

**DO is Discipline**

*Extended Essay for the seventh Kukkiwon Dan*

*(World Taekwondo Federation)*

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16.04.2012

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## **My training in Taekwondo**

In 1970 I accompanied a friend to karate classes at the Academy located in downtown San Jose, Costa Rica.

For several months the teacher asked me why I did not practice, I answered that I had no money to pay the monthly payment, which at that time was about 40 USD

The professor invited me to train and gave me a scholarship! He was none other than the introducer of Karate in Costa Rica: SUNISHI KOBAYASHI.

Over time my friend left the practice, but I kept attending.

After a few months I made my first belt test, where I was promoted to green belt. Participated in a national championship organized by the academy where I had to fight against fellow of the same grade as mine. Finally got the first place.

In Costa Rica Academy classes were two people of Asian origin: Don Sunishi Kobayashi (Japanese) and Don WON KUN YAN ACHILLES (Korean). I got classes with both and could tell the difference between their styles. Sunishi was more static and gave more emphasis on hand techniques to the feet. The Achilles' style was more dynamic and emphasized to the jumps and kicking techniques, these actions called me more attention. I did not know this gentleman, Mr. Achilles, was nothing less than the introducer of TAEKWONDO in Costa Rica

For situations in life I had a motorcycle accident and had to retire from that lovely activity for some time.

In 1975 in San Pedro de Montes de Oca, I notice that they were renovating a large house to open a Taekwondo Academy.

Four teachers would be in charge of the academy: Alejandro Chacon Zumbado, Ricardo Cruz Sauma, Guillermo Hope Marin and Adilio Jesus Lopez Castillo. They had been trained as teachers at the Institute of Taekwondo located in downtown San Jose. The Institute of Taekwondo belonged to the teacher Aquiles Won Kun Yan, he had decided to become independent of Sunishi Kobayashi and open his own school to devote himself to teaching Taekwondo.

March 30th 1975 they opened the Moo Duk Kwan Academy of Costa Rica in San Pedro Montes de Oca, Barrio La Granja.

At 7:30 pm on Tuesday, March 31st, 1975 I first attended training at Moo Duk Kwan with Professor Adilio Jesus Lopez Castillo. Over the years I realized how I felt at that first practice. The class that Master Lopez gave me will mark my life forever. He had a strong and distinctive personality. In that class I attended with my green belt in karate, Master Lopez told me I could not use it anymore and that the following classes I must wear a white belt. He told me that, depending on my effort and discipline, I could

recover the time I had practiced karate. I obeyed his instructions and continued to attend regularly to their training with the White belt on my waist.

In August of that year the first promotion of degrees took place in Moo Duk Kwan Academy. I was counted among the 50 candidates who would do the test. The test was long and demanding. In the end only three students had the privilege of being promoted to green belt.

My teacher's personality was a combination of humility, respect and above all energy and discipline. So I learned that discipline is the focus of teaching for both teachers and students.

On Tuesday August 10th 1976 being a blue belt I inaugurated the Taekwondo Club Olympus in San Rafael de Montes de Oca. The Club Olympus spent many years in the top of the national competitions held in those years.

In 1977 and 1978 I participated in national and international championships as a competitor and as a coach, technical Poomsae and Kyorugi seminars and the usual combat and classes taught by Jesus Adilio in Moo Duk Kwan.

On Saturday March 31st 1979 I graduated first dan black belt.

In September of that year I competed in a dual meet in Colombia and the Fourth World Taekwondo Championships in Stuttgart Germany.

On April 28th, 1990 I founded the Taekwondo Academy in San Rafael CHALE Montes de Oca. Since its foundation I have been active in teaching over 2000 students. I made 53 different black belts that hold Danish, teachers who have their own academies, National Team competitors, key members of the Costa Rica Taekwondo Federation, national and international referees and coaches of national teams of Keorugi and Poomsae.

I have held positions as well as director of the referee commission as national coach. I am currently appointed as vice president of the national commission of referees.

In the 80's participated in several seminars organized by PATU. In September 1990 received international referee license after attending the International Seminar XX Refeerato organized by World Taekwondo Federation in Puerto Rico. I am currently active as IR and my license number is 020-1109. I should mention that my son Carlos Luis Granados Villalobos also works as an International Referee in different tournaments in Germany and Europe.

In this short review to apply to Kukkiwon seventh Dan I want to mention the values that have allowed me to live 42 years of uninterrupted practice of Taekwondo. Values that have helped me in life and make important decisions.

Values summarize as "DO" of Taekwondo: Taekwondo Discipline.

DO: The discipline of Taekwondo

## COURAGE AND SELF-CONTROL

We need to apply self-control when we feel betrayed or exceeded. In every facet of life you have to act with self-control, work, sports, family and in the most difficult experiences of life, when it ceases to exist or lost a loved one. Whenever you are defeated in life, you should have a positive attitude and know how to lost with honor.

## HONOR

It is a quality that gives years of existence to act with responsibility for the actions of life no matter the circumstances we face. The honor must be present in our behavior or positive adverse situations that we repair the daily actions. Taekwondo is the brightness of the behavior that a practitioner, a teacher or leader must always carry with humility until the end of existence.

## RESPECT

Among the practitioners of Taekwondo are different social, cultural and religious, all have the same opportunities, no less any more than another and between their relations requires respectful behavior.

Particularly I am very humble and I appreciate very much the help others gave me. These wonderful experiences inspire me to continue my mission to continue helping those in need.

Although within the Taekwondo all have the same opportunities, we have to create and manage them according to our talents. Similarly we must respect those who take different paths to ours.

With people that I have related, regardless of social status, I have always tried carefully to keep in mind the humility and respect that must be given to all alike and this is a framework of discipline.

## LIABILITY AND SINCERITY

We have a great responsibility in our tasks both at work, family, religious and sports and is as shown and trained the discipline of Taekwondo. Do not blink if not exercised the necessary dedication to our business. Regardless of the purpose for which it is practiced Taekwondo, for recreation, to improve fitness, to maintain health, to maintain social contact or to compete athletically, each practitioner must order his life, starting with the course of the day and week to take advantage of training and channeled in the direction chosen.

I tell my students that if you train three times a week is excellent, if they do twice a week is very good, if they train once a week is good and if you do not train any time a

week is bad, what follows after this consideration is the replacement of awareness of what was left to train.

It is the responsibility of each one honestly to know why they want to practice Taekwondo and which direction they must go.

Sincerity must be always with us. We must be honest with our parents, teacher friends, family and country. Must also be honest with our elders.

Sincerity is the truth that will create awareness for right living.

We always stick to the truth.

If for some reason it violates the truth, as honest is to go to the genuine apology to level our actions in life.

### OVERCOMING PHYSICAL, MENTAL AND SPIRITUAL

The physical we can overcome with the help of ourselves with certification to training and giving them our greatest sacrifice, perseverance makes a bad athlete a good one.

The mental state is the most important. We would not be spectacular in the physical behavior if we are wrong in the mental. We must be convinced that we are good and believe in that.

The spiritual is the complement of the physical and mental. The spiritual peace is incomprehensible, impossible to explain with words 100%, when you manage to do things. This is a motivation to perform each action.

It is related to physical health, mental and spiritual happiness with prosperity.

### IDENTITY-FIDELITY

Courtesy the association with the ethical identity and loyalty.

They are two very similar words, which would add to the commandments of Tekwondo because the lack of both is the greatest sin committed in the atmosphere of this beautiful sport nationally and globally.

Every school and every teacher is exposed to the painful experience of losing a student identity and loyalty to your school, your teacher and / or his teammates.

Our teaching must be complete and attached to good social norms. As teachers we must give the best of our knowledge so they can reap the rewards those who trusted us. We consider this goal as part of our being, as if our students were our children.

Forgiving mistakes is part of education, accumulate and remember experiences are part of learning to forgive mistakes.

The student is a child, a friend who is part of our being. Students in conjunction with the teacher form a powerful LITTER full of virtues in excess of errors made without any interest.

## **HELP**

The integration in this beautiful sport has only one conviction: we will repair practice very good things. Also live negative experiences, but these are very few compared to the positive (health, recreation, regulation of stress, fitness, personal security, new friends, inner peace, self defense, meditation, motivation, well-being, etc.).

It is very important that you should not profit from sports training of our athletes and that it is unethical and impedes development that people believe in the good intentions of Taekwondo.

## **SPORT, WORK AND FAMILY**

### **IN SPORT**

It's invaluable assistance that Taekwondo has given me in different areas of my life. I had an intense sports training based on a disciplined fighter and weekly training. This is the task I continue to convey to my students. "The more friends the stronger fighter!"

### **IN MY WORK**

Taekwondo helped me to confront and correct many difficult situations in my work. Thanks to it I kept quiet to events that others in my role would feel vulnerable. After several experiences I could relate to and value the principles of my sport with the events in my work, so I could go ahead.

### **IN MY FAMILY**

This is where my greatest happiness. By God's help not only discovered the Taekwondo for my personal satisfaction but also worth mentioning that since I got married, more than 40 years ago, my whole family got involved in this sport.

The birth of my children gave me much joy but still caused me greater happiness.

A similar happiness gives me joy to help many students to give us confidence for better life stability.

I decorated and honored to belong to a family of taekwondo. My wife, my children, my siblings, a brother and friends over two thousand practitioners have been. I will continue helping others become part of this huge family; these will give my life an endless happiness.

## STEPS TO TEACHING TAEKWONDO

Pre-Children (6-9 years) with them the most important thing is to work without force coordination, learn to respect rules of conduct and have fun with training.

Child (10-13 years) with these dynamic students can plan with 50% strength and 50% speed. Technical and strategic elements may be increasingly present in training.

Youth (14-17 years) This group is training in dynamic driving agility, muscle strength, power and flexibility. Students do not have to sacrifice to lose weight to participate in athletic competition.

Seniors (18 and older) are trained in this phase all the elements of previous stages are applied to combat and adds the regulation of body weight to maintain a balance between the percentage muscle and fat percentage. It is important to practice good nutrition and healthy eating habits.

## MATERIALS FOR THE EVALUATION OF TAEKWONDO

The concepts I will discuss here are those I followed with my students for their belt changes, regardless of age. These are matters, which will be practiced slowly without neglecting any of them

### Calisthenics - STRETCH

Students should exercise their body to adapt to the physical demands of Taekwondo Training for all. The aim is to improve flexibility, balance, reaction time, marksmanship, power, mobility, coordination, agility, strength and aerobic capacity.

## TERMINOLOGY AND THEORETICAL KNOWLEDGE

Students must master the Korean terms used in training. This will ensure the universal character of sport and its transmission.

### BASICS - Poomsae

Simple or compound actions hands and feet that run the air or by contact with (Mitts) are defined as fundamentals. There are the basics led to Olympic sports competition rules and traditional foundations. A number of traditional foundations that run coordinated air in a certain order are called Poomsae or FORM. In the forms shown movement, locking, striking, grappling and kicking at imaginary enemies. The Poomsae be transmitted from generation to generation.

### KEORUGY - BATTLE

This is the most delicate matter as the most important. It is the pinnacle of training, the reason for the martial art and what distinguishes us as an Olympic sport. It is through this step that will distinguish whether or not Taekwondo is part of our life. It is a

decision and care should be taken seriously. No matter how long the student practice Taekwondo, a month, one year, and five years etc., the first classes serve to group their decision to make physical contact with another partner and this will mark them for life.

Keorugy (fight, fight rules) cause different body reactions: go to the bathroom frequently, pale face, feeling hot or cold, trembling hands, nervous laughter, gossip, seriousness, butterflies in the stomach, etc.. All these reactions are the result of the role of stress-related hormones such as adrenaline; we must identify, understand, master, or live with them.

Brave is he who has no fear; courage is one that fulfills its mission in spite of fear.

The fight should be trained in each class of Taekwondo. The Keorugy in class can be in a group where all fight against all at the same time regardless of grade, weight or age.

Another way to practice Keorugy in class is in the form of centers. In this mode two students fighting while the rest will observe/

In combat sports competition, out of school, do not assess our students by the spectacle of their actions or by the verdict of battle, you should pay more attention to simplicity, courage and effectiveness of the competitor.

In the battle of class students will always be more aggressive than others, this is an advantage to measure the power of self-control of the quietest. But we must keep overall control of what happens in training. The teacher through his experience and diplomacy must face individually or against altering the tranquility of your school.

In combat is permitted but not ill-treated banging

We must take care that by no means escapes us that someone or some people are abusing weaker. Both opponents can enjoy the combat strength and dosing following the guidelines of the current rules of the World Taekwondo Federation.

As Coach in this sport, we recommend not talk more than necessary and are as clear as possible. Say if our competitor is disadvantaged or not well executed and reinforce what has been done so far.

But we must not forget that "the best is not always triumphs, and sometimes the winner is not the winner" (C. Granados Jr.)

So we should not hold on to win, not to be depressed, you have to do for pleasure and fun.

## Summary

Taekwondo is the art of learning to fight by not fight

TAE: jumping - kicking

KWON: blocking - hitting

DO: Philosophy - Path (DISCIPLINE)