

Master Rosbarsky

Why Does Master Rosbarsky Talk So Much

A common command during Taekwondo at MTC is "Ok, guys, circle up and sit down."

I spend lots of time talking to the students. Sometimes it is a reaction to the task at hand or an immediate behavior that needs to be addressed. But more often, it is part of a prescribed and heartfelt plan.

Some of my goals for all of our students are to increase confidence and to exercise and grow executive function (EF). Basically, I want them to be able to believe in themselves and have a set of mental skills that help them prioritize, stay focused, and get things done.

EF has a greater effect on people's overall success in school, relationships and employment than many other usually attributed qualities (eg. Reading and math aptitude, IQ, etc.) The physical activity of Taekwondo improves mood and sleep, which helps EF slightly because being tired and depressed impair EF. However, physical or strictly competitive martial arts alone have little effect on EF. There was a study in 1986 s where children age 5-11 were randomly placed in "traditional" Taekwondo or modern strictly competitive martial arts and Physical Education. Those in a style of TKD that strongly reinforced character development showed less aggression and anxiety, and improved social ability and self-esteem. Those in martial arts as a strictly competitive sport showed more juvenile delinquency and aggression, and lower self-esteem.

We utilize the competitive aspect of sport Taekwondo as a tool in this journey. But left alone without reinforcing the values of humanity, sportsmanship, character and modesty, it would work against our goals of building better people.

1st place in the University of Montana Homecoming Parade

We have enjoyed many years of participating in the U of M Homecoming parade, and this year that enjoyment was extra sweet. Our great group of marchers and Master Rosbarsky's "Clouds over Mount Sentinel and Main Hall" were the winning combination. The judges voted our float The Best Kids Entry in this year's parade!

Thank you to everyone who helped with the float, stapled cards to candy wrappers or was a "marcher" or "wrangler". It is a sweet bonus to be recognized for our efforts because it is really all about growing a wonderful community of martial artists and their supporters.



Rosbarskys and Juice AC Coaches at the March 7th Seminar

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Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:45 7-12 year old Be- ginners	4:00-4:30 Beginning Poomsae Taegueks 1 & 2	4:00-4:45 7-12 year old Be- ginners	4:00-4:30 4-6 year old Beginners	
4:45-5:30 Kids Yellow- Sr. Yellow Belt	4:30-5:15 Intermediate Poomsae T3-6	4:45-5:30 Kids Yellow- Sr. Yellow Belt	4:30-5:00 Sparring Basics	5:00-7:30 NET*
5:30-6:30 Advanced Kids Green Belt+	5:15-6:00 Advanced Poomsae T7-Koryo	5:30-6:30 Advanced Kids Green Belt +	5:00-6:00 Sparring Application (Rounds)	(Conditioning) (Poomsae)(Sparring)
<i>5:30-6:15**</i> <i>7-12 year old</i> <i>Beginners</i>	6:00-7:00 Ad- vanced Poomsae Techniques*	<i>5:30-6:15 **</i> <i>7-12 year old</i> <i>Beginners</i>	<i>5:00-6:00 **</i> <i>Ultras w/Master P*</i> <i>(Adult Taekwondo)</i>	
<i>6:15-7:15**</i> <i>Ultras w/Master P*</i> <i>(Adult Taekwondo)</i>	7:00-8:30 Sparring Daedo Day*	6:30-7:30 Beginning-Sr. Green Belt Teen & Adult	6:00-7:00 Judo/Young Moo Do/ Self Defense (Gi re-	
6:30-7:30 Beginning-Sr. Green Belt Teen & Adult		7:30-8:45 Blue-Black Belts	7:00-8:30 Sparring*	* invite only
7:30-8:45 Blue-Black Belts				**Classes in the front room

Upcoming Events and Happenings

Colored Belt Tests
October 8 and December 3

*Keep up with all things
MTC by Liking our
Facebook page.*

AND

*The best way to have up to
date information and be
informed of schedule
changes through messag-
es sent to your phone is
to:*

- 1) text: followmtcweb to
40404*
- 2) reply: your first and last*

Schedule and Such (with Slight Changes)

We hope you all are enjoying the schedule as much as we are. The classes are robust and energetic. There is something nearly magical that happens when a group of martial artists gather and work toward their own goals in a unified way. Master Rosbarsky and Mrs. Amanda are thoroughly enjoying the format and the new classes, Advanced Poomsae Techniques and Self Defense, that we were able to include this year.

Please note the changes to Master Parks' Ultras class which will now meet on Monday and Thursday. Also, NET practice (for NET members) will be held Fridays 5-7:30.

Please note in the upcoming months we will have 2 off weeks (between periods) November 21-25 and December 26-30.

The remaining Colored Belt Tests of 2016 are October 8th and December 3. Also, we will be holding the 2016 MTC Black Belt Test on November 12th. The test will be all day starting at 10AM. Spectators are welcome and encouraged to attend.

Got Poomsae?

Mastering Taekwondo Poomsae DVDs starring Master R and Mrs. Amanda are available for sale at the dojang (and on Amazon). We highly recommend them to all of our students, because the real fun of learning comes when you are already confident in the basics. With the DVDs you can practice confidently at home to prepare to have better classes.