

Motivation for students over 60 years

By Mr Peter Graham

Re: Application of motivational methods for those students over the age of 60 years contemplating either;

- their next goal in their Taekwon-Do training or,
- giving up their training altogether.

To the uninitiated, martial arts invariably presents itself as an area of involvement for either young children seeking some form of self-protection from such things as bullying (on their part) or a means of instilling a form of discipline and physical fitness (on the part of their parents).

For the older person, of whatever gender, the aspect of protection for themselves and others they may be responsible for, plus the added benefits of overall fitness and resulting personal self-confidence, this can act as a lure to investigate the world of martial arts as opposed to just attending a gym to improve their health (weight-wise) and fitness.

For those over 40, involvement is usually inspired by either a partner or off-spring, who are either already involved in an art or have friends who have promoted the idea that they could personally benefit from becoming involved!

Whatever sparked the initial decision to attend a club is usually either confirmed by the obvious enjoyment that person gets from taking part in the training or, eliminated from the individual's intention to carry on due to poor teaching practices or the personal realisation (for whatever reason) that martial arts is just not for them!

Once the commitment has been made to pursue the idea on a positive note, that person (irrespective of age) will respond better to progressing with their choice, by the goals that are presented to them and their commitment to select said goals – and develop a strategy so these goals become achievable.

Initially, the structure of Taekwon-Do is designed with all the built-in incentives that drive people of all ages to attain their personal potential excellence - with promotion through the ranks which can only be achieved if the required effort is put in to make this all possible.

Obviously, as the practitioner ages, some of the techniques become more difficult to perform to a level of absolute perfection, (no matter how hard they try!) but this is where the examiners come in.

Examiners are taught to consider many things when it comes to awarding marks to students of all ages, ranks, and physical/mental impediments.

This is one of the things that makes a good martial art attractive to students across a wide spectrum of age and ability.

What is evaluated here is the individual's commitment to achieve the best possible performance, despite a wide range of factors. These can include such things as;

- Mental astuteness. (e.g. down's syndrome, Asperger syndrome, adhd, various forms of schizophrenia, etc)
- Physical barriers (amputees, birth deformities, {thalidomide repercussions} weight issues {directly attributable to medical conditions such as diabetes}, resultant adverse effects due to brain disorders, strokes, inner ear problems, T.I.A. events, etc (see attachment B)
- Advanced age (beginning at age 40 and becoming more applicable as the years progress through the 50's 60' & 70's)

Taking all the above into account, it becomes even **more** imperative the student adopts a robust regime established at the outset and, the adherence to such a programme becomes more important depending on the severity of any of the above.

Obviously, for this to be successful, the student needs to honestly analyse their level of commitment and until this is firmly established and a firm decision embarked on, setting up a programme would be a waste of time.

The '*height of the bar*' should help determine the severity of the programme and, psychologically, will help the student adhere to the plan they have devised.

Physical fitness

It helps if this can be established right at the beginning of endeavours.

This is probably best if the student ascertains where they are on the scale of things – and where they would like to be in a given time from the establishment of that base position.

I would suggest the following list of items be considered;

- Current weight
- Number of (hands free) press-ups (optimum)
- Number of crunchies (optimum)
- Pull ups (optimum)
- Plank (optimum)
- Selected stretches

Personally, I devised a chart depicting all the above (see appendix 1) and have performed the requirement **every** morning, from the first day of my decision to commit to the task to achieve my next grading.

I decided to perform *all* of these tasks before embarking on anything else I had planned for the day. And if it required me getting out of bed a bit earlier to work through the 5 items above- then that's what had to happen!

I realised at the outset that, for this to work, everything I was attempting to achieve was only going to happen with *major* self-discipline!

Therefore, it was imperative I set up a stringent regime that I could maintain and benefit from without allowing (or encouraging) any form of physical abandonment!

As can be seen when looking at this attachment, (attachment A) weight (or the loss there-of) was an important factor and lifestyle eating habits needed to be looked at for this to work.

It was decided at the outset that I would immediately become 'alcohol free' and this has in fact been the case since I commenced this plan in early January 2019 and will continue (at least) until my grading in March!

Diet is another important factor here of course and mine has changed significantly in the hope I can grace the dojang floor 10kg lighter than I was when I first made this commitment.

But, the two major hurdles I found the hardest to overcome were;

- Memory impediment
- Balance

Memory

Memory retention varies from one individual to another and research shows it is closely associated with age.

As a layperson, I have trouble accepting how this works as, whilst I can remember the lyrics of a pop song from the early 70's - I can have trouble remembering which hand is on the inside when loading for a low forearm block or whether I should be looking at where I am directing an elbow thrust (or not!!)

It became patently obvious the only way to overcome this problem was by performing these manoeuvres repeatedly, ad nauseum, until such time as the muscle memory became locked into how these techniques *should* be performed.

Likewise, on a much broader scale, the performance of a pattern.

The height, the speed, the angle and copious other factors needed to be repeated over and over and patterns that had similar sequences had to be practiced in order to avoid the embarrassment of starting one pattern - and finishing on another!

To a younger exponent of the art, this may sound ludicrous and I can only suggest that only time and personal experience will prove that this can in fact become a problem.

Balance

And this has undoubtedly become the major impediment to me presenting the performance I have in my mind's eye when attempting this, probably the most important thing I have wanted to achieve in the 40 odd years I've been involved in the Generals art!

Previous employment throughout my 77 years have, on many occasions, had balance as one of the major prerequisites for my safe and (hopefully) adequate execution of what I was involved in.

The 2 of these that necessitated better than average balance were a jockey (17 years) and a rigger. (12 years)

Falling (through lack of good balance) from a racehorse or an RSJ could have disastrous (even fatal) consequences, irrespective if it was from 16 hands or 30 odd floors!

Balance had never been a problem throughout my life until about 3 years ago when I experienced the first of two T.I.A (**Transient ischaemic attack**) otherwise known as a minor stroke.

A subsequent MRI scan after the second of these T.I.A's indicated that I had in fact suffered a cerebral stem incursion on the right posterior area of my brain and a further MRI in October will give an indication if this has changed.

In the meantime, I'm involved in exercises performed under the direction of a Yoga Master and a physiotherapist involving lots of standing on one leg!

I have not been told if this will fix the problem, but I *have* been assured it will slow down any immediate advancement of this affliction.

Training

In the meantime, I will continue with my training in the hope that I can present a valid case for my promotion to Master.

The above is in no way meant as an excuse for my inability to perform the required techniques to the level I am aware they *should* be performed at, merely an explanation for any shortcomings that may be perceived in my grading.

Conclusion

At the end of the day, it all comes down to commitment and how dedicated the student wants to become to that *commitment*

Irrespective of what medical/psychological impediments the student may have incurred during his trip through life, their dedication to what they're setting out to achieve will dictate the final outcome of their endeavours and this 'dedication' will need to be apparent to the Examiners – otherwise, this whole exercise is a complete waste of time!

I firmly believe in the General's statement nine in his 'Philosophy of Taekwon-Do' and in saying that, If a Master knows;

- the movements of the 24 patterns
- knows the order they should be performed
- the height, speed and angle of these movements
- and knows how to pass on this on to his students,

then I believe he has learnt the most important requirement of this rank.

We can all reflect on our past achievements and aspire to duplicate those efforts again, but sometimes you have to do the best you can with what you've got! (see appendix 2)

And if you honestly believe that you are giving everything the best you possibly can – then the result should reflect this.

Taekwon.



Appendix 1

Back kick Board break

<https://youtu.be/vIKKJCE0zLM>

Appendix 2

Mr Graham's training schedule and progress sheet (over)

Pete's weight & Fitness

Date	weight	crunchies	Press-ups	Pull-ups	Side splits	Fron5 splits	pattern	plank
10/01/19	86.0 kg	50	5					
11/01/19	84.2 kg	50	5					
12/01/19	82.9 kg	50	5					
13/01/19	82.7 kg	50	5					
14/01/19	82.4 kg	50	5	5				
15/01/19	82.1	50	5	10				
16/01/19	82.1 kg	50	5	10	4.5			
17/01/19	82.3 kg	50	5	10	4.5			
18/01/19	81.6 kg	55	6	12	5			
19/01/19	81.4kg	55	6	12	5	4	Tong il	
20/01/19	81.6 kg	55	6	12	5.5	5	Tong il	
21/01/19	81.4 kg	55	6	12	5.5	5	Tong [l	
22/01/19	81.9 kg	55	6	12	5	5	Tong il	
23/01/19	81.9 kg	55	6	12	5.5	5	Tong il	
24/01/19	81.4 kg	55	6	12	5	5	Tong ll	
25/01/19	81.2 kg	60	7	14	5	5	Se jong	
26/01/19	Nat camp							
27/01/19	Nat camp							
28/01/19	82.8 kg	70	7	14	5	5	Se Jong	1
29/01/19	82.4 kg	70	7	14	5	5	Se Jong	1
30/01/19	81.4 kg	70	7	14	5	5	Se Jong	1
31/01/19	81.8kg	70	7	14	5	5	Se Jong	1
01/02/19	80.9 kg	80	8	16	5	4.5	So san	1.5
02/02/19	80.7 kg	80	8	18	5	4.5	So san	1.5
03/02/19	80.4 kg	80	8	18	5	5	So san	1.5
04/02/19	80.9 kg	90	9	20	5	5	So San	1.5
05/02/19	80.6 kg	90	9	20	4.5	4.5	So san	1.75
06/02/19	80.1 kg	90	10	20	4.5	5	So san	1.75
07/02/19	79.9 kg	100	10	20	4.5	4.5	So san	1.75
08/02/19	79.7 kg	100	10	20	4.5	4.5	So san	1.75
09/02/19	80.3 kg	100	12	20	5.5	4.5	Moon moo	2
10/02/19	81.2 kg	100	10	20	5.5	5.5	Moon moo	2
11/02/19	80.1 kg	100	12	20	5	5	Moon Moo	2
12/02/19	80.4 kg	100	12	20	5	5	Moon Moo	2
13/02/19	79.9 kg	100	12	20	5	5	Moon Moo	2
14/02/19	80.0 kg	100	12	20	5	5	Moon Moo	2
15/02/19	79.8 kg	100	14	22	4.5	4.5	Moon Moo	2.25
16/02/19	79.8 kg	100	14	22	4.5	4.5	Moon Moo	2.25
17/02/19	79.9 kg	100	14	24	4.5	4.5	Moon Moo	2.25
18/02/19	79.9 kg	100	14	24	4.5	4.5	Moon Moo	2.25
19/02/19	79.9 kg	100	14	24	4.5	4.5	Moon Moo	2.25
20/02/19	79.5 kg	100	14	24	4.5	4.5	Moon Moo	2.25
21/02/19	79.3 kg	100	14	24	4.5	4.5	Moon Moo	2.25
22/02/19	79.4 kg	100	14	24	4	4	Moon Moo	2.25
23/02/19	I.U.C.							
24/02/19	I.U.C.							
25/02/19	81.7 kg	100	14	24	5	5	Moon Moo	2.25
26/02/19	81.2 kg	100	14	24	4.5	4.5	Moon Moo	2.25

27/02/19	80.0 kg	100	14	24	4	4	Moon Moo	2.25
28/02/19	79.9 kg	100	14	24	4	4	Moon Moo	2.25
01/03/19	79.6 kg	110	16	26	4	4	UI Ji	2.5
02/03/19	79.6 kg	110	16	26	4	4	UI Ji	2.5
03/03/19	79.6 kg	110	16	26	4	4	UI Ji	2.5
04/03/19	79.6 kg	110	16	26	4	4	UI Ji	2.5
05/03/19	79.6 kg	110	16	26	4	4	UI Ji	2.5
06/03/19	79.5 kg	110	16	26	4	4	UI Ji	2.5
07/03/19	78.7 kg	110	16	26	4	4	UI Ji	2.5
08/03/19	78.7 kg	120	16	26	4	4	UI Ji	2.5
09/03/19	78.7 kg	120	16	26	4	4	UI Ji	2.5
10/03/19	79.5 kg	120	16	26	4	4	Yon Gae	2.5
11/03/19	79.0 kg	120	16	26	4	4	Yon Gae	2.5
12/03/19	79.3 kg	120	16	26	4	4	Yon Gae	2.5
13/03/19	79.5 kg	120	16	26	4	4	Yon Gae	2.5
14/03/19	79.5 kg	120	16	26	4	4	Yon Gae	2.5
15/03/19	79.1 kg	120	16	26	4	4	Yon Gae	2.5
16/03/19	79.7 kg	120	16	26	4	4	Yon Gae	2.5
17/03/19	79.5 kg	120	16	26	4	4	Yon Gae	2.5
18/03/19	79.7 kg	120	16	26	4	4	Yon Gae	2.5
19/03/19	79.7 kg	120	16	26	4	4	Yon Gae	2.5
20/03/19	79.6 kg	120	16	26	4	4	Yon Gae	2.5
21/03/19	78.8 kg	120	16	26	4	4	Yon Gae	2.5
22/03/19	78.9kg	120	16	26	4	4	Yon Gae	2.5
23/03/19	79.7 kg	120	16	26	4	4	Yon Gae	2.5
24/03/19	79.0 kg	120	16	26	4	4	Yon Gae	2.5
25/03/19	79.9 kg	120	16	26	4	4	Yon Gae	2.5
26/03/19	79.5 kg	120	16	26	4	4	Yon Gae	2.5
27/03/19	79.3 kg	120	16	26	4	4	Yon Gae	2.5
28/03/19	79.0 kg	120	20	26	4	4	Yon Gae	2.5
29/03/19	78.6 kg	120	20	26	4	4	Yon Gae	2.5
30/03/19	79.0 kg	120	20	26	4	4	Yon Gae	2.5
31/03/19	79.4 kg	120	20	26	4	4	Yon Gae	2.5
01/04/19	79.3 kg	130	24	30	4	4	Yon Gae	2.75
02/04/19	79.5 kg	130	24	30	4	4	Yon Gae	2.75
03/04/19	79.9 kg	130	30	30	4	4	Yon Gae	2.75
04/04/19	79.1 kg	130	30	30	4	4	Choi Yong	2.75
05/04/19	79.0 kg	130	30	30	4	4	Choi Yong	2.75
06/04/19	79.3 kg	130	30	30	4	4	Choi Yong	2.75
07/04/19	79.9 kg	130	30	30	4	4	Choi Yong	2.75
08/04/19	79.8 kg	130	30	30	3	3.5	Choi Yong	2.75
09/04/19	79.3 kg	130	30	30	3	3.5	Choi Yong	2.75
10/04/19	79.7 kg	130	30	30	3	3.5	Choi Yong	2.75
11/04/19	78.5 kg	130	30	30	3	3.5	Choi Yong	2.75
12/04/19	78.8 kg	130	30	30	3	3.5	Choi Yong	2.75
13/04/19	78.3 kg	130	30	30	3	3.5	Choi Yong	2.75
14/04/19	78.7 kg	130	30	30	3	3.5	Choi Yong	2.75
15/04/19	78.6 kg	130	30	30	3	3.5	Choi Yong	2.75
16/04/19	78.6 kg	130	30	30	3	3	Choi Yong	3
17/04/19	78.3 kg	130	30	30	3	3	Choi Yong	3
18/04/19	78.5 kg	130	30	30	3	3	Choi Yong	3
19/04/19	78.7 kg	130	30	30	3	3	Choi Yong	3
20/04/19	79.2 kg	130	30	30	3	3	Choi Yong	3

21/04/19	79.6 kg	130	30	30	3	3	Choi Yong	3
22/04/19	79.7 kg	130	30	30	3	3	Choi Yong	3
23/04/19	79.5 kg	130	30	30	3	3	Choi Yong	3
24/04/19	79.5 kg	130	30	30	3	3	Choi Yong	3
25/04/19	79.6 kg	130	30	30	3	3	Choi Yong	3
26/04/19	79.8 kg	130	30	30	3	3	Choi Yong	3
27/04/19	79.8 kg	130	30	30	3	3	Choi Yong	3
28/04/19	79.9 kg	130	30	30	3	3	Choi Yong	3
29/04/19	79.7 kg	130	30	30	3	3	Choi Yong	3
30/04/19	79.6 kg	130	30	30	3	3	Choi Yong	3
01/05/19	79.4 kg	130	30	30	3	3	Choi Yong	3
02/05/19	78.5 kg	130	30	30	3	3	Choi Yong	3
03/05/19	79.1 kg	130	30	30	3	3	Choi Yong	3
04/05/19	78.9 kg	130	30	30	3	3	Choi Yong	3
06/05/19	78.8 kg	130	30	30	3	3	Choi Yong	3
07/05/19	78.3 kg	130	30	30	3	3	Choi Yong	3
08/05/19	78.4 kg	130	30	30	3	3	Choi Yong	3
09/05/19	78.5 kg	130	30	30	3	3	Choi Yong	3
10/05/19	78.7 kg	130	30	30	3	3	Choi Yong	3
11/05/19	78.5 kg	130	30	30	2.5	2.5	Choi Yong	3
12/05/19	79.0 kg	130	30	30	2.5	2.5	Choi Yong	3
13/05/19	79.3 kg	130	30	30	2.5	2.5	Choi Yong	3
14/05/19	78.5 kg	130	30	30	2.5	2.5	Choi Yong	3
15/05/19	78.7 kg	130	30	30	2.5	2.5	Choi Yong	3
16/05/19	78.5 kg	130	30	30	2.5	2.5	Choi Yong	3
17/05/19	78.4 kg	130	30	30	2.5	2.5	Choi Yong	3
18/05/19	78.3 kg	130	30	30	2.5	2.5	Choi Yong	3
19/05/19	78.3 kg	130	30	30	2.5	2.5	Choi Yong	3
20/05/19	78.4 kg	130	30	30	2.5	2.5	Choi Yong	3
21/05/19	78.5 kg	130	30	30	2.5	2.5	Choi Yong	3
22/05/19	78.6 kg	130	30	30	2.5	2.5	Choi Yong	3
23/05/19	78.7 kg	130	30	30	2.5	2.5	Choi Yong	3
24/05/19	78.7 kg	130	30	30	2.5	2.5	Choi Yong	3
25/05/19	78.6 kg	130	30	30	2.5	2.5	Choi Yong	3
26/05/19	78.6 kg	130	30	30	2.5	2.5	Choi Yong	3
27/05/19	78.5 kg	130	30	30	2.5	2.5	Choi Yong	3
28/05/19	78.4 kg	130	30	30	2.5	2.5	Choi Yong	3
29/05/19	78.3 kg	130	30	30	2.5	2.5	Choi Yong	3
30/05/19	78.0 kg	130	30	30	2.5	2.5	Choi Yong	3
01/06/19	77.9 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
02/06/19	78.8 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
03/06/19	78.3 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
04/06/19	78.2 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
05/06/19	78.5 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
06/06/19	78.4 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
07/06/19	77.9 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
08/06/19	80.0 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
09/06/19	79.1 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
10/06/19	79.0 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
11/06/19	78.1 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
12/06/19	78.2 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
13/06/19	78.4 kg	130	30	Sld	2.5	2.5	Yoo Sin	3
14/06/19	78.1 kg	130	30	Sld	2.5	2.5	Yoo Sin	3

15/06/19	78.7 kg	130	30	Sld	2.5	2.5	Sam II	3
16/06/19	78.7 kg	130	30	Sld	2.5	2.5	Sam II	3
17/06/19	79.1 kg	130	30	Sld	2	2.5	Sam II	3
18/06/19	77.9 kg	130	30	Sld	2	2	Sam II	3
19/06/19	77.2 kg	130	30	Sld	2	2	Sam II	3
20/06/19	77.6 kg	130	30	Sld	2	2	Sam II	3
21/06/19	77.3kg	130	30	Sld	2	2	Sam II	3
22/06/19	77.5 kg	130	30	Sld	2	2	Sam II	3
23/06/19	77.6 kg	130	30	Sld	2	2	Sam II	3
24/06/19	77.8 kg	130	30	Sld	2	2	Sam II	3
25/06/19	77.8 kg	130	30	Sld	2	2	Sam II	3
27/06/19	78.3 kg	130	30	Sld	2	2	Sam II	3
28/06/19	78.3 kg	130	30	Sld	2	2	Sam II	3
29/06/19	78.0 kg	130	30	Sld	2	2	Sam II	3
30/06/19	78.0 kg	130	30	Sld	2	2	Sam II	3
01/07/19	78.0 kg	130	30	30	2	2	Juche	3
02/07/19	77.9 kg	130	30	30	2	2	Juche	3
03/07/19	77.9 kg	130	30	30	2	2	Juche	3
04/07/19	77.9 kg	130	30	30	2	2	Juche	3
05/07/19	77.8 kg	130	30	30	2	2	Juche	3
06/07/19	78.5 kg	130	30	30	2	2	Juche	3
07/07/19	78.6 kg	130	30	30	2	2	Juche	3
08/07/19	78.8 kg	130	30	30	2	2	Juche	3
09/07/19	78.4 kg	130	30	30	2	2	Juche	3
10/07/19	78.1 kg	130	30	30	2	2	Juche	3
11/07/19	78.1 kg	130	30	30	2	2	Juche	3
12/07/19	78.2 kg	130	30	30	2	2	Juche	3
13/07/19	78.2 kg	130	30	30	2	2	Juche	3
14/07/19	78.3 kg	130	30	30	2	2	Juche	3
15/07/19	78.3 kg	130	30	30	2	2	Juche	3
16/07/19	78.4 kg	130	30	30	2	2	Juche	3
17/07/19	78.0 kg	130	30	30	2	2	Juche	3
18/07/19	77.6 kg	130	30	30	2	2	Juche	3
19/07/19	77.6 kg	130	30	30	2	2	Juche	3
20/07/19	77.7 kg	130	30	30	2	2	Juche	3
21/07/19	77.6 kg	130	30	30	2	2	Sam II	3
22/07/19	77.6 kg	130	30	30	2	2	Sam II	3
23/07/19	77.5 kg	130	30	30	2	2	Sam II	3
24/07/19	77.6 kg	130	30	30	2	2	Sam II	3
25/07/19	77.5 kg	130	30	30	2	2	Sam II	3
26/07/19	77.4 kg	130	30	30	2	2	Sam II	3
27/07/19	77.3 kg	130	30	30	2	2	Sam II	3
28/07/19	77.8 hg	130	30	30	2	2	Sam II	3
28/07/19	77.8 kg	130	30	30	2	2	Sam II	3
29/07/19	78.1 kg	130	30	30	2	2	Sam II	3
30/07/19	78.1 kg	130	30	30	2	2	Sam II	3
31/07/19	78.0 kg	130	30	30	2	2	Sam II	3
01/08/19	78.1 kg	130	30	30	2	2	Sam II	3