

JUE'S NEWS

April 2008



WHY I WANT TO BE A BLACK BELT

BY PETE SPRAGGINS

Age: 58 and glad to still be here!

Number of years TKD training: 4 years in college, 1-1/2 years at Jue's TKD

Avg number of classes he attends each week: 4 - 5



While in college at San Jose State I attended a Taekwon-Do demonstration by a local school headed by a 7th Dan Korean, Master Dan Kyu Choi. I responded to one of their flyers and signed up for classes. From the first class, I was exposed to the discipline, respect and courtesy of Taekwon-Do. These aspects along with the conditioning (coupled with the use of powerful leg and flying techniques which suited my thin build), and the quiet strength and skill of Master Choi, had me hooked. I trained under Master Choi for 4 years advancing to the rank of red belt, nearing my goal of earning a black belt. Two years after college I got a job in construction which moved me into the Santa Cruz mountains. Training at that time necessitated me to train 5 days a week for 2 hours, coupled with black belt

training classes early in the morning in San Jose. Even at the age of 23 and in peak shape, I found keeping a full-time job in construction and maintaining the rigorous workout schedule exhausting. I found myself slacking off to the point that I eventually stopped entirely.

Reflecting back 30 years at one thing in particular that I regretted and that was not continuing my Taekwon-Do training and earning my black belt. I needed to finish what I started. I knew my mind and body needed to return to the activity that helped center me in college and assisted me during those early years on my own. After months of contemplation and window shopping various Karate and Taekwon-Do schools in the area I came upon Jue's Taekwon-Do School. I took home a brochure and told my wife what I was considering. One evening in November, I walked into the studio, met

Upcoming Events



Apr. 11th

4pm - 7pm Color Belt Test

Apr. 15th

Team Fitness Challenge

Final weigh in!

Apr. 19th

West Coast Open - Spring

Patterns and Sparring tournament to be held at Pleasanton Middle School

Application deadline: Apr. 15th

May 3rd

Utah Open

Location: Salt Lake City, Utah

May 9th

3pm - 8pm Robertson Martial Arts Photography

Sign up early for the best time slot - See Kate

Photo session is open to ALL TKD and KB students!

Jul. 10th - 11th

IIC Course and U.S. Nationals Tournament

Location: Ohio

SPRAGGINS (CONT'D)

Master Jue and was invited to observe a class. While watching the students being taught in person by a Master Instructor and observing the studio, I noticed the color belts on the wall and the plaques on the wall beneath them. On one of the plaques was printed 'Perseverance'. That was it. It was time to get it together. I needed to enroll in this school, with its practice of the original Art of Taekwon-Do, and finish what I had left undone 30 years ago.

The pursuit of a black belt in General Choi's original vision gives me a sense of connection with the unadulterated concept of Taekwon-Do. Its purity and discipline is something that appeals to me. To have the possibility to earn a black belt in this original form of Taekwon-Do with the approval of a Master Instructor such as Master Jue would be a lifelong dream come true. It would encourage me to further pursue additional degrees, perfect my skills and practice further the tenets of Taekwon-Do. I take inspiration from Mr. Wold, 3rd Dan, that I still have time to work and succeed and someday possibly making it to an expert rank. This whole experience has been very beneficial to my life by helping me get in better shape, exercising my memory, putting more discipline into my life and giving me the confidence and strength to do the right things in my everyday life.

Being exposed daily to the basic philosophies of Taekwon-Do reinforces my everyday outside activities. In my daily activities I deal with a wide range of individuals and situations. Some of these interactions can get pretty intense. I believe as a black belt I have a responsibility to use the Tenets of Taekwon-Do to moderate myself and my interactions with others. I know I have the responsibility to daily conduct myself in the fashion that lives up to what I've been taught, to mediate confrontation and defuse violent situations, to show compassion and assist those who need help, to use integrity and self control in my personal and business dealings and never give up for what is right and just. These are lofty ideals. It's something I need to practice every day. Taekwon-Do has given me the theory. Training should make me able to enforce them. A black belt should show that I have accepted these Tenets and remind me of my obligation to live up to them every day.



NUTRITION KORNER



Omega-3 Update

Today's article written by Dr. Keen, member of the Advocare Scientific and Medical Advisory Board comes to us amidst continuing studies on the importance of omega-3 fatty acids.

First there is news of a current study in the [American Journal of Clinical Nutrition](#) - [New research](#) from the Child & Family Research Institute shows the typical North American diet of eating lots of meat and not much fish is deficient in omega-3 fatty acids and this may pose a risk to infant neurological development.

Next, Dr. Keen brings us the following information on the importance of omega-3's.

Is omega-3 docosahexaenoic acid (DHA), a key nutrient for a healthy mind?

Similar to vitamin B-12, there has been a considerable buzz recently in nutrition research circles over the potential role of DHA and brain health. Most recently, it has been reported that DHA can increase the production of a protein called LR11 (Ma et al. 2007). This is potentially a breakthrough of tremendous magnitude, as it has been suggested that the LR11 protein is involved in the regulation of some of the enzymes that are involved in the production of the beta amyloid plaques that contribute to the development of Alzheimer's disease (AD).

For the complete extract, go to <http://supplementalscience.wordpress.com/2008/03/24/omega-3-update-from-dr-keen/>



Contacting Jue's TKD

Policy for changes to Billing

We require 30 days written notice to make any changes to your billing. This includes change of credit card information and cancellation of month to month memberships. Prepaid memberships are non-refundable. Notices may be mailed to the studio at 5460 Sunol Boulevard, Ste. 8, Pleasanton, CA 94566 or sent via email to juestkd@mac.com.

Keep in Touch

If you would like to communicate with members of the studio, there are several clubs available --

<http://groups.yahoo.com/group/juestkdmember>

<http://groups.yahoo.com/group/advocare>

<http://sports.groups.yahoo.com/group/trivalleycycling>

Employment Opportunity

Recruiting manager for a billion dollar company is looking to build a team in the Northern California market. If you are an entrepreneurial individual who is looking to make a career change or need to supplement your income, contact Grace at teamjue@mac.com.

Message from Mr. Wold

Dear TKD friends,
I cannot express enough my sincere thanks to all of you for your kindness and generosity. The birthday party at Mt. Mike's was such a surprise and the perfect way to celebrate my 70th b-day. All of the gifts I received were wonderful and thoughtful, but the best gift was sharing the evening with all of you. Knowing that I have so many friends is a blessing.

Thank you from the bottom of my heart.