

## JUE'S NEWS

May 2008



DR. JAMES WEST

## WHY I WANT TO BE A BLACK BELT

**T**he central tenets of Taekwon-Do – Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit – have power and relevance to me. Perseverance, however, has most strongly guided my journey in this life. All major phases and defining events in my life have benefited from this transforming principle. Becoming a black belt represents the defining example of the value of perseverance in my life.

During my early years, I focused on academic achievement. All other important features of life such as family, friendships, social interactions, and outside pursuits fell away as I sacrificed all for intellectual mastery. I left my family

on the East Coast to study at Stanford and even spent summers working in California to save money for the upcoming school year rather than returning home. I did not resume Taekwon-Do, started in High School, spending my time with classes, study, and work. As I refined my academic goals, becoming a physician, and ultimately a cardiologist, became my passion. I meticulously planned and worked toward each sub-goal that led to success in my professional life. Without perseverance, none of the hard work and sacrifice would have occurred, and I would not have developed into the physician that I am.

As I matured, I realized my professional life left me incomplete. I

## Upcoming Events



## May 9th

**3pm - 8pm Robertson Martial Arts Photography**  
No KB or TKD Classes

## May 10th

**10:30 - 12pm Color belt testing**

## May 11th - Mother's Day

**No Kickboxing class**

## Memorial Day Weekend Schedule

Friday, 5/23 - no 8pm KB class  
Saturday, 5/24 - no 1pm TKD class

Monday, 5/26 - 9am KB class only. All other classes are cancelled

## Jul. 10th - 11th

**IIC Course and U.S. Nationals Tournament**

Location: Ohio

## Aug. 2nd

**Seminar with Master Choi, President of the ITF**

Location: Wheatley TKD, Reno, NV

Details TBA



## CHRISTINE'S STORY

wanted a family. I met my wife at Stanford and we married and created a family. Perseverance became even more important. Balancing the demands of family and work requires pragmatic optimism – keep trying and things will eventually work out.

My journey now returns back to Taekwon-Do. While working on a ladder painting my family's play structure, I fell and suffered my worst injury ever: a ruptured ACL, torn MCL, and complex posterior meniscus tear. I faced major surgery and no guarantee of full recovery. Six months after surgery, I could barely ride a bike or run. I decided on an audacious goal. I attempted the Markleeville Death Ride, 129 miles and 16,000 vertical feet of climbing in the Sierra Nevada 6 months later. I rode my bike as much as I could spare. My 1<sup>st</sup> attempt was enlightening but not satisfactory, as I finished 4 mountain passes but could not complete the final pass up Carson. Perseverance. By improving my training, I easily completed the ride the next 3 years, proudly reaching my goals. More importantly, through my bike riding I met Master Gordon Jue.

Guided by perseverance, I regained my confidence in my physical and mental abilities, but another challenge remained. For over 24 years, I had not practiced Taekwon-Do. Through fortune, I met Master Gordon Jue and restarted my training. Now I have the opportunity to test for 1<sup>st</sup> Dan, Black Belt. Testing for black belt represents my shining example of the value of perseverance. I want to reach 1<sup>st</sup> Dan, and continue as a disciple of Taekwon-Do, because it represents, through perseverance and the other central tenets, an ideal expression of my defining foundational principle: to succeed through persistent focused effort. As Aristotle said, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

## 39 DAYS TO FIT!

*It's almost swimsuit season!*

Don't let these 3 words trouble you. **There's hope!**

Gain amazing energy for your workouts, fill your nutritional needs, dramatically reduce sugar and fat cravings and best of all, gain health from the inside out!

Complimentary consultation appointments with a nutritional consultant are being accepted right now.

Sign up today at the front desk to take the first step towards

## 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 [teamjue@mac.com](mailto:teamjue@mac.com)

### Keep in Touch

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

[www.juestkd.com/php](http://www.juestkd.com/php)

### 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](mailto:teamjue@mac.com).