

Chapter 11
MOTIVATIONAL

MOTIVATION - STUDENT AND SELF-IMPROVEMENT

*I*n order to learn the Martial Arts (TANG SOO DO) correctly, you must realize what it is that you want to achieve as a Black Belt Instructor.

IS IT TO UNDERSTAND THAT:

- TANG SOO DO is to be used, not only as a means of self-defense, but as a way of enriching one's life both physically and spiritually...
- brute force without mind and heart is worse than useless, its tragic...
- the prime objective is not victory over an opponent, but over oneself...

Questions like these must be answered in order for you to properly learn TANG SOO DO. Correct thinking and attitude are vital keys to your success. Unification (interaction) of the Mind (attitude), Body (practice), and Spirit (belief), is necessary for the complete development of the individual and of the skills to be acquired.

MOTIVATION PROFILE

Complete the following motivation profile to discover what you are really wanting to get out of the Martial Arts (Tang Soo Do). Be as accurate as you can in answering these questions. It doesn't help to try to fool yourself, you will intuitively know the answer to each question and your first automatic response will usually be correct.

What is your primary objective each time you practice Martial Arts?

(Please check one)

- ☐ To understand that Tang Soo Do is not only a means of self defense, but is a way of enriching one's life both physically and spiritually.
- ☐ Understanding that brute strength without mind and heart is worse than useless - its tragic.
- ☐ To serve your Senior Instructor with utmost loyalty and to put moral principles before personal gain.
- ☐ To understand the interaction of belief and practice that is necessary for the complete development of the self and any skills that may be acquired.
- ☐ Understanding that the prime objective is never victory over your opponent, but over yourself.
- ☐ To be knowledgeable of Tang Soo Do philosophy, etiquette, culture, tradition and history.
- ☐ To enjoy the fellowship of other instructors.
- ☐ To experiment with techniques with my fellow instructors during class.
- ☐ To be able to focus a technique as close as possible to a specific target.
- ☐ Understanding that there is a difference between self defense and sparring.
- ☐ To understand and learn to judge distance for both kicking and punching.
- ☐ To be light on your feet, shifting your weight to the balls of the feet, instead of being flat-footed.
- ☐ Understanding the sparring is not only a test of stamina, but that it also keeps your mind alert, tuned, and trained to act under stress.
- ☐ To understand that the first consideration for proper harnessing of power is to prevent injuries that could prove to be painfully disabling or even fatal to your partner (who, we must remember, is not your enemy).
- ☐ To understand that Tang Soo Do is a hard and vigorous way of life and that the final result will produce one who is well respected for his art, but one who also contributes to his community.

ESTABLISHING GOALS - A KEY TO IMPROVEMENT

*A*fter you have completed your MOTIVATION PROFILE and you have asked yourself the other questions that were not included, take some time to write down your present Martial Arts objectives. In one paragraph, define what your goals are for the next twelve (12) months. Be sure to set realistic goals that can be achieved. The following three (3) examples are goals that you may set for the next three (3) years.

FIRST TWELVE MONTH GOALS

As a TSD Instructor, I want to learn to perfect all the basic techniques from the following:

1. Stance and Posture (front, semi-front, side)
2. Hand Techniques (blocking, striking, punching)
3. Foot Techniques (front, side, back, round, pivot) as they relate to the Nucleus Valence Core of Tang Soo Do.

SECOND TWELVE MONTH GOAL

During the performance of each Tang Soo Do Hyung, I want to complete every movement with Boldness and Confidence, Humility, Composure, and a Sense of Etiquette.

THIRD TWELVE MONTH GOAL

To master the Martial Arts, I must be in full command and control of myself. I must be aware of my own strengths and weaknesses. I must display confidence in whatever I do, and accept failure as only a temporary set-back on the road to success. But more importantly, the final result will produce one who is well respected, not only for his ability, but also for their contribution to the community.

As you can see, the goals I've set reflect my growing understanding of the Martial Arts. Many students destroy their Martial Arts potential by setting goals that are entirely unrealistic.

Wanting to become a master in the Martial Arts is a goal many young students seem to harbor today. Even though they may perform very well, they are not ready to tackle these objectives.

If you set your goals too high, your internal core will not be able to respond and deliver what you desire. In any Martial Arts process, you must move forward from a lower level to a higher level. Only when your immediate goals parallel your present ability, will you succeed in improving your performance.

STUDENT'S BEHAVIOR AND RELATIONSHIPS

"A TANG SOO DO INSTRUCTOR GETS RESULTS THROUGH STUDENTS"

"STUDENTS MUST BE TREATED AS INDIVIDUALS - WITH DISCIPLINE AND RESPECT."

"THE TANG SOO DO INSTRUCTOR'S PRIMARY CONCERN IS THE STUDENT'S SERVICES (loyalty and dedication) AND BEHAVIOR REGARDLESS OF THE CAUSE. THE MEASUREMENT OF A STUDENT'S SERVICES, THEN SHOULD BE THEIR ATTENDANCE, PERFORMANCE, LEADERSHIP, AND RELATIONSHIPS."

1. EVALUATIONS

- A. Determine what is expected of the student (per WPTSD standards)
- B. Point out ways to improve

2. ENCOURAGEMENT

- A. Look for the "extra" or "unusual" performance
- B. Give praise while it is still fresh

3. PERFORMANCE

- A. Explain "HOW and WHY" promotional exams affects them - QUALITY PERFORMANCE
- B. Encourage them to accept the promotional exams - by your recommendation

4. IMPROVEMENT

- A. Make the best use of each student's ability through quality training sessions
- B. Look for the student's ability and performance - not opinions
- C. Never stand in the way of the Tang Soo Do STANDARDS AND PERFORMANCES

INCIDENT AND DISCIPLINARY ACTION

*M*any Martial Arts instructors think that discipline is synonymous with PUNISHMENT or penalties. Tang Soo Do believes that discipline is better thought of in terms of Instruction, Teaching and Training.

HOW TO HANDLE A PROBLEM

1. **GET THE FACTS**
 - A. Talk with individual(s) concerned
 - B. Obtain opinions and feelings (LISTEN)
 - C. Review the records
 - D. Determine what rules and policies apply
2. **WEIGH AND DECIDE**
 - A. Piece the facts together
 - B. Weigh the facts against each other
 - C. Verify practices and policies
 - D. What possible actions are to be taken
 - E. Consider the effect on all involved
 - F. DON'T JUMP TO CONCLUSIONS
3. **TAKING ACTION**
 - A. Personally handling problem
 - B. Assistance needed
 - C. Refer to Senior Instructor
 - D. Watch the timing of your action
 - E. DON'T PASS THE BUCK
4. **RESULTS CHECKING**
 - A. How soon will you follow up
 - B. How often will you need to check
 - C. Watch for changes in actions, attitudes, and relationships

DID YOUR ACTION HELP TO ELIMINATE THE CAUSE AND PREVENT A RECURRENCE RATHER THEN ACT AS A PUNISHMENT OR REPRISAL FOR THE OFFENSE?

PROGRESS REPORT

NAME_____RANK_____

BRANCH_____

INSTRUCTOR_____

Check the areas that best approximate the student's progress. Your responses will assist with the counseling, grading and improving of the student's performance.

COMPETENCE

How well does student meet your standards of performance?

☐ EXCELLENT ☐ ABOVE AVERAGE ☐ AVERAGE ☐ NEEDS IMPROVEMENT

PROGRESS

Does student show evidence of satisfactory growth and performance?

☐ YES ☐ NO

RELATIONSHIPS

How well does student respond to instructor?

☐ EXCELLENT ☐ ABOVE AVERAGE ☐ AVERAGE ☐ NEEDS IMPROVEMENT

How well does student relate to classmates?

☐ EXCELLENT ☐ ABOVE AVERAGE ☐ AVERAGE ☐ NEEDS IMPROVEMENT

How well does student represent your organization in public?

☐ EXCELLENT ☐ ABOVE AVERAGE ☐ AVERAGE ☐ NEEDS IMPROVEMENT

ATTENDANCE

Student's record of regularity and punctuality

☐ EXCELLENT ☐ ABOVE AVERAGE ☐ AVERAGE ☐ NEEDS IMPROVEMENT

DEPENDABILITY

How well does student accept responsibility and follow instructions?

☐ EXCELLENT ☐ ABOVE AVERAGE ☐ AVERAGE ☐ NEEDS IMPROVEMENT

INITIATIVE

Does student have constructive ideas?: ☐ YES ☐ NO

Is the student a self-starter?: ☐ YES ☐ NO

W E S T E R N P A C I F I C T A N G S O O D O

PROGRESS REPORT (continued)

STRENGTHS: Student shows strengths in these areas.

WEAKNESSES: Student needs improvement in these areas.

TANG SOO DO

"When respect and discipline are present, body and mind are at peace..., but even then it may take a whole lifetime to understand (TSD)."