

# BALDWIN MARTIAL ARTS

## Youn Wha Ryu Martial Arts Association

**Yes it is true**, we left Grand Master Han's World Youn Wha Ryu Association the first of September. We joined Master Ceth's Youn Wha Ryu Association. This was a long thought out and difficult decision for us. We were not able to agree with the World Youn Wha Ryu association on some important issues, and felt it better to leave while there were no hard feelings. We have and will continue to support Master Chase when ever possible so don't be shocked when

you see us around.

**What is new** at the school. Starting in October we will be holding class two nights a week. Monday & Wednesday, classes & times are the same both days. Come double your fun and training time. Our new testing schedule allows for more time to learn between testing's. And with 4 certified instructors, there is more help for you.

What are you waiting for? If you are not yet



**It is about training.**  
**Training is about life**

a student come try a class and see what we have to offer you. If you are a former student, it is a good time to try martial arts again.

If you are a current student it is time to bring you're A game to class and **DO YOUR BEST.**

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### **SPECIAL POINTS OF INTEREST:**

- Yes we left Grand Master Han's Association
- What is new at the school
- More advanced training

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## Red belts and Above rejoice

**You now have more opportunities** than ever before to get training targeted directly at your skill level. We hold an advanced class at the end of every class. Between

every testing we are planning a Saturday training session. And after every testing we hold a brown & black belt work out. We are also working on

some opportunities to travel to other schools for advanced training. There is no longer a good excuse to not get your training.

## Let's Roll

Shingitai Jujitsu is offered at the Gardner Martial Arts school. We meet Tuesday & Thursday nights from 8 to 9:30. A kids class has just been started during the Tuesday night class. This is a good time for everyone. For those of you who already train in another form of martial arts, this is a good addition to

round out your skills and abilities. Jeff is a wonderful and patient coach. His many friends who visit us also bring added knowledge to the class.

Come try a class and see what you have been missing.



**Ryan & Tom's Jujitsu promotion**

Front Left to Right. Tom, Jeff (our coach) and Ryan. Back. Chance

## Take a lesson or two from a dog

Have you ever noticed that a dog will stretch every time they get up before they go do whatever they get up to go do. We could learn a little from this action. The young may not think much about this but those of us who have

shared a season or two know that moving before the body is ready is not always comfortable to say the least. Stretching needs to be a part of our everyday life. It will improve movement and range of motion, reduce pain,

and greatly reduce injury to joints and muscles. Dogs know it is the right thing to do and they do it. we know it is the right thing to do and still have to be made to do it. Just one more reason why you should be in class regularly.

## Get your Hip into it

If you have spent any time at all in martial arts then you have heard someone say power comes from the hips. Many will say it, few will understand it, and fewer will be able to help you discover it for your self. I do not claim to understand it, and I cannot yet say that I can repeat the move consistently. But I can say that I

have witnessed it in action and spent some time with people who did this very well, and teach the movements as part of their system. I will say it is a learning adventure that is worth taking. I my self am still on the journey looking for this movement that generates so much power. When I first saw it demonstrated Sensei

told me that I would practice a long time and one day I would feel it in a punch. It may be 100 punches before I felt it again, then 50 then 30 and little by little all the small movements would come together and it would be a part of my martial arts. I am still working on it but it is time well invested. The kind of power I

## We are all still Youn Wha Ryu

When some one says they train in Youn Wha Ryu they can be talking about one of several associations that teach the Youn Wha Ryu system. World Youn Wha Ryu association, Youn Wha Ryu Association, Traditional Youn Wha Ryu Organization, Youn Wha Ryu Federation, or American Youn Wha Association.

Our foundation is the same, it is the focus of the training that we chose and the approach we take as well as the importance we put on all of these things that makes us different. You can say that it is the small

stuff that makes up the differences. Remember that it is the details that make the biggest difference. As far as martial arts is concerned you should sweat the small stuff. Everyone has their own interests, wants and ideas about what they wish to receive from their martial arts training, and from that you can choose a group. You can not find a more rounded system of martial arts than the Youn Wha Ryu system, we have a little of everything.

Yes there are different groups of the Youn Wha system

and you can find the schools for each of them with in the same area that you live. I would not say there is a good or bad choice in looking at each of them. You have to first decide what one is close enough that you can attend regularly, and secondly does it match up with what you want from your martial arts training?

Each group has its differences but at the core we are all still Youn Wha Ryu.



## Get your hip into it continued

saw generated would stop an opponent with one blow. Once you begin making your blocks into attacks as well being able to apply this kind of power is a game changer. Imagine being able to block a punch and render your

opponents arm numb and useless. Do you think they will hurry up and give you the other arm to attack? So when someone tells you to get your hip into it, take the time to learn the movements, practice with focus on aligning

all your movements to generate maximum power. Just know that it could be a long time before you understand the benefit.



## Baldwin Martial Arts

Youn Wha Ryu Association

*Our goal is for every student to realize their personal best in their training, and then apply that to their life.*

*Our mission is to assist every student in their journey and support them as they grow. To give them strength and confidence that will flow over into all that they do and empower them thru training in Martial Arts.*

*Our wish is that no person who wishes to train in martial arts would ever not try because they do not think they can succeed.*

## GREATNESS IS NEVER AN ACCIDENT

### TRAIN HARD

## How bad do you want it?

Well students, some of you just promoted, some just started, and some of us are waiting for our next chance to promote. We all like the idea of moving up in rank. The question I have is how bad do you want your next promotion? Bad enough to shut off the X Box to practice forms? Or leave face book or snap chat to work on kicks? Bad enough to invest the time to do the 300

club like some of your friends have? Would you skip watching TV or get your homework done and keep your grades up so your parents will allow you to attend both classes every week?

Are you willing to give up some free time and travel to an extra class that is offered. Are you willing to show up early and get some extra help? There are a lot of things you can do to become a

better martial artist. Are you doing all of them? Are you doing any of them? What did you do with your weekend? Ask your self these questions and then ask your self How bad do I want that next promotion?  
Hope to see you in class!

Tom