the average student five years to go from white belt to black belt. In this age of instant gratification, five years (or 480 twice-weekly classes) is a lot of sweat equity invested in one activity. Yet even after all that long and diligent training, many new black belts slowly dwindle away or quit coming completely -- almost as if getting their 1st Dan was the end goal. When in reality, it is only the beginning.*

**"Everything changed the day he figured out there was exactly enough time for the important things in his life."**

-- Brian Andreas

*On January 1st, many of us set goals known as "New Year's Resolutions." In honor of the New Year, we encourage all colored belt students to set their sights on the goal of reaching black belt. The 5% of you who have actually achieved 1st Dan should be extremely proud of your accomplishment. But it's important to keep in mind that a 1st Degree black belt is not the ultimate goal. As Mr. Werner says, "I didn't realize how little I knew until I earned my 1st Dan." There is so much more to learn, and so many opportunities to take advantage of, once you become a black belt. The rewards include demonstrating at promotion tests, officials and instructor certification -- perhaps even running your own Do-jang some day! For our younger black belts who are not yet old enough to certify as instructors, there is judging at tournaments, assisting instructors, mentoring colored belts and, of course, working towards your next black belt.*

**"Stay in the center of the circle and let all things take their course."**

-- Lao-Tzu

*So how can you keep your focus centered on Taekwon-Do when you are being pulled in a million other directions? Figure out what will make Taekwon-Do more interesting and challenging for you, then set a goal:*

**Colored belts:**

- Commit to participating in an upcoming tournament.
- Come to the one of the workouts before the Friday night promotion tests, where you can meet and train with students from other Bailey's TKD schools.

**Black belts:**

- Commit to getting certified as a judge and officiating at the next tournament.
- Come to one of the Friday night promotion tests, where you can workout with black belts from other schools beforehand, and help demonstrate a colored belt pattern during the test.
- Ask if you can lead warm-ups, or assist the instructor with beginning students.

*As someone once said, "The energy flows where the attention goes." Find balance in your busy life, so that you don't lose what you've worked so hard to earn.*

**"Live a balanced life -- learn some and think some and draw and paint and sing and dance and play and work every day some."**

-- Robert Fulghum