

THE BASIS OF A TRUE
MARTIAL ARTIST

by:

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4/11/89

RANK: 1st KYP

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STYLE: Tae Kwon Do

Tae Kwon Do is an art that originated thousands of years ago from the South Koreans' that was intended for the specific use of self-defense . Of course they weren't called South Koreans back then but they were the same race of today's South Koreans'. This art has been passed down from either father to son or instructor to student. This art trains you both mentally and physically preparing you for self-defense situations . You cannot have one without the other or you wouldn't stand a chance in real fighting or self-defense situations . Your muscles must be trained to take over for your mind . Self-defense is not all technique either , you must also have mental and physical strength to make these techniques effective . To have knowledge of self-defense must not be taken for granted . These techniques must only be used in self-defense situations . If these techniques are used for picking all kinds of fights , then they are used incorrectly . This is why students need lots of dicipline from their instructors . A good method of self-defense is to think ahead and to make sure that you are in the position never to get attacked in the first place . If the situation is unavoidable , you must do everything in your power to make sure you are out of that particular situation . This is because you must remember that there is always someone out there that is better than you are and that , that person is out there to hurt you .

Now self-defense is taught from Tae Kwon Do because Tae Kwon Do is an art and not a sport. The difference is that a sport is just for fighting the competition, while Tae Kwon Do (an art) teaches you the physical as well as the mental part of Martial Arts. In Tae Kwon Do there are things like forms, weapon katas, and self-defense to be learned. These are all things that train your mind as well as your body.

Self-defense is taught in many different ways. You are taught to defend yourself with a variety of conspicuous weapons such as a cane or a walking stick. You are also taught to defend against knives. Knowledge of this can be very important because if you know how to use a simple weapon such as a cane or a walking stick, that could be your ticket out of trouble in many cases. Also lets not forget the most important part of Martial Arts. The most important part is hand to hand combat because in most cases you'd be unarmed so you'd have to improvise with your hands. There are many grabs or attacks to defend against in Tae Kwon Do, and we are taught to defend against them. Many of these techniques involve the use of pressure points. Not all pressure points work on all people and so they are separated into two major groups. There are major and minor pressure points. Pressure points are an important alternative in a situation where there is very little movement.

Now there are two classes of pressure points . There are major pressure points and there are minor pressure points . Major pressure points are the ones that are felt very easily on most people without use of great force . The other class of pressure points are called minor pressure points . Minor pressure points are the ones that aren't too confidently used because they don't work on everybody and when they are used , it takes a very large amount of force to make them so they're effective . These are used in some situations where there is very little movement . All you have to do is try for the nearest pressure point to get out of that situation . Pressure points are mostly found with the hands but there are some that can require feet . For example if your hands are tied up , you can raise one of your knees to the groin , or you can stomp their foot . Although our hands are the main factor in self-defense , about 70 to 80% of Tae Kwon Do is the use of legs . The name Tae Kwon Do means "foot-fist-method" . In other words it's the way of using our hands and feet . Although we do not use too much legs in self-defense , we do often use legs to follow up on self-defense techniques however . If practicing self-defense techniques they must be practiced with intensity and power . If they are practiced with power and intensity , when they are needed , they can be effective . To do these right when needed can be life saving .

Before all of this can be accomplished, we must begin with the basics and develop a good foundation. Basics are the most important because you can't go on without them. Basics are needed for everything. In Tae Kwon Do, everything that is learned needs a good foundation. This is what develops the edge for good self-defense. Another way of self-defense is learning to fall. If someone throws you down, of course you want to come up safely. When falls are taught, the purpose is to fall safely and get up as fast as you can to retaliate. The object is to take a certain attack without injuring yourself and to strike back with force to teach the other person a lesson. The importance is that you get out unharmed. That is the most important thing even if it means not to retaliate. In class we try to imagine every harmful situation possible and get it down in our minds so it comes naturally when it is necessary to use self-defense. This goes for everything we are taught. Try to get everything down in our minds. In self-defense it is known that you are not all of the time going to be totally able. This is why it is especially important that children and senior citizens are taught because they are the most unable. Children are probably the most vulnerable because they are gullible and weak, but children have an advantage over senior citizens because children can run. Most senior citizens cannot. Senior citizens can carry a cane that could be used to their

advantage however . If used right , canes can be very effective and can be a very good means of escape . Knowledge of these cane techniques can give a senior citizen a good sense of security . This may even make it feel safer walking the streets at night . Especially in big cities where there are a lot of rapes and muggings going on that now the people are getting more aware of the problem . This is why more and more people are taking Karate or need to be taking Karate . They want to know the self-defense part of it because that is the most important part . That , in my opinion is the best purpose for taking Tae Kwon Do . Not just earning belts , but to defend myself . It is important to me that I earn my black-belt but it's not the belt , it's the knowledge and the feeling of achievement that's important . There were people like Bruce Lee that didn't believe that belts were necessary to have . He was dedicated at what he wanted to learn and he specifically learned it to be the best he could be . That's what it's all about . Getting to the top because of dedication and getting there because of show and talent are two different things entirely . You need to take Tae Kwon Do seriously for the right reasons . You only get out of it what you put into it and that is why Tae Kwon Do should be taken seriously , and believe me coming from experience you certainly get a lot out of it . To me , all of the strains are totally worth it .

Now , when taking self-defense and doing the techniques you don't have to be really strong . Some strength is needed however but it is not just strength you need . You need to set your mind at a level of confidence so that these techniques can work . The mind part of the whole thing is probably just as equally important as the strength part . You cannot really determine which one does the most work or which one plays the most important factor . What you can say however is that you cannot have one without the other . They need to be balanced out . When taking Tae Kwon Do , the training brings your mind into better timing with your muscles . It makes you feel like more of a complete person and that is one of the reasons it works so well . It's not how long you take Tae Kwon Do that can make you good at it but it's the actual training that you get out of the whole ordeal . Not to say that it won't take awhile to get good but you can't expect to learn everything overnight either . The training that you get disciplines you , gives you better reflexes and agility .

The feeling of getting grabbed or attacked is what you get used to after a while . To get used to it is a good thing because then your mind won't go on the blank if it happens . You must work across from an actual person to get used to the feeling of being attacked , get the feeling of what you can do to an actual person and to get the feeling of what these techniques are capable of doing . You must also work

with an actual person across from you to get the feeling of what you can do to a person and to get the feeling of what these techniques are capable of doing. You must also work with different people and get used to switching because not everyone is the same on the streets. It is preferable if you're small to work with someone bigger and a lot stronger than you because that is the kind of person that would attack you on the streets. A person would only attack you if he/she is superior in strength, size or in quantity. This is also another way you might encounter to be attacked is when there's a quantity of attackers. They're likely to surround you to get an even bigger edge in combat and if they have weapons, then they have every possible advantage over you if you are unarmed. This is the main reason that we practice surprize attacks. This helps develop a more keen sense of awareness of attacks that come at you in all different directions. You must do your absolute best to get out of that situation. The best thing to do in a situation like that is to go for the weakest one of the attackers. Once you get him/her out of the way it leaves a hole for you to run and escape. To run from the attacker or attackers is the best thing to do because it gives you the least chance of getting hurt. To stand up toe to toe with a person or person's bigger and stronger than you is most unwise no matter how much Karate you

think that you know . It is the surest way to get hurt !!

Common sense plays a major role in Karate because the person with the common sense always ends up unharmed while the person without common sense ends up badly damaged. If an aggressor comes up to you with a gun to your head or a knife to your throat , the best thing to do is to give the aggressor what he/she wants . Then you've most likely insured yourself of not getting hurt . This is what you should always do in case of a gun but when dealing with a knife, it is not as dangerous, there are also more options . It is much easier to manipulate a knife inside someone's hand than it is to manipulate a gun without getting shot . You must at least try to give the person what he/she wants , but if it ever comes down to it there are other choices. You must have lightening reflexes though if you expect the techniques to work . This is why you need to develop good reflexes . There are many different ways knives can be used attacking and that's why you need good reflexes . You need to see the attack quickly and then you need to know what to do quickly . These techniques should only be as a last resort . This means if you're trapped in an alley with no place to run , then that would be the right time to use them . You should only try techniques as a last resort on a knife and not a gun . It doesn't take much for someone to aim and get a shot off in your direction.

Whenever in a fighting situation using self-defense techniques, it's a good thing to keyop. Keyops basically do three things in your favor. Keyops center all of your power, they tighten up your muscles so in case you're hit the blow will be less devastating, and they startle your opponent. Keyops make your attacks more powerful during a conflict which can be an important advantage for you. They also give you the edge by startling the opponent because opponents on the street don't expect you to fight back so the keyop can be used to your advantage by setting the opponent's mind out of balance. In fact, many muggers don't even expect any reaction to the situation. The louder the keyop the better because it startles the opponent more and it makes your techniques better and more effective.

When in a threatening situation, it is natural for your adrenalin to start flowing. Adrenalin is good for you. It occurs when you are nervous and it gives you the ability to perform better. Adrenalin to a human is like higher octane to a car. When a car receives more octane it becomes faster and more powerful. In other words it performs better. So naturally when adrenalin starts to flow through your blood stream, you start to perform better. Keyops help you to get pumped up. The louder the keyop, the more (faster) you get pumped up. Performance is the key and with proper training your mind and body can perform at its peak.

The dicipline recieved in Karate training really is helpful to keep people out of fights . It helps develope a larger tollerance level of mental abuse from other people. It is understandable that a person can only take so much abuse whether it be mental or physical . It also must be unserstood that these techniques are very dangerous and must only be used on an attacker . It is not worth it to severely damage a person over a minor dispute . It should also be understood that the higher you get in rank , the more responsable you must be towards your actions . Many lawsuits can be held against you if your ability is used incorrectly to injure a person . It is not worth it to pick a fight because you know Karate . Staying out away from fights is mostly for your own good . Responsibility is an important factor in your Martial Arts training and it must come from dicipline .

Having knowledge of self-defense you must aquire a set of (rules) basic principals to help you stay out of trouble . The first basic principal that should be at the top of everybody's list whether a Martial Artist or not is to keep out of fights . This is in fact my most important rule that I go by and the fact is the training that I have recieved has helped me aquire that goal . I do not only tell myself to stay out of fights , but instead I tell myself to stay out of trouble in general . Ever since I've

joined Karate I've stayed out of so much trouble that I have been in during the past. Trouble for me used to be coming to me regularly. Of course now that's completely different. I tell myself to stay out of both fights and trouble but to me the fighting part is the most important.

Though most of the time fighting may seem like the right thing to do, it really isn't. At times you may be thinking that because of pride and intimidation. However it is wrong because in Tae Kwon Do there is no such thing as fighting. There is only self-defense which is used of course in life threatening situations. Jumping into fights to stop them is a good thing to do at times because you could stop someone from getting seriously injured in case he/she really doesn't deserve it. In many cases, stopping a fight would be wise because they're usually over silly things that aren't worth getting hurt for. It is also a wise thing to make sure that you don't get into anything that's over your head. Before attempting to stop a fight you must think of your safety and that of your companions. There's no use in getting yourself and your friends hurt over someone else's dispute.

Another rule to go by is to make sure that you are not in the position to get attacked in the first place. Others would say to make you wouldn't get attacked, make sure that you are the aggressor. In other words, " your best defense is a good offense! " This is not an accurate

statement because in Tae Kwon Do you have to defend yourself before you can attack. You should never attack until acted upon. We may never have to go through any of this but if the time comes we must be prepared. Even when we are not asking for trouble, there is always someone who is.

When weapons are involved in an attack, the wisest thing to do in my opinion is to give the attacker what he/she wants. If he/she attacks with his/her bare hands, that would be the time to try something. All it takes is a nice powerful technique that you feel comfortable with and run. We don't want to keep following up with things even after the opponant is down because we know that running is the best way to avoid getting hurt.

When taking Tae Kwon Do, the instructor must provide the student with the proper dicipline and knowledge to let the student know the right reasons for taking Tae Kwon Do.. The student must know how and when to use Karate to keep him/her out of trouble. The right reason to take Karate is to defend yourself against a mugger on the street and not a bully at school who gives you mental abuse. If a bully start up with physical abuse, then you can use it but it is wise not to use your most deadliest techniques on him for he is not life threatening. Dicipline is a very important aspect in the Martial Arts.

Martial Arts is something to be taken seriously if taken at all. To become the best you can be you must be dedicated and you must have will power to get what you want accomplished. If you expect to earn your black-belt you have to want it and you have to try your best. You must not quit. A black-belt is something very serious. It is the feeling of achievement that you get from earning a black-belt that can be matched by nothing else. To get it you have to try very hard and take pride in what you do. You can't just have more important things to do all of the time and think of Karate as a big blow-off. If you truly try to be the best you can be, then success will come to you. If you're just talented and don't try very hard, then you've got to live with yourself not being as good as you say you are. To try once and fail, and then to try again, that to me is success. When taking Martial Arts, you have invested in something that will change your life for the better, but to make it for the better you have to try. To try and be dedicated will get you through life on all aspects.

In my whole life I've never made a better choice when I decided to take Karate. It's kept me out of a lot of trouble and it has made me basically a better human being. Right now I'll have something to be proud of myself for, for the rest of my life. Up until recently I've never thought of myself as making such a wise decision.