

BETTENCOURT'S TAEKWON-DO AMERICA

베 텐 코 테 태 권 도 미 국

MARCH NEWSLETTER 2003

Masters Hoon Si

In this issue, I will focus on "The Art of Strategy". Strategy transcends all thought and action since they begin and end because of strategy. A "strategic" course of action is a prelude to success. It is responsible planning as that of a Taekwon-Doist working toward the next belt level. Strategy is the means to an end, the visualization before the outcome.

In the true spirit of purposeful, thoughtful survival was born the art of strategy. When planning the thoughts and actions of the moment, it involves strategy. When predicting the possible outcomes of the future and purposely molding actions to fulfill a particular outcome, this is dependent on strategy. Strategy itself is defined as "the science of planning and directing military operations." It is a skill in managing actions of self and others, by manipulating emotional responses to actions, by projecting a perceived threat or by carefully planned procedures, all of the intelligence gathered, all of the analysis of strengths and weaknesses of both sides, leads to a specific plan of action using specialized tactics leading to a maneuvering of circumstances and the achievement of the upper-hand, successful completion of goals and the destruction of the enemy.

Miyamoto Musashi states in his "Book of Five Rings" that: "In large scale strategy, the superior man will manage many subordinates dexterously, bear himself correctly, govern the country and foster the people, thus preserving the ruler's discipline. If there is a Way involving the spirit of not being defeated, to help oneself and gain honor, it is the Way of strategy." He further states, "Set your heart on strategy and earnestly stick to the Way."

The term "Way" itself is seen as a "path to enlightenment", or a road to achieving goals, aspirations and results. Gandolf the wizard of J.R.R. Tolkien's "The Lord of the Rings" warns, "Remember, don't stray from the path." This statement, as

most statements coming from enlightened mentors of great insight suggests both a surface and literal meaning and a much deeper meaning. When one chooses a Way, all the world is translated as either on the chosen path or off the chosen path. In this way, people (and warriors) can formulate a plan of action, or strategy, leading to the successful reaching or realization of a goal. The Way, then, is all about the process of identifying, processing and facing challenges which may appear to impede our progress. This process requires a dynamic, flexible ability to constantly reevaluate our strategy based upon new information, obstacles and any outside influences which may divert us from our path.

Who among us can reach a goal of any stature without the use of strategy? Even walking to the store for groceries requires a thoughtful plan of action. All possible needs must be considered (hat, coat, proper foot attire, grocery bag, etc.). Knowing the best and safest route may be the deciding factor between success and failure. For instance, walking along side streets, avoid traffic, or using well lighted arterials, thus avoiding the danger of assault or getting lost. Checking to see if enough money is in your pocket is an important factor in successfully completing the transaction, comparing the amount brought, to the projected cost of the items on the shopping list. Thinking ahead in preparation of any completion of a goal requires strategy. This applies also in war, battle, or the freesparring match in the martial arts school. It is important to know more than one battle plan since as Gandolf puts it, "Even the wisest of men can't see all ends." Therefore, plan to the utmost of your ability, plan ahead for unforeseeable events and keep a clear dynamic circle of defense of mind, body, and spirit to allow you to win. Be calm, react according to the situation, being careful to remain congruent, separating threats from perceived threats, and therefore surviving by choosing the correct actions at the correct times.

(Continued on page 2)



Upcoming Events

- 3/27 - Parent's Night Out - Fun for kids with Mr. Nguyen at Portland HQ
- 3/29 - Hapkido Gup Test - 11AM
- 4/5 - HQ Taekwon-Do Test (9am Tiny Tigers, 10AM Gup)
- 4/12 - Colville Gup Test
- 4/19 - Seminar : Freesparring - \$30



BETTENCOURT'S TAEKWON-DO AMERICA

STUDENT REFERRAL PROGRAM

Dear B.T.A. Supporters,

You are invited to participate in the **Student Referral Program**. With your help, we will grow and be able to share our unique programs with your friends and family. We would like to offer our sincere thanks for those of you who have referred others to our school. Now, we have decided to offer a special **"referral incentive"** for simply telling others about us.

We ask that all students fill out five guest passes for those special friends, family or people you meet who would like to take advantage of a free private lesson.

Sincerely,

Master Steven Ruiz Bettencourt

INCENTIVES

BBC Members: one black star for each new student referred.
 Earn BTA Taekwon-Do bucks (\$5/student)
 Be named Top Referral Student of the Year

1st Place:

All expenses paid vacation to Mexico
 (3 days, 2 nights, food, lodging, airfare)

2nd Place:

Weekend Beach trip (food, lodging)

3rd Place:

\$100 BTA Certificate

4th Place:

\$50 BTA Proshop Certificate
 Fill your prize card (1 stamp/student)

Bonus: Five referrals equals one month free tuition (\$75 Value), when all five enroll for classes.

Bettencourt's Taekwon-Do America

You and a friend are invited to take
TWO FREE LESSONS!

Tiny Tigers: (Ages 3 - 7)
 Youth Program: (Ages 8 - 12)
 Adult Program: (Ages 13 - up)

Call for appointment (503) 231-5474

GUEST PASS

BETTENCOURT'S TAEKWON-DO AMERICA
 605 MAIN
 PORTLAND, OR 97114
 (503) 231-5474

TAEKWON-DO HAPKIDO

Self Defense
 Self Discipline
 Self Confidence
 Respect for others
 Focus and Concentration

Student Referral Prize Card

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Fill this card and receive one month free tuition!

(Continued from Page 1 - Master's Hoon Si)

As martial artists, we strive toward progressively more difficult goals. When we deviate from our path our vision gets clouded and we wander, lost and confused. We must train regularly. Make class attendance a mandatory event in your goal of self-improvement. Even when sick, tired, injured, etc. come down and help out, watch, feel the energy. As a group we are strong, isolated we are weak.

Strategy, timing, and following the Way are warrior tools for complete success in life. It would be foolish to hope to reach a destination without knowing what direction to travel. Remember, know your purpose, accept your role and pursue your dreams. If you fail to plan, you plan to fail. This is the warriors code of survival, and the golden path to success.

Sincerely,

Master Steven Ruiz Bettencourt, 7TH Dan

BETTENCOURT'S TAEKWON-DO AMERICA

COLVILLE · CHEWELAH · IONE DOJANG NEWS

Well, our First Awards Dinner was a success, with approximately 150 people attending. Thanks to all for the Very Good Food! The awards handed out are as follows: for **lone Junior: Courtesy** - Darrin Herman, **Integrity** - Tyson Dippold, **Perserverance** - Jaylon King, TJ Gese, **Self-Control** - Brandon Ross. **Adult: Courtesy** - Mike Borysewicz, **Self-Control** - Kim DiRienz, **Indomitable Spirit** - Kim Herman. For **Chewelah Junior: Courtesy** - Zachary Richmond, **Integrity** - Gordon Kelsey, **Perserverance** - Cameron Divis, **Self-Control** - Terry Roach, Aubrie Gibson, **Indomitable Spirit** - David Smith. For **Colville Tiny Tigers: Courtesy** - Lexy Schoessler, **Integrity** - Thomas Mesbishnek, **Perserverance** - Justin Wolfrum, **Self-Control** - Jack Smith, **Indomitable Spirit** - Daniel Lopez. **Junior: Courtesy** - Neil Michaelson - **Integrity** - Joel Wilson, **Perserverance** - Kateri Stichert, **Self-Control** - Alex Tripp, **Indomitable Spirit** - Justin Hodgson. **Adult: Courtesy** - Jonathan Brown, **Integrity** - Wade Tripp, **Perserverance** - Jeff Michaelson, **Self-Control** - Debbie Baker, **Indomitable Spirit** - Clint Hodgson. **Tiny Tiger of the Year:** Daniel Lopez. **Special Achievement** - Justin Wolfrum. **Junior of the Year:** Mr. John Fowler, **Adult of the Year:** Ms. Diana Fowler. **Hapkido Student of the Year:** Jonathan Brown. **Tiny Tiger Parents of the Year:** Shannon and Holly Wolfrum. **Youth program Parents of the Year:** Wade and Christie Tripp. **Dojang Assistants:** Ms. Fowler and Wade Tripp. **Assistant Instructor Tiny Tiger Program:** Wade Tripp. **Assistant Instructor Chewelah Dojang:** Mr. Larry Bates. **Assistant Instructor Colville Dojang:** Ms. Cathy Lay. **Instructor of the Year lone Dojang:** Mr. Jeff Monette.

At the end of the evening 5 of our Black Belt members stood to give Mr. Lynn a plaque expressing Gratitude from all of his students. Each member had one of the five Tenets and told how Mr. Lynn is an example of each one. We are very fortunate to have Mr. Lynn as our Chief Instructor.

Students who promoted on Feb. 8th, 2003:

Red Belt : Raja Hargreaves, Brandon Martin, Justin Roach, Terry Roach, Jake Nielson.

Red Stripe: TJ Gese.

Blue Belt: Danael Dorman, Crispin Stichert.

Blue Stripe: Jody Balcom, Gordon Kelsey.

(February 8 promotions Continued...)

Green Belt: Michael Borysewicz.

Green Stripe: Brittany Thompson, Kim DiRienz, Zachary Richmond.

Yellow Belt: Wendy Wesson.

Yellow Stripe: Andy Richardson, Joe Bolick, Dave King.

TT12 Brown Stripe Tiger Patch : Thomas Meshishnek, Dakota Clark, Daniel Lopez.

TT8 Blue Stripe Tiger Patch: Keagan Cottrell, William Londagin.

TT5 Green Stripe: David Lariviere, Branden Balcom.

After promotion those attending the **Judge Referee Seminar** were: Daniel Dorman, Mr John. Fowler - upgrade to yellow judge, Ms. Diana Fowler - upgrade to yellow judge, Wade Tripp, Alex Tripp, Kayla Rieger, Debbie Baker, Brandon Martin, Mr. Monette - upgrade to yellow judge. Mr. Lynn, Jody Balcom, Kateri Stichert, John Brown, Mr. Chris Cismowski, Mr. Paul Tellvik, Neil Michaelson, Mr. Bates- upgraed to green judge, Justin Hodgson, Joel Wilson, Raja Hargreaves.

Here are the results from our students who visited Portland for the **4th Annual BTA Friendship Tournament:** Gordon Stevenson Grand Champion with 1st in Sparring, 1st in Forms, 1st in Breaking. Wade Tripp: 1st Sparring, 2nd Forms, 2nd Weapons, 4th Breaking. Alex Tripp: 1st Sparring, 1st Forms. Gordon Kelsey: Jeff Michaelson: 2nd Breaking, 2nd Sparring, 5th Form. Neil Michaelson: 2nd Forms. Joel Wilson: 1st Forms, 3rd Breaking. Kateri Stichert: 4th Sparring, 4th Weapons. Crispin Stichert: 1st Sparring, 3rd Breaking. Brandon Martin: 2nd Breaking. Raja Hargreaves: 1st Breaking, 2nd Forms, 3rd Sparring. Mr Lynn: 1st Sparring, 1st Breaking. Contratulations Everyone!

Next promotion is April 12, 2003

Looking Ahead: **The Annual Inner Balance Taekwon-Do Championships Tournament** is May 17th, 2003. Make plans to attend now!

Bettencourt's Taekwon-Do America Colville Dojang

Class Schedule Effective January 1, 2003

Monday	Tuesday	Wednesday	Thursday	Friday
4:30 to 5:30 pm Junior TKD	4:30 to 5:15 pm Tiny Tigers TKD	4:30 to 5:30 pm Junior TKD	4:30 to 5:15 pm Tiny Tigers TKD	5 to 6 pm Jr/Adult TKD
5:30 to 6:30 pm Adult TKD	5:15 to 6:15 pm Jr/Adult Beg. TKD	5:30 to 6:30 pm Adult TKD	5:15 to 6:15 pm Junior TKD	
6:30 to 7:30 pm Hapkido	6:15 to 7:15 pm Sparring		6:15 to 7:15 pm Adult TKD	
	7:15 to 8:15pm Advanced TKD		7:15 to 8:15pm Weapons	

Beginning classes are for Green stripe and below • Advanced classes are for Green stripe and above
Hapkido and Weapons Classes are for Black Belt Club Students ONLY • Sparring classes are for everyone
Some classes and special events may be held on Saturdays



I had never imagined that one day I would start taking lessons in Taekwon-Do, but over three years ago, I did. Neither had I ever imagined that Taekwon-Do would inspire me to recover from an automobile accident, but nearly six months ago, it happened.

I got interested in Taekwon-Do about four years ago while encouraging my young son Jeff to try a class at a local community center (a suggestion from Jeff's elementary school teachers to improve his self-confidence and coordination). Jeff finally agreed to try it. He was immediately hooked. After a few weeks as a spectator at Jeff's classes, I too was hooked. Jeff's instructor referred me to Bettencourt's Taekwon-Do America, so I gave them a try.

As the months passed, Jeff and I pursued our separate but similar programs in Taekwon-Do, advancing to the middle range of the colored belts. To my delight, I also started to lose weight and felt fitter than I had in many years. At last, I had found an exercise that I continued to find exciting and fun. But schedule conflicts began to occur between my classes, work, and my family. I was down to just two classes a month. And my son Jeff took a hiatus from his lessons, which clouded my own motivation. At times, I wondered if I still had a future with Taekwon-Do.

One day last August, as I pulled out into traffic, I suddenly noticed a red sports car speeding at me from the left. It was too late to avoid a collision. The car I was driving was hit hard just behind the driver's seat, where I was strapped in. I regained consciousness just as the fire department was peeling away the roof of the car to extract me. Taekwon-Do was not the first thought that crossed my mind as I was pulled from the wreckage, but I soon wondered if my injuries would prevent me from ever again pursuing my classes.

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The next day, I learned that the side of the car had been instantly pushed twenty inches into the driver's seat area, where I had been sitting. My pelvis was fractured clear through on both sides where the legs attach. But there must have been angels in my pocket at the moment of impact. The doctors declared that I had no internal injuries and would not require any reconstructive surgery to the bones. Most victims of T-bone accidents like mine suffer permanent injury, if they survive the impact. Although I would nearly have to learn how to walk again, the doctors expected me to make a full recovery. When I talked to them about my Taekwon-Do classes, they said that I should eventually still be able to do anything I had been doing before the accident. So if I never returned to Taekwon-Do, I would have only myself to blame.

I went home four days later. As I shuffled around the house the next few weeks with a walker or crutches, I recalled how Ms. King once broke her leg severely and had soon returned to her black belt activities. That accomplishment, along with encouragement from Master Bettencourt, inspired me to keep active and to get back on my feet unassisted as quickly as possible.

Five months later, carrying a few too many pounds gained after the end-of-the-year holidays, I summoned the courage to return to my classes at BTA. Although that first class after my long furlough nearly did me in, it felt great. And the injuries did not hurt at all. The doctors were right.

I'm grateful not only that I survived what could have been a fatal accident, but that I have Taekwon-Do classes and caring instructors to help me keep my mind and my body in shape, even in times of great difficulty.

Bob Schofield