

ABBS News

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AUTUMN 2005

Active Black Belt Requirements Defined

Active black belt holders in the UTA received a letter in the late summer (August/ September), defining a new set of standards to be met each year. To maintain “active” status, Grandmaster Ahn and the Board of Masters have defined a list of requirements to be performed by all black belts who wish to maintain the “active” status.

For those unfamiliar with the letter from Grandmaster Ahn, in it he stated:

“The following is a list, not necessarily all inclusive, of those tasks and events that I consider requirements to maintain an active Black Belt status. These have been discussed with the Board of Masters as well as being presented at a Black Belt Society meeting some months ago.

- Attend all monthly Black Belt classes. If you are unable to attend, advise the Masters or the main school as to the reason that you cannot attend.
- Train and/or teach on a regular basis with your home school and direct instructor.
- Attend all scheduled Promotion Tests and be prepared to assist. If you cannot attend, advise the Masters or the main school as to the reason for your absence.
- Join the Black Belt Society and attend the

scheduled meetings.

- Attend the Ahn Taekwondo Classic and compete, referee, or volunteer.
- Credit test once every calendar year. The credit test must be approved in advance by the Board of Masters.
- Attend the Ahn Taekwondo Institute social events (i.e. Holiday Party).
- Attend school or sanctioned Referee seminars to achieve status as a qualified referee.

Additionally, Grandmaster Ahn continued in the letter by stating: “Moving forward, I have requested that an attendance record of ALL Black Belts be maintained. This will be consulted when decisions are made as to whether an individual is to be considered for a promotion opportunity.

“If you want to train on an infrequent basis or do not desire to involve yourself with the Association activities, that is a choice that you can make. But understand that you will not enjoy the benefits of being an active member — such as being eligible for promoting to the next rank.”

Grandmaster Ahn will answer any questions or concerns regarding this list of active member status requirements.

AAU National Team Members Reclaim Title

September 11, 2005: Houston, TX

The 2005 AAU Team Trials had two returning champions in attendance from Blue Ash— Miss Jamie Hamilton (coached by Mr. Bobby Jones) and Mr. Ethan Woodson. Congratulations to our athletes for reclaiming their positions on the AAU National

Team, and good luck to both athletes and their coaches for another successful year of competition!

See the Blue Ash Updates (p. 2) for more information on the trip to Houston!

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Blue Ash Updates

CAMPERS INVADE THE BLUE ASH SCHOOL



The first week of August brought summer campers to Blue Ash. Miss Jamie Hamilton, assisted by Miss Corrie Moll, hosted fourteen campers for Ahn Taekwondo Institute's second annual summer day camp.

Campers spent every morning that week learning and perfecting their Taekwondo skills, developing leadership skills, participating in Taekwondo craft activities, and competing in various Taekwondo games.

Everyone seemed to really enjoy their week, claimed to learn a lot, and excitedly look forward to the winter camp that will be offered this holiday season.

Team Ahn Performs well at AAU Nationals!

Over July 6th through July 10th, Team Ahn invaded Greensboro, North Carolina for the 2005 AAU National Championships. Entering competitors in both senior and junior divisions, in black belt and color belt divisions, in both forms and sparring, Team Ahn was one of the most winning teams at the championships.

The team was comprised of members from the Blue Ash School, Ahn Columbus, the former Kid's First program, Soonja Taekwondo, and Stillwater. Many of the members trained as a team from the beginning of 2005, and their hard work obviously paid off! Sincere congratulations should be offered to all competitors and coaches.



WE HAVE TWO AAU TEAM MEMBERS!

Mr. Ethan Woodson and Miss Jamie Hamilton recently traveled to Houston, Texas to compete in the AAU National Team Trials. New to the senior division, Ethan easily fought through the competition to claim the men's lightweight

team spot. Jamie proved that she could return from a knee surgery to claim her spot for the second year as the women's heavyweight team member.

The two competitors are looking forward to their travels with

the AAU team this year. Tentative plans for the team include a trip to the US Open and a trip overseas to the German or Dutch Open.

Ahn Taekwondo Columbus Updates

First Lil' Dragon Test Held at ATC

The Lil' Dragons program at ATC is celebrating its first year of success! On August 12, 2005, the first Dragon promotion test was held by Mrs. Deanna Jones for two outstanding students. Matthew Satin and Grant Simon (both age 5) were the first students of the program in September 2004, and the first to be promoted from the Lil' Dragons program to regular Taekwondo class.

Matthew and Grant were tested on their low blocks and high blocks, front kicks and side kicks, and counting to 10 in Korean. They were also asked to demonstrate their improved physical conditioning, which

resulted in an impromptu Pushup Contest between Grant and Matthew! (They were stopped before they reached 25.)

The testing concluded with Matthew and Grant breaking their first "boards" to the thunderous applause of parents and friends in attendance. A party followed with cookies and juice, celebrating the promotions AND the first year for ATC in their new home on Cotter Street!

Mrs. Jones runs the Lil' Dragons program one day a week, with between three to twelve students in attendance.

ATC Pitches in to help pets after Katrina

September 8, 2005:

Relief efforts were well underway across every city in the country as reports came in of the toll Hurricane Katrina left in the southern states. The central Ohio communities, working with the Red Cross, donated clothing, bedding, food, and money to help with the survivors of the hurricane.

Word spread quickly of another cause: the pets left behind by those who had to quickly abandon their homes before the storm hit. Hours after hearing about Paws In Need—an organization working with the Humane Society of the United States—students of Ahn Taekwondo Columbus decided to help as best they could by joining in the donation drive being staged locally.

With less than 2 days notice to gather what they could, members of ATC donated over 40 pounds of materials to help Paws In Need, including dog and cat food, towels, shampoo, and other items requested by the organization.

Paws In Need was formed to assist pets throughout the U.S. that are living in conditions that are not suitable for any pet. For more information on Paws In Need, visit: <http://pawsinneed.org/>.



NEW CLASS SCHEDULE POSTED

More classes have been added to the weekly schedule at ATC. Now open Monday—Saturday, ATC now offers seven "Family Taekwondo" Classes every week, a Children's class, Lil' Dragons class, and daily Private Lesson times.

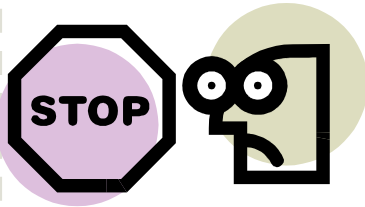
To see the new schedule, go to <http://www.ahnkdcolumnbus.com/schedule.asp>

* Family classes are for all ages/ all ranks.

Make a Note of it...

KOREAN PRONUNCIATION GUIDE:

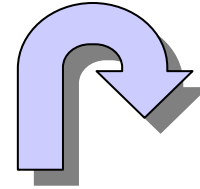
TAEKWONDO COMMAND TERMINOLOGY



English

Korean Pronunciation

Attention	[ChahRyawt]
Bow	[KyawngNyawt]
Ready Motion	[JoonBee]
Rest/Relax	[ShweeOah]
Yell	[KeeAhp]
Turn Around	[TohRah]
Begin	[SheeJahk]
Stop	[KeuhMahn]
Return to Ready Motion	[BahRoh]



Respectful thanks to Ms. Bo-Kyung Kirby for the pro-

Important Dates to put on your calendar...

October 2005

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Event

Date

Location/ Time

Black Belt Class	October 26	Blue Ash 6PM
Testing	November 18	Blue Ash 5PM
Thanksgiving	November 24	check your school schedule!
Black Belt Class	November 30	Blue Ash 6PM
Ahn Holiday Party	December 4	King's Island Resort 5PM
Testing	December 9	Blue Ash 6PM
Black Belt Class	December 28	Blue Ash 6PM

WE'LL SEE YOU THERE!

November 2005

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2005

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Bulgogi

Bulgogi is one of the best known of all Korean dishes. Originally cooked over a wood fire, *bulgogi* still tastes best with the smoky flavor of the grill. Use a fine grate over the charcoal so the meat doesn't fall through. When prepared in Korean homes or restaurants nowadays, the meat is often seared on a special curved broiler plate placed in the middle of the table.

Serve *bulgogi* with red or green leaf lettuce leaves and steamed sticky rice. Hold a leaf of lettuce in one palm. Add a small portion of meat, and top with a bit of rice and/or hot pepper paste, *GoChooJang*. Roll the lettuce leaf up and pop it in your mouth. *Bulgogi* is usually served with a variety of side dishes.

Add a bit of pureed kiwi, pear, or apple to the marinade for a touch of fruity sweetness. Other possible marinade additions include 1 T of rice wine or dry sherry wine or a touch of rice wine vinegar.



BULGOGI RECIPE

INGREDIENTS

- 1 1/2 to 2 lbs Beef, tender cut partially frozen, sliced into very thin strips, across the grain
- 1/2 cup Soy sauce
- 2 T Sugar
- 2-3 Scallions minced
- 2-3 cloves Garlic minced
- 1 t Pepper, black
- 1 T Sesame seeds (optional) toasted
- 1 T Sesame oil



INSTRUCTIONS

Toss all together in a bowl. Marinate from 1 hour to overnight.

Heat a heavy skillet without oil over medium-high heat. Add beef in small batches and sear till just cooked through. Remove to platter and finish with rest of meat. Serve.

TIP

For easier slicing, place beef in freezer for 30 minutes. Cut across the grain so meat will be tender. Slice beef against grain into 1/4 inch.

Bulgogi recipe contributed by Ms. Bo-Kyung Kirby.

Blue Ash Updates

Get involved in ABBS!

The purpose of the Black Belt Society, as formed by Grandmaster Ahn, was to educate and develop his Black Belts. Black Belts in the UTA are encouraged to get involved in the Ahn Black Belt Society, to better themselves and the association through their participation. To join the ABBS, contact the main school or your Master Instructor for an application TODAY!

A short list of agenda items from the recent ABBS meetings:

- Updating student etiquette
- Grandmaster Ahn and Masters to visit other branches
- 2006 Ahn Classic planning!
- Black belt mentoring
- Social activities— golf outing, Holiday Banquet & more

To have a voice or a vote in any or all of these topics, you must be present at the Society meetings, and a current member.

Membership in ABBS is easy!

1. Complete an application
2. Submit application and \$15 to Master Beasley (Treasurer/Secretary)
3. Get involved! Attend the meetings! Join a committee or two! Be a part of the growth of Taekwondo in your school and your community.

Visit the Ahn Taekwondo web stores:

Ahn Taekwondo:

www.cafepress.com/ahntkd

Ahn Lil' Dragons:

www.cafepress.com/ahndragon

COMING SOON:

The newly redesigned ABBS web store:

www.cafepress.com/ahnbbs

REMINDER:

2005 Ahn Holiday Banquet is approaching again. Mark your calendars for Sunday, December 4!

5PM—???

Kings Island Resort
& Conference Center

