

How to Improve Your Technique By 100% Or More!

Fall down seven times...get up eight! - Ancient Japanese Proverb

If you want to win more tournaments... spar with greater success ...and take your martial arts skills to the next level...read on. Because this month you're going to discover how to improve your technique, no matter what level you're at right now.

Five Key Secrets

I'm going to reveal five key secrets that, when you apply them, will make any of your martial arts skills much more powerful and help you get the very most out of what you're learning. Ready? Here goes:

Focus on the Basics

I say this time and time again. Focus on your fundamentals! Out of all the techniques you learn, they are truly the

most important. Why? The answer is simple: Your basic techniques (yes, even white belt moves!) are your foundation. These moves form the base which all of your advanced techniques build upon. Take a look at any top martial artist and I guarantee you'll find someone who has drilled the basics so many times they've become *second nature*.

This is true in other sports as well. Take basketball, for example. Superstar Michael Jordan stunned fans with his physics-defying "air" on the basketball court. His buzzer-beating three-point shots bordered on the unbelievable. And his clutch wins shocked everybody – other teams included. When you say the name "Michael Jordan", you think "flash". But off the court, Michael Jordan was a very humble man who took the basics *very seriously*. Here's a quote from Michael Jordan himself:

"Fundamentals are the most crucial part of my game in the NBA. Everything I did,



Mr. Hayden
5th Degree Black Belt and
Owner

IN THIS ISSUE:

- **Feature Article:**
How to Improve Your Technique by 100% or More!
- September 2011 Student of the Month: Powell Simonton!
- Calendar of Events
- Announcements
- Welcome to the Family! New students and upgrading members!
- Student Birthdays
- Martial Arts Mania!
- Referral Reward
- And much, much more!

Through The Ranks is published monthly by:

Hayden's ATA
111 W. Rush St
Kendallville, IN 46755

For a complimentary subscription, please call (260) 349-9100.

All content copyright 2011, Through The Ranks. No duplication without prior written consent. All rights reserved.

everything I achieved, can be traced back to the way I approached the fundamentals and how I applied them to my abilities. They really are the basic building blocks or principles that make everything work. I don't care what you're doing or what you're trying to accomplish — you can't skip fundamentals if you want to be the best. The minute you get away from fundamentals, the bottom can fall out. You have to monitor your fundamentals constantly because the only thing that never changes will be your attention to them.

“The fundamentals will never change. It comes down to a very simple saying: There is a right way and a wrong way to do things. You can practice shooting eight hours a day, but if your fundamentals are wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.”

Wise words from one of the all-time greats. Drill your basics repeatedly. Get them into your blood so they're reflexive. And even when you move onto more advanced techniques, go back and hone your basics. For example, other players were astonished when they saw Michael Jordan practicing free throws by himself on the court after a big game. Now that's what I call a focus on fundamentals.

Specialize In the Moves Meant for You.

Specialization is a big key to success in martial arts. This is true of self-defense situations as well as testing and competition. While you must *learn* all the moves we teach (and you *do* learn a lot!), down the road you can start to

Improve Your Technique These Five Ways

- ☑ Focus on the Basics
- ☑ Specialize
- ☑ Strive for Simplicity
- ☑ Attend Tournaments
- ☑ Teach Others

specialize more. This means you can *choose* your favorite moves from everything you've learned from us. You will develop your own “signature style” - your own “bag of tricks”.

Let's face it: There are some moves that are simply more effective for you – as an individual – to perform than others. Some techniques feel more comfortable to you than others. That's natural. If you feel your sidekick is more effective than your round kick, then the next time you compete, rely on your side kick to get the job done.

The reason specializing helps your technique is simple: When you focus on a small set of “go-to” moves and techniques, you can perfect them much more easily than, say, thousands of different techniques. It's the old “quality over quantity” idea.

In the book *The 80/20 Principle*, author Richard Koch reveals a fascinating universal law he calls the “80/20 Principle”. Scientifically proven time and time again, the law goes like this: **In most cases, 80% of results come from only 20% of your efforts.** For example, 80% of a business' sales come from 20% of its customers. 20% of people in the country

own 80% of the wealth. 20% of intersections create 80% of traffic jams. And so on. You see this principle everywhere in life. I bet if you did a study of martial arts tournaments, you'd find that *80% of tournament wins result from 20% of available techniques.*

Test this for yourself. The next time you're at a tournament, take note of the winning techniques. I bet the same “bread-and-butter” moves come up over and over. When you focus on a small handful of very effective moves, you can master them more easily.

Bruce Lee said, “I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”

Strive for Simplicity

Oftentimes, the simplest moves are the best. Why? Because simple moves waste very little motion. They also are natural and intuitive. If you're in a self-defense situation, you want to choose the technique that will eliminate the threat as quickly as possible...and with the *greatest chance of success.* Your basic moves fall into

this category. When trying to choose between a flashy, complicated move and a solid, simple move – opt for the simple move... especially in a self-defense situation!

Attend Tournaments

I mentioned tournaments a moment ago. I believe it really is *important to compete from time to time*. Why? Is it to come home with trophies and medals? Is it for the accolades? No. The main reason is to learn in a new way. In a tournament, you get to test your skills against a new opponent you've never sparred with before. This is much closer to a real street confrontation because you don't know what to expect. Your opponent will throw new moves at you from angles you've never experienced before. This gives you a chance to fine-tune your skills, discover what works best for you and

improve your techniques in a big way.

Teach Others

The final (and possibly the most powerful) way to improve your own techniques is to *teach others*. Trust me: if you really want to learn something well, try teaching it to somebody else. And if you really want to see *how well you really know something* – try teaching it to somebody else.

Here's why this works: First, you get to **analyze** your techniques in-depth. You'll really understand the mechanics of the move (the "kinetic chain"). Second, you get **more repetition** on that technique because you perform it more when teaching it to somebody else. Finally, you get to see the most common mistakes people make when performing a technique. You can then avoid these same mistakes, too.

Teaching is a huge secret. Look at all the great masters in our art. Is it any wonder they're all instructors, too? Advancing to the level of mentor and teacher is a natural progression in martial arts. When you teach, not only do you enrich another person's life, but your own techniques improve dramatically. It's a win-win. (By the way, we have a special program for students who would like to move up to a leadership role and start teaching others. See me for more information!)

Your Call to Action

This month I want you to focus on perfecting your techniques using the five methods I just outlined. Above all, focus on your fundamentals this month. They'll make everything more solid!

-- Mr. Hayden

Life Skill of the Month: Honor!

Honor is our life skill of the month. Honor is the measure of a person's trustworthiness and their character. When a person has honor it means they're trustworthy, respectful, honest and fair. Honor, like any other life skill, can be developed. Here are seven ways to develop your own sense of personal honor:

1. **Keep Your Word** – Integrity forms the basis of honor. Don't over-promise, instead over-deliver. Learn to say "no" to anything that breaks your focus or might NOT be accomplished.
2. **Honor Your Commitments** – Practice a little bit each day, attend class without fail and never be a quitter. Hang in there even when things get tough. This is the true measure of character.
3. **Show Respect** – Respect your fellow students, instructors, mother and father, friends and family at all times. Only by treating other with respect will YOU earn respect for yourself.
4. **Speak the Truth** – Always. Don't make excuses or "cop out". Take responsibility. If you mess up, fess up. Admit it and move on. Be honest every single time – even if it's uncomfortable.
5. **Focus on the Long-Term** – Don't always seek the quick or easy solution. Understand that good things take time and that life-changing results don't come overnight.
6. **Be Fair to Others** – Practice the "Golden Rule" and treat others as you would like to be treated.
7. **Honor Yourself at all Times** – Expect others to honor you and keep their commitments to you. Maintain high standards for yourself and respect yourself.

Follow these simple tips and you'll be building your own personal reputation, integrity, self-respect and honor beyond what you ever imagined! Honor is an ancient concept and central to all martial arts. As a martial artist, you must always live with honor even when it's difficult or inconvenient to do so. Remember: As a martial artist, you represent **all** martial artists by your actions.

September 2011 Calendar of Special Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 Leadership Camp 10:00-5:00
11 Kendallville Day Care Demonstration	12	13	14	15	16	17 Anniversary Picnic!! DON'T MISS IT!!!
18	19	20	21	22	23	24 South Bend Tournament (no classes)
25	26	27	28	29	30 Demo Team Tryouts Family Academy Kickoff	

Announcements – Please Read!

Competition Team

We'd like to work towards building our ranks of World and State champions. If you would like to become a tournament champion or just enjoy competing let us know. We will be re-starting our Competition Team in the next month or so to better train students who want to compete at tournaments. There are going to be a lot of benefits to being a member of our competition team so check it out!

School Champion

Speaking of tournaments we are going to be starting a school champion program. Here's how it works. If you compete in an event at one of the regional tournaments

you will receive 5 points for that event. If you place in that event you will receive additional points (5pts – 1st, 3pts. – 2nd, 1pt – 3rd). We will add all of these points up at the end of the 2011-2012 tournament year and award a School Champion for each event (Forms, Sparring, Weapons, XMA Forms, XMA Weapons, Creative Forms, Creative Weapons, & Combat Weapons). So start training to become our school's champ TODAY!

Demo team

Another exciting thing coming is our Demo Team. In the past we've had a demonstration team that has done some very cool things and now it's time to start it up again. We've learned some cool things about Demo Teams from XMA Headquarters and will be implementing that into our program. Demo Team

applications are now available so pick yours up today! Being on the demo team isn't about being the person with the most skill; it's about being the student with the hardest work ethic. We will be looking for hard working, dedicated students to try out for the demo team. The official tryouts will be on Friday, Sept 30th. Make sure you have your paper work in BEFORE then.

Advanced Training Class

On the new schedule you may have noticed a new class called: Advanced Training. This class is for any of our 300 class course students who are interested in making sure they have the skills they need to become a Black Belt.

Each month we will rotate the material taught between board breaking, weapons, and a special elective. The schedule of what we'll do each month is at the bottom of the new class schedules.

During the month of September we'll be doing a special elective. I've chosen FAST Defense as the first special elective. There is no extra equipment needed for this elective. We'll be working on verbal and physical skills for self-defense. Something EVERYONE should know!

We are also inviting any family members of our 300 class students to attend if they want. This is a great elective to learn as a family. (This class does count towards your belt ranking.)

Join us ONLINE!

Haydensata.ning.com

Some of you may not know that we have a Digital Dojang where we have a lot of great resources for you online. This members only website has videos and downloads for each form and we continue to build a larger library of videos.

There are other advantages to logging onto the members only website including email updates and upcoming events info. You'll receive the most up to date info about events coming to Hayden's ATA.

We also want you to participate in the site. It's not just a place for you to get info, we want you to blog

your victories, struggles, and inspiration. Tell your martial arts story! Be sure to log on today! (haydensata.ning.com)

Trying Something New

We're trying something new and sending out text messages with updates on events and other important announcements. If we find that it's a good way to communicate we'll stick with it. Sign up today by visiting haydensata.ning.com and filling out the form on the right or text at students to 69302.

Welcome to the Family: New Students and Upgrades

New Students:

Gordan Arnold – 1 month
Judy Arnold – 1 month
Autumn Bartley – 3 class
Brady Bolen – 3 class
Lashawna Bowman – 300/Leadership
Alex Clouse – 3 class
Nathan Clouse – 3 class
Keegan Corbin – 3 class
Kyler Corbin – 3 class
Josh Donat – 3 class
Jackson Garman – 3 class
Garrett Green – 3 class
Candice Hetterich – 40 class
Makayla Lopez – 40 class (Mentor a Member)
Chance Lynch – 3 class

Dakota Mast – 3 class
Lilly Moser – 40 class
Savana Phares – 300 class
Ryan Powell – 3 class
Dylan Smith – 3 class
Hunter Woodward – 3 class
Landon Woodward – 3 class
Jonny Yankey – 3 class

Upgrading Students:

Alex Clark – 300/Leadership
Gella Clark – 300/Leadership
Mandy Chapman – 300 class

Sept 2011 Student of the Month!

Powell Simonton **A Living Example of Honor**



Powell Simonton
Sept 2011 Student
of the Month

Want a great example of honor in the martial arts? Then look no further than this month's Student of the Month, Powell Simonton!

Remember: Honor measures a person's trustworthiness as well as their character. It means they're trustworthy, honest, respectful and fair to others.

And that definitely describes Mr. Simonton. And that's exactly why I chose him as our Student of the Month for our Honor month. Here are some of the ways I've seen him display honor here at our academy:

- 1.) Mr. Simonton ALWAYS shows the proper Black Belt respect to his seniors here at our school and in the region
- 2.) He always shows honor and loyalty to our school by participating in every tournament he can. If he's not working

he's at the tournaments. He's even been chosen to be a regional tournament coordinator.

- 3.) Mr. Simonton has been training consistently since the day he joined. Even when he can't make it to class he's running, biking, doing TKD, or working out somehow to improve his skills.
- 4.) He's ALWAYS there at special events and testings no matter what. He honors his fellow students by supporting them and Hayden's ATA!

Here are some interesting facts about Mr. Simonton that you might not know:

- 1.) He works at Courier here in Kendallville.
- 2.) He used to have a very long ponytail.

CHAMPION in forms!

4.) He started classes after his son joined and is one of our highest ranking students!

5.) Sparring is his favorite part of training!

If you ever wanted to see a living example of honor in practice, look to Mr. Simonton. He is truly a great example of honor. Follow his lead in this area and you'll develop your own honor even more! Great work!

Student Birthdays Here at Hayden's ATA

Noah Harness – Sept 9

Jack Myers – Sept 10

Jake Dunno – Sept 14

Kaylee Bentley – Sept 17

Lydia Gisel – Sept 18

Tracy Kolberg – Sept 20

Erik Murray – Sept 21

Nina Lee – Sept 26

Dakota Mast – Sept 27

Landon Swogger – Sept 29

Kade Baker – Sept 30

Kyler Corbin – Sept 30

A big "happy birthday" to all of you!

Martial Arts Mania!

Test Your Knowledge and Win!

Student Name _____

According to the main article:

QUESTION #1: Michael Jordan said _____ were the most important part of his game.

- _____ a.) His "hang time"
- _____ b.) His teammates
- _____ c.) His personal efforts
- _____ d.) His fundamentals
- _____ e.) None of the above

QUESTION #2: The more you advance in martial arts, the more you can...

- _____ a.) Share moves with your senior ranks
- _____ b.) Start judging
- _____ c.) Impress bystanders with flashy and jaw-dropping moves
- _____ d.) Specialize in the moves that work for you

QUESTION #3: Simple moves...

- _____ a.) Waste very little motion

- _____ b.) Are natural
- _____ c.) Are intuitive
- _____ d.) All of the above

QUESTION #4: Tournaments help you...

- _____ a.) Learn in a new way
- _____ b.) Improve your national ranking
- _____ c.) Build character
- _____ d.) Understand the "judging mentality"

QUESTION #5: All the great masters in our art are...

- _____ a.) Teachers
- _____ b.) Reclusive and jealously guard their skills
- _____ c.) From the 1500's
- _____ d.) From the far East

Don't forget! Any student who answers all the questions correctly (without help from an adult) wins a \$5 TKD Dollar towards their next testing, something from the pro shop or tuition!

Mentor a Member TODAY!

Mission:

Our mission at Hayden's ATA is to help create tomorrow's leaders one Black Belt at a time. To achieve that we've set a goal to have 200 students training for Black Belt, 50 students dedicated to becoming leaders, and 10 students training to be future instructors. These are large goals but with your help we can achieve them.

Mentoring:

We are introducing our Mentor a Member initiative to help us reach our goal of 200 students training for Black Belt. If each of our students just mentored one person in their ATA journey we would easily affect 200 lives.

Your Job:

So here's your mission. We want YOU to find ONE person who you can invite to train at Hayden's ATA and mentor them as they work to achieve their Black Belt.

Rewards:

Mentoring a member doesn't just help your friend, you will learn a lot, and stay more excited about your training when you're helping someone else. We're also going to give you some great rewards for helping someone else.

Pick up a info brochure at the school!

September 2011 - Special FREE Buddy Days Offer!

Bring a Buddy and Win!

Bring a Buddy to Class and Win a \$\$\$ Referral Reward!

Now that school is back in action, this is your chance to do something really great for your new friends. Bring them to class FREE so they can share the fun and excitement of martial arts with you! They'll learn self-defense, important life skills, gain flexibility, improve their endurance, increase their strength and experience first-hand what makes our academy so special. Not only that, but YOU have a chance to pocket a nice referral reward for yourself! Not bad, huh?

→ ***For FULL DETAILS, see me or any of our instructors!***

September 2011 - Special FREE Buddy Days Offer!

Hayden's ATA
111 W. Rush St
Kendallville, IN 46755
(260) 349-9100
www.haydensata.com

