

BY BRIAN MILLER

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ENHANCING LIVES

Families that Kick together...Stick Together

There is nothing more exciting and beautiful to watch than a father and son team testing together for their black belts. We witnessed this very scenario for the first time a few months ago when Success Magazine's very own Tom Cronin and his son Dan Cronin tested for their black belts in combative hap ki do. This month, lightning is going to strike twice at Cutting Edge. We have our second father and son team—Team Eric and Elliot—testing for their black belts in the art of tae kwon do.

Most Americans today are familiar with tae kwon do. There are over 10 million students in the United States alone and over 70 million worldwide in 188 countries! Tae kwon do or “the art of foot and fist,” is the most popular style of martial arts in the world today. On the contrary, combative hap ki do or “the way of harmony of internal energy” is a much smaller, more ground roots movement.

Combative hap ki do is an offspring of traditional hap ki do which is more similar to Japanese aikido and Korean tae kwon do. Traditional hap ki do involves sparring, forms, breaking, and philosophy associated with its practice. Combative hap ki do is more of a modern version of the art, removing many of the “non-self-defense” related practices. The entire class time is devoted to the scientific principles of anatomy, physiology, movement, energy, and strategy for self-defense against empty handed and armed attackers. Many adults desire to learn to protect themselves and have the urge to be healthier, both mentally and physically, but may not have the time to learn all the forms and other parts of traditional martial arts. This is why combative hap ki do becomes such a great fit for these individuals. Great self defense in a time frame that is manageable for the busy adult.

Now that we all understand the fundamental differences between our styles, back to our families. No matter what style is the right fit for you and your family, “The families that kick together...stick together!” Think about it. How many truly beneficial activities are available to be deeply enjoyed by an entire family together for totally different reasons? One child may enjoy classes because it has helped their confidence to speak up in school, while



another child may love tae kwon do because they met several new friends that are the same age, but go to different elementary schools. The third child loves the martial arts because they like the new challenges that come from each new class. Mom and Dad love class because they get lots of exercise, have confidence that their family is learning to protect themselves, love the character education lessons their kids are being taught, and the fact that they get to take class with their kids on Fridays.

Congratulations to the Cronins for their dedication to the art of hap ki do and their recent accomplishment of attaining a 1st degree black belt together. I wish Eric and Elliot the best of luck in their upcoming bid to become black belts in tae kwon do. Their years of hard work and dedication will pay off! (Mom, Elizabeth, has been training for almost three years now, and their other two sons, Ethan and Evan, have already earned 1st degree black belt!) We are optimistic that within the next few years, we will have our first family of black belts!

Mr. Miller and the Cutting Edge Staff



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