

CMAC NEWS

WHAT'S

HAPPENING:

- Check our web-site regularly for up-coming events!
- Don' forget our Friday night make-up class at 6 pm!
- Double Dragons every Saturday at 7:48 am!
- Check out our Hapkido class on Tuesdays and Thursdays at 6pm!
- Texas State Championships February 11th

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Taekwon-Do

Cross Training



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Teaching the art of Life

VOLUME 1, ISSUE 1

JANUARY 2, 2012

HAPPY NEW YEAR!

2012

From your friends at



We hope you had a very happy and safe Holiday and we are looking forward to serving you in 2012!

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Teaching the Art of Life



Santa at the Ranch Volunteers * What a great time!

We at CMAC specialize in Korean Martial Arts. Like other Asian Martial Art forms, encourage physical, mental and spiritual development in students. The various forms of Korean Martial Arts employ self-defense measures using the body as well as weapons training. Korean Martial Arts sprang up centuries ago from the Martial Arts in southern China and spread to Korea and other parts of the East.

The discipline of Martial Arts fosters the development of:

- RESPECT
- COOPERATION
- GOOD SPORTSMANSHIP
- LEADERSHIP QUALITIES



THE SPIRIT OF TAEKWON-DO

Dear students, parents and friends,
General Choi grew up in a time that was very hard for his country. He learned about patriotism and loyalty at a young age. He was surrounded by many great people as well and when they worked on the outline for Taekwon-Do, they included moral conduct as a very important part. People can train in martial arts by learning the self-defense, the kicking, punching and patterns without working on the strengthening of moral conduct. If we were to learn just the physical part of Taekwon-Do, we could become thugs, bad guys with bad attitudes because the self-confidence and courage we gain from training will not be checked by

courtesy and self-control.

A terrific exercise in the mental part of Taekwon-Do is community service. When a person does something for somebody else for no reason, no thought of being repaid, an act of kindness, the person feels humbled. When a person becomes so unresponsive because of driving for goals, relentless ambition and stress of life, a selfless act of community service can open awareness to live life to the fullest. Humbling experiences can come quite often in our lives and as we use those experiences as part of our training, we will always use our skills to benefit others. It's impossible to make the right choices every time but with the perseverance we get out of

Taekwon-Do training, we can keep trying and learn from our experiences.

Our nation starting a new era with a new hope for positive evolution of everyone's moral conduct. General Choi said if we practiced Taekwon-Do, there would be peace in the world. Somewhere along the line many practitioners stopped hearing and teaching that. Maybe we just need to remember courtesy, integrity, perseverance, self-control and indomitable spirit. Be a willing teacher regardless of race, religion or ideology. General Choi said just before his release from Japanese imprisonment that this art and this training will be used to serve the leaders of our country, to help make us strong, loyal and righteous. We are all equal in the world to learn and become the best we can be.