

# PURE FORCE MONTHLY



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## SPECIAL POINTS OF INTEREST:

- Disneyland events
- Student of the month
- Kicks & Tricks Kicking Technique
- General Choi

## PRESIDENTIAL PHYSICAL FITNESS

### THE ACTIVE LIFESTYLE CHALLENGE

The Active Lifestyle program shows you how to make a commitment to staying active and how to stick to it. The program helps you set realistic goals to encourage fitness for a lifetime. The rules are simple. You can choose from all kinds of activities. We'll also give you a personal activity log to guide you every step of the way.

Because your hard work shouldn't go unrecognized, you can also earn awards. You can earn the Presidential Active Lifestyle Award (PALA) by performing regular activity beyond your daily activity goal of (30 minutes a day for adults/60 minutes a day for youths under 18) at least 5 days per week, for a total of 6 weeks. As an alternative you can count your daily activity steps using a pedometer.

That means if you stick with the program, you can earn an award in a little over a month.



## PURE FORCE STUDENT OF THE MONTH

The student of the month is an award given for hard work in the dojo and out of the dojo. We look for many things; effort in class, respect, practice, improvement, good grades in school or good working habits at work, commitment to your training, the example of the dojo tenets &

commandments. We also look for any additional extra efforts like volunteer work and community events. At the end of the year all student of the month award winners will be entered for Student of the Year. The SOTY award comes with one of the following; new uniform, sparring

package, mat shoes or weapon of students choice. **The student of the month for Jan 2010 is Marcus Dyott**, a Orange Belt in Little Tigers. Marcus is in the 5:45pm Little Tigers Class on Tuesday & Thursday, Great Job!

## ACADEMY OF MASTERS

Over the last nine years the Masters Hall of Fame has become a leader in the Martial Arts Community by Recognizing Excellence in the Martial Arts. In a continuing effort to Create Excellence in the Martial Arts Community, the Masters Hall of Fame partners with other professional martial arts associations that share a com-

mon interest in Developing Excellence in the Martial Arts.

To that end, the Masters Organization developed the Academy of Masters as a personal and professional development support network for Martial Artist that directly supports the Masters Hall of Fame events.

Becoming part of a prestigious network of Martial Arts Associations across the United States, Canada, Japan and Europe is extremely beneficial to Martial Artist that are looking to develop in the Martial Way.

For more information visit;  
[www.mastershalloffame.com](http://www.mastershalloffame.com)



## MONTHLY HEALTH & FITNESS

### 10 Essential Health Tips (The Basics to Practice Every Day)

#### 2. Cut Fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage

cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the

day: Lean, mean, fat-burning machine.... Then be one!

Make sure to watch next month for tip 3.

All health tips should be in students note book.

Each day take the time to practice a healthy a living habit or tip!!

## MONTHLY COMMUNITY EVENT

C.A.R.E.—Children's Active Resistance Education Self-defense / Anti-Abduction program is a system designed to raise the awareness of our children and better prepare

them for danger. This program teaches many of the same things as the Police Department (In a way that a child can use), but at the same time gives them physical training and

practice using what they have learned to help them control the situation. In this clinic they will have four stations which must be completed successfully to earn their certificate.

Date: 02/20/2010

Time: 10:00am

Location: 6298 Adobe Rd

Cost \$10.00 per student

Please pre-register in person no later then 02/15/2010

**MONTHLY MARTIAL ARTS HISTORY TIDBIT**

Taekwondo is the world's most popular martial art in terms of the number of practitioners.<sup>[1]</sup> Its popularity has resulted in the varied development of the martial art into several domains: as with many other arts, it combines combat techniques, self-defense, sport, exercise, meditation and philosophy. Taekwondo is also used by the South Korean military as part of its training. *Gyeonggi* (pronounced [gʌŋgʌŋgi]), a type of sparring, has been

an Olympic event since 2000.

Although there are doctrinal and technical differences between the two main styles and among the various organizations, the art in general emphasizes kicks thrown from a mobile stance, employing the leg's greater reach and power (compared to the arm). The greatest difference between various styles, or at least the most obvious, is generally accepted to be the differing

styles and rules of sport and competition. Taekwondo training generally includes a system of blocks, kicks, punches, and open-handed strikes and may also include various take-downs or sweeps, throws, and joint locks. Some taekwondo instructors also incorporate the use of pressure points, known as *jiapsul*, as well as grabbing self-defense techniques borrowed from other martial arts, such as hapkido and judo.

태권도

**TECHNIQUE OF THE MONTH**

Twist

Cheat 720 Twist (540 Twist) Practically every variant of the twist begins with the lead leg of the body taking off last. With a 720 Cheat, the take off is very similar to a standard 540 kick except that it lays a bit more horizontal.

After rotating about 180° in the air, the body then the assumes the normal mechanics of a standard twist, add twists a total of 540°. California Roll~Is Cheat 720 twist with an added rotation, or a Cheat 1080 twist. The take off is very similar to a Cheat 720, but

instead of twisting 540°, the practitioner twists 900°.1080 Twist~A triple butterfly twist. While it is rumored that some wushu practitioners and advanced trickers can perform this move, it has also never been caught on film.



**WHATS GOING ON IN MARTIAL ARTS**

7 Signs of Terrorism

Many Americans believe that the War on Terrorism is over, and technically it is. After all, the term "war on terrorism" is no longer officially used. The U.S. government, un-

der the current administration, is now calling it Overseas Contingency Operations. Acts of terrorism are being referred to as "man-made disasters." Regardless of what terminology people choose to use, however, terrorism

will remain a constant threat on our soil.

For more information please see Black Belt Magazine.



**We are on the Web**

**Www.pureforcemartialarts.com**

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## **MARTIAL ARTS PROFILE OF THE MONTH**

Choi was born on 9 November 1918 in Hwa Dae, Myŏngch'ŏn county, in what is now North Korea. Choi's father sent him to study calligraphy under Han Il Dong, who was also "a master of Taek Kyon, the ancient Korean art of foot fighting" (Park, 1993, p. 241). Choi travelled to Japan, where he studied English, mathematics, and karate. In Kyoto, he met a fellow Korean with the surname Kim, who was a karate instructor and taught Choi this martial art. Choi also learned shoto-kan karate under Funakoshi Gichin. Just before he had left Korea, Choi had apparently had a disagreement with a wrestler named Hu, and the possibility of a future confrontation inspired him to train hard; in his own words, "I would imagine that these were the techniques I would use to defend myself against the wrestler, Mr. Hu, if he did attempt to carry out his promise to tear me limb from limb when I eventually returned to Korea" (Park, 1993, p. 242).

Choi attained the rank of 1st *dan* in karate in 1939, and then 2nd *dan* soon after.

Choi stated he combined elements of taekkyeon and karate to develop a martial art that he called "Taekwon-Do" which means "foot, hand, art" or "the art of hand and foot" and it was so named on 11 April 1955. Choi founded the Oh Do Kwan, and held an honorary 4th *dan* ranking in the Chung Do Kwan. Due to accusations of dishonesty, Choi was stripped of his rank and position in the Chung Do Kwan. During the 1960s, Choi and Tae Hi Nam led the original masters of taekwondo in promoting their martial art around the world, though these would be only the first of many such endeavours. ITF taekwondo organizations credit Choi with starting the spread of taekwondo internationally by stationing Korean taekwondo instructors around the world, and have consistently claimed that ITF-style taekwondo is the only authentic

style of taekwondo, most notably in early sections of its textbooks. He was also the author of the first English taekwondo syllabus book, *Taekwon-Do*, published by Daeha Publication Company in 1965.

ITF Taekwondo is a martial art that was developed by Choi Hong-Hee who himself conducted a good R&D after he had learned taekkyeon and Karate. But, later on, he included 24 different Korean historical training system such as Chunji, Dangun, and Dosan to establish Sine-Wave theory which can be applied to every technique and create his own unique martial art system.

In 1972, Choi went into exile in Canada and the South Korean government formed the World Taekwondo Federation (WTF) in 1973. He was based in Toronto until he returned to North Korea in 2000.

