

## Martial Arts

The Martial Arts program at the University Fitness Center has unique opportunities for all ages. Our Tae Kwon Do (TKD) program not only exercises the muscles, but also the mind. When coming to class, the stress level from work and everything else goes away, because the focus is directed to what is happening in class. Students learn Korean traditional style TKD with forms, weapons, grappling, sparring, self-defense, blocks, punches, kicks, and all types of combination techniques; in addition to breathing, stretching and meditation techniques as a tool for balance, endurance, and survival. Students are encouraged to respect each other, the instructors, and the studio (dojang). Expect to learn the Korean language, obedience, and tradition as part of the historical value and follow tenants as the building blocks for excellence.

With three instructors, participants get an array of styles; starting with Master Instructor (Sabumnim) Omar Terrazas, radiology professional, who started the TKD dojang in the early 2000's. Sabumnim Terrazas, who started learning martial arts at three years old, has been training for over 30 years and has trained with renowned master martial artists from around the country. Omar brings many styles of martial arts, primarily TKD blended with other Korean and Japanese styles. He is currently training for his 5<sup>th</sup> degree black belt. As Master Instructor for our school, he visits often to assist with instructing and testing higher belt students.

Sabumnim Janice Larson, a physician's assistant, started in Korean style martial arts in Moo Do Kwon where she trained for many years. She moved through the ranks to become a high red belt, prior to moving to the Hershey area. Janice has also taught Moo Do Kwon at special camps for children with asthma.

Sabumnim Gloria Gingrich, an RN, practiced Korean style martial arts in Kuk Sool Won and Hapkido where she trained for many years earning her high brown belt and black belt. Prior to her martial arts experience, Gloria taught kickboxing, deep stretching, and a variety of aerobic exercise.

Both Gloria and Janice trained with the Army War College in Carlisle where they received their first Dan in TKD in 2004 from Sabumnim Terrazas and Master Pu Sabumnim John Cerifico. Two associate studios are Carlos Terrazas (Omar's brother) Body Sculpting, TKD, and MMA studio of Chambersburg and the YMCA of Chambersburg Martial Arts Studio.

Many students will tell you that our program is as mentally stimulating as it is physically challenging. Exercising the mind improves cognitive function for memory and focus while also improving processes like control, emotion, and reaction. We use right and left cognitive ability; meaning we teach how to use both sides of the mind and body in the movements to strengthen the weaker side to be equally dominant. Through the physical challenges, students will gain agility, balance, coordination, endurance, flexibility, and strength. Exercising the mind and body together develops an overall awareness of well-being and self-control in thought and movement.

Several current students are moving into high rank status with one student soon testing for his black belt. Parvez Lokwandola has been training for his black belt degree for several years while enrolled in the PhD/MD program at PSU. Athen Spanos is a Chef at the Hotel Hershey, who will be testing for his black belt within the year; while students Bob Steckbeck, an HMC Informatics RN, and

Melanie Payton, IT specialist and women's hockey goalie, are approaching red belt and will test for black belt within the next two years. It usually takes at least one to three years with a red belt to achieve black belt status. Additionally, we have several lower rank students who are progressing at their own pace.

Moving through the rank or belt levels is entirely up to the student. Some students prefer to move at a slower pace while others progress more quickly. It takes several years to reach black belt status, similar to studying for a college degree. Each student gains what they want out of the program. We encourage students to practice outside of class to progress faster through the curriculum.

To be a black belt you must strive for excellence!

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