

# Josefik's Korean Tang Soo Do

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## Frequently Asked Questions



If you have questions and do not see them listed here e-mail them to us.

1. *Is Tang Soo Do A Sport Or A Martial Art?*
2. *Is It Karate?*
3. *Why Should I Learn Tang Soo Do?*
4. *Who Can Learn Tang Soo Do?*
5. *How long until I get my black belt?*
6. *Will This Program Make My Child Overly Aggressive?*
7. *Will My Classes Be Safe?*
8. *I'm Not Particularly Athletic. Can I Learn Tang Soo Do Effectively?*
9. *If Tang Soo Do Is An Effective Fighting Style, How Can It Be Non-Violent In Nature?*
10. *Will martial arts give me self confidence and inner peace?*
11. *What Do I look for in an Instructor/School?*
12. *Will I be expected to take part in any kind of religious ceremonies in class?*

### Answer 1: Is Tang Soo Do A Sport Or A Martial Art?

This is not a sport. . . It is a classical Martial Art with a purpose of developing every aspect of the self, in order to create mature personality who totally integrates his/her intellect, body, emotions, and spirit. Tang Soo Do is not a game to be played solely for the sake of winning, but rather a physical and intelligent activity designed to foster physical, mental, and spiritual health.

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### Answer 2: Is it Karate?

Tang Soo Do is a Traditional Korean Martial art whereas Karate has Japanese origins. Tang Soo Do should therefore not be referred to as "Karate" although some of the traits are similar:

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### Answer 3: Why Should I Learn Tang Soo Do?

Tang Soo Do provides peace of mind, a sense of self discipline, and a sense of accomplishment. It is a traditional martial art that is worth learning.

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### Answer 4: Who Can Learn Tang Soo Do?

Any man, women, or child can learn Tang Soo Do. No one is too old to start. Although upon beginning the classes the instructors should be made aware of any injuries or physical limitations.

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### Answer 5: How long until I get my black belt?

It all depends on the individual student and how dedicated he/she trains. You also have to take into account vacations, illnesses, family and work responsibilities. The average person will take about least four years to earn their black belt.

The practitioner will get out of Tang Soo Do what he/she puts into it.

### Answer 6: Will This Program Make My Child Overly Aggressive?

On the Contrary...Children are instructed to only use what they are taught in problematic situations and not just as an expression of hostility or anger. They are taught to channel their aggressive energy into assertiveness to increase self discipline, esteem and build character. Our program also helps the shy child to develop self confidence and become more assertive.

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### Answer 7: Will My Classes Be Safe?

All classes taught at Josefik's Korean Tang Soo Do are strictly monitored to ensure complete safety.

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### Answer 8: I'm Not Particularly Athletic. Can I Learn Tang Soo Do Effectively?

The training you receive learning will develop your athletic abilities. However, since no two people are alike, each student is patiently encouraged to learn at his or her own pace. Each student is inspired to achieve their own potential. In addition, there is no minimum physical fitness requirement. All are welcome to come and join our classes.

### Answer 9: If Tang Soo Do Is An Effective Fighting Style, How Can It Be Non-Violent In Nature?

True non-violence is based on a sense of inner strength and self-confidence. Tang Soo Do techniques are defensive, and aggressive behavior among students is not tolerated. Although we will defend ourselves when given no choice, the self-confidence developed by learning Tang Soo Do promotes the discipline and awareness to avoid violent confrontations.

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### Answer 10: Will martial arts give me self confidence and inner peace?

Nothing can give you confidence and tranquility, but martial arts is a very good approach toward achieving these goals for yourself. The spiritual benefits of martial arts require effort, patience, and an open mind, but they can be tremendously rewarding.

### Answer 12: Will I be expected to take part in any kind of religious ceremonies in class?

The answer to this question depends on your definition of "religious" but basically the answer is no. Some people think that the tradition of bowing to the teacher at the beginning and end of class is religious and don't care for it. Bowing teaches us humility and respect. You would be hard pressed to find any martial arts school that does not practice this.

Tang Soo Do has exercises to develop awareness of the individual's life energy (called "ki") and though this may seem religious to some, practitioners consider it an exercise like any other performed in the training center- there is no connection to any sort of deity or supernatural beings.

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