

Grandmaster H.K. Lee Black Belt Class Notes – 10/19/2019

INTRODUCTORY REMARKS

- Nine black belts called to inform the Dojang they couldn't make it.
- The Dojang provided two-months' notice about the two special black belt meetings with Sa Boo Nim; however, there are 30-40 black belt students missing.

REASON for the MEETING – COMMUNICATION

- We need teamwork from all of the masters and students in the entire Dojang.
- We don't have a demo team.
- We don't have enough communication with black belts.
- The Masters used to report to Sa Boo Nim on what's happening in class. There's a disconnect with students – his messages are not getting down to the students and that is not right! Black belts don't even know who Sa Boo Nim is.
- Sa Boo Nim wants students to know and understand his philosophy. He called the special meeting to fix the communication, otherwise the Dojang will become infected.
- Story - Sah Boo Nim asked his mother to come live with him to give her a comfortable place to live, but she wasn't happy. She always waited for his younger brother who was going to college at the time. Sah Boo Nim's thinking was that his brother is not doing anything for her, but she was happy when his brother came home because he explained everything he did during his daily life. Sah Boo Nim did not do that. He learned from his younger brother who is greater than 15 years younger.
- Now that Sah Boo Nim is older, he feels the way his mother did, i.e., he likes to hear what happens in the classroom.
- Right now, Sah Boo Nim only hears from Masters Jeung and Balal, but that's not enough, Sah Boo Nim wants to hear what happened with students. For example, I corrected a student's front stance in class today, everything in class was fine, or don't worry about the class. These types of communications are important for a Dojang – Teamwork.
- You have situations where some individuals who are good push away others, they feel are not good. Members of the Dojang used to have a wonderful relationship, but not anymore because communication is a problem.

MANUAL

- Maybe there's too many requirements for each curriculum in the manual which is why there are minimum requirements. The problem is no one is looking beyond the minimum requirements and trying to learn and practice the other material that is included in the curriculum. We have a situation where people go to other martial art schools to learn material that is actually included in the manual although it is not part of the minimum requirements for that level.
- Sah Boo Nim wanted to find out why 3rd Dans and above are not coming to class.

- Sah Boo Nim acknowledges his classes are tough, but it's ok as long as you do your best. It's ok if you sit down if you're tired. Some people push too much early on in class and can't complete because they mismanaged their energy. Do your best!
- Called meeting to ensure students understand and if not ask questions. Then we can solve problems.
- Story – When Sa Boo Nim came to the U.S., people thought he was crazy, because he “couldn't speak the language.” Sa Boo Nim knew there was a great opportunity in the U.S. to improve himself and be the best he could possibly be. Sa Boo Nim has been in the U.S. for almost 44 years, longer than he's lived in his mother country of Korea. Jokingly, he is still having issues speaking and writing the English language at times.
- We can do anything we want to do if we're doing our best. We can reach our maximum potential! Sa Boo Nim has heard that if you achieve 25% of your potential, you can be very successful. You can do way more than you thought if you do your best. Sa Boo Nim doesn't like to hear “I don't like to do ...” you can do it. If it's difficult, then continuously repeat it until you can do it, then you'll feel good about yourself. Example, a person isn't cheerful because they haven't practiced being cheerful or happy. If you practice well, you get a good result. If your practice badly, you get a bad result.
- All Dojang members should work as a team, all Dojang members should support each other. There is to be no picking on people, this especially applies to the young people.

QUALIFICATIONS

- There are several people questioning Sa Boo Nim as to how other students have been able to qualify.
- Story – a parent wanted the child to learn Tae Kwon Do. Sa Boo Nim asked the parent to go home and held the unwilling child until the parent left. The younger students played with the child while Sa Boo Nim taught class, this went on continuously for six months. He eventually became a black belt. We tried different ways to qualify him.
- We try many different ways to work with studies to get them to qualify, improve, and overcome obstacles.
- A student might point to someone and say, “they're doing terrible, how can you qualify him?” Never think that way. Volunteer to help them instead of saying how can you qualify him.
- Sa Boo Nim would like to see more volunteering among black belts to help. We all need assistance to help us be the best we can be. Even world champions need coaches. Sa Boo Nim never wants to hear from anyone questioning why someone was qualified or who's good and who's bad.

LEADERSHIP

- Leadership is not a choice, but a requirement of all black belts. It is choice of Sa Boo Nim to require this. Sa Boo Nim wants all students to become leaders.
- Example, up to when Sa Boo Nim was a second-degree black belt, he never had a chance to teach or conduct class. Then one day, his instructor asked Sa Boo Nim to teach, causing Sa Boo Nim to freeze.

- If you don't practice at leadership, you can't become confident leaders.
- Story – when buying the building at the current location, the building cost \$600,000.00, but Sa Boo Nim had a low credit rating. The father of one his students said he would rather give it to Sa Boo Nim than make \$600,000.00 from someone else. The father co-signed on the building. The son became a leader because of Sa Boo Nim teaching the son.
- When you go to college, you pay to get leadership training, at H.K. Lee Academy of Tae Kwon Do, you don't have to pay for that experience. Sa Boo Nim would rather us become good leaders rather than followers. Leaders do out and make things happen and are not waiting around for things to do, rather, they initiate. Sooner or later someone has to do, so take the initiative and say I'm going to do it before someone either asks me to do or does it themselves. If I don't have time, I can delegate to other people.

BLACK BELT CLASS

- Sa Boo Nim used to have only Tuesday night black belt class. He then added Saturdays, then added Wednesday. Sa Boo Nim wants to review all curriculum with leadership, so established class on Friday. Because people couldn't come on Friday, he also held class on Tuesday, but students are still not coming. Maybe it's because he's too tough on the students.
- When doing examination preparatory classes, if you're not working hard, Sa Boo Nim will be tough on you. If you're working hard then he will not need to be as tough. It's all up to the student. Work hard to avoid Sa Boo Nim picking on you.
- Story – after each class, Sa Boo Nim would check his forehead for sweat. If he wasn't sweating, he would then do pushups. Sa Boo Nim used to sweat so much, he would change uniforms 3-4 times per day.
- Sa Boo Nim's voice would start out strong on Monday, then it would become progressively weaker to the point where by the time Saturday came, he couldn't talk, but by Monday he would feel good again. That's why they say a Tae Kwon Do master's singing voice is good!

LEAD BY EXAMPLE

- Leaders need to show both power and speed so other students can say, I want to do even better than that. That's why Sa Boo Nim is concerned with all leadership setting a good example. The best instructors don't have to be the best competitors. You must feel responsibility to the student to ensure they can be the best they can be. What they want and what they need may be different, you as a leader have to make that judgement. If it's what they want, you can say I'll teach you that later, but first you must learn what you need first. It could also be the case that it's necessary to teach the student what they want first.
- All students must have good foundation. If you have good foundation, it will benefit your life. Students need to repeat foundational work until it becomes second nature.
- Many Grandmasters are not doing anything anymore. Sa Boo Nim could sell the building and relax, but he loves Tae Kwon Do too much, that's why he still teaches even though he can no longer do some of the curriculum.

- The H.K. Lee Academy of Tae Kwon Do manual resulted from Sa Boo Nim demonstrating and someone writing it down. Now he can't do too many things that the students know how to do, but he can still teach.
- Sa Boo Nim gets more respect everywhere he goes than from his own students because we're spoiled because we see him every day.
- Sa Boo Nim wants to fix everything step by step.
- Sa Boo Nim wants to ensure strong teamwork.
- Sa Boo Nim wants to make us way better than we already are.
- There is a leadership camp on February 28th & 29th and Sa Boo Nim would like everyone to come if possible, in order to spend time together. The leadership camp used to be five nights
- Sa Boo Nim used to say, if you want to become my black belt, then you have to know: how to eat Kimchi; sing the Korean and American national anthems; and sing Korean folk songs. A lot of people don't know the American national anthem. We must be proud of our country. Even if this is your adopted country as it is for me, we still have to honor the country, so we practice doing that. Many people have said, I'm not American, so I don't need to know the American national anthem – then why are you in America.

TRAINING

- Training should not only involve just physical training, but students should need to know how to operate the Dojang. We used to do that as part of teamwork to instill pride in H.K. Lee being every student's Dojang, not just H.K. Lee's Dojang. This will ensure you're going to a good place, not a bad one. This is the type of teamwork Sa Boo Nim wants to see from everyone because the Dojang belongs to every student.
- Every time he is with his family, Sa Boo Nim calls their house "our" house, but his children say it is "his" house. In Korea, we call it a "Woodie" (sp?).
- Sa Boo Nim reiterated he wants to have strong teamwork.
- Sa Boo Nim would like to limit the team to those who are committed, he doesn't want anyone who will be a distraction to working as a team. We need to help each other and make ourselves the best we can be.
- Sa Boo Nim thought some of the young students in attendance might be sleeping but praised all the children for remaining attentive.

VIDEOS

- Sa Boo Nim is working on creating videos of all the curriculum, including: kicking, blocking, rolling & falling, sparring, etc.
- The masters have been working on it, but Sa Boo Nim would like for the black belt students to participate as well.
- The plan is to conduct every three to six months with a variety of students, instead of having the same students. Sa Boo Nim would like all black belts to participate.
- Work with Master Chris Lewis who is doing the videotaping on systems, sparring, and a few curricula along with Master Balal, Master Jeung, etc. Videotaping is done nightly at 7:00 p.m.

We need to provide Master Chris Lewis with names, emails, and telephone numbers to set up schedules.

- Sa Boo Nim asked for volunteers (see attached list of names).
- It is most important that everyone is serious in the video.
- Sa Boo Nim allowed the class to rest their legs. Story about sitting – In Korea during Tae Kwon Do training, students would sit cross-legged for hours with legs crossed and you were not even allowed to move your eyes, but America is a different culture, therefore he allows students to relax their legs after a while.

BLACK BELT CLASS SCHEDULE

- Black belt classes are, hereafter, scheduled as follows.
 - Third Dan and higher – classes will be held on Tuesdays and Fridays and instructed by Sa Boo Nim. These students may participate in all color belt and lower black belt classes; however, they will not be instructed in their respective curriculum.
 - Deputy black belt, First, and Second Dan – classes will be held on Wednesdays and Saturdays. These students may not participate in the Tuesday and Friday black belt classes.
 - Implementation of the new black belt class schedule – the new schedule will not be immediately implemented, the Dojang will provide one month's notice. After the meeting summary is emailed, the Dojang will let everyone know when Sa Boo Nim will start the new black belt class schedule. Once implemented, the new schedule will not be open to discussion or revision, except as the Dojang deems necessary.
- The reason for the change is we have a lot of third Dan and higher students, but they are distracting training of the lower black belts.
- In the higher black belt classes, we will review everything, even if it is no-belt curriculum.
- Attendance requirements:
 - At least one black belt class per week, but students may attend more if they want.
 - In addition to a black belt class, each student must attend at least one regular class per week. Sa Boo Nim would love if you came to more.
 - In addition to a black belt class, and a regular class, each student, deputy black belt and higher, must perform leadership at least once per week. You must show the Masters your leadership schedule.
- Leadership is not about waiting to be told what to do, everyone needs to help those who need it. That's the purpose of practicing leadership.
- Also, make sure you are good enough to lead.
- Leadership is serving and helping other people to ensure they do their best.
- Don't do leadership to assign pushups, it's not to be a bully. Work with the students.
- Example, "can you do that technique this way," "can you try that technique this way." When performing leadership and you are providing feedback to the student, instead of telling a student "good", the leadership student or instructor should say any of the following: "better", "I like that," "or that's better." Because if you say good, then the student will think s/he is good. Additionally, try to respond with feedback right away.

- Try to build very strong teamwork together.

CONCLUSION

- Sa Boo Nim dismissed class.
- A class picture was taken.

H.K. Lee Academy of Tae Kwon Do Video Volunteer List

- Master Krishna Balal
- John Blysak
- Rey Encernacion
- Esperanza Foster
- Master Johan Fremlin
- Aaron Goldman
- David Goldman
- Yonatan Goldman
- Ishan – Yee Jang, Sam Jang
- Mache Leask – Yuk Jang, Chil Jang
- Myles Moon
- Aditya Nair
- Warren Noyes
- Marco Papini – 17-step, Il Jang
- Ashvik Prasaad
- Jim Rollins
- Aisha Shakeel
- Master Mariam Shakeel
- Rayon Shakeel
- Toren Sutherland – 17-step, Il Jang
- Crystal Uehara - 10-step #1 & 2
- Master Julie Uno
- Benjamin Valos - Koryo
- Heidi Vineet
- Bill Whitmore
- Sean Wittmer
- Yojna - Yuk Jang, Chil Jang