

# ATA World

CREATING TOMORROW

Volume 13, Number 2  
Summer 2006

How to develop a  
can-do 'tude today

## Xtreme Attitude



### WHAT'S UP FOR WORLDS?

An Exclusive Event Preview

*Kickin' It with*

### CHUCK NORRIS

The martial arts icon on  
his ATA ties and his new  
World Combat League



## Time Out for Taekwondo

How to schedule training time.

**B**usy women wear hats galore, juggling multiple roles: mom, coworker, spouse, boss, friend, churchgoer, daughter, student and more. Adding a dobok and a belt to the mix may seem unthinkable. But finding time for Taekwondo is worth the effort.

Just ask Stacy Moultrie, 38, who began training in 1999. "I was looking for a way to get some exercise and had a free certificate," she explains, chuckling while she changes clothes, fixes dinner-to-go and gets ready to pick her two sons up from school. "I started going to class, added running, lost 65 pounds, and found so much energy!"

by Susan T. Lennon





Moultrie, a 3rd Degree Black Belt, is a single parent and a computer analyst at the University of Arkansas. "I just found that I liked it so much, I simply made the time to do it," she says.

Also certified in ground fighting and kickboxing, Moultrie has been among the top 10 in her division at Worlds for the last four years. She's also a church choir director, the secretary of the Real Rock Ryders of Little Rock motorcycle club, and owner of Moultrie's ATA Black Belt Academy, which she opened in November. "It's just something I wanted to do, so I did it!" she says.

### Stick to a Schedule

Many women dread exercising, thinking of it as one more chore on the "To Do" list. But Moultrie offers a different view: "Realize that working out is something

good! Become inspired—it makes you live longer and feel better."

And Taekwondo has advantages over other forms of exercise. "I really encourage women to get into it because this is

and I'm asleep by 11:00 p.m." Up at 5:45 a.m. to start her workday, Moultrie says she gets her "third wind" from her evening Taekwondo routines. "Since it's a complete workout, both physical and

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something we can take with us," Moultrie says. "If a big burly guy comes up on you, you can get away."

So how does she fit it all in? Like a skilled martial artist, she's disciplined and strategic, keeping a regular schedule. "The boys are in bed every night by 8:00," she explains. "That gives me some 'me' time to prepare for the next day,

mental, it's a great stress reliever," she says. "It gives me energy!"

As long as she's getting her work done, Moultrie's employer doesn't mind if she flexes her schedule. "I live five minutes from work, so I come home for lunch, take care of chores and prepare meals. I like us to eat healthy," she says. Moultrie and her sons, who are 10 (brown belt)

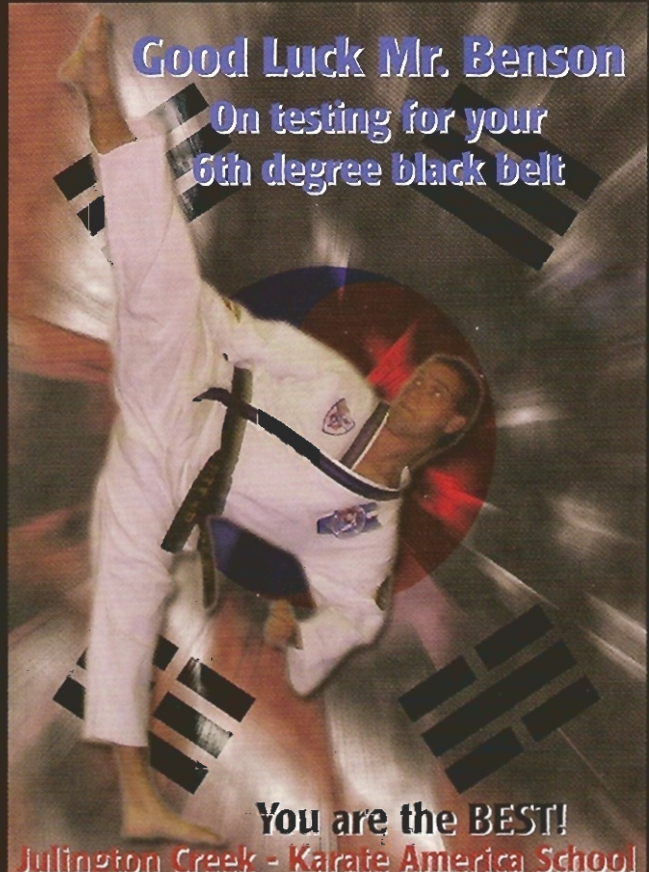
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and 6 (white belt), eat their home-cooked dinner at the do-jahng. "Taekwondo is a family affair for us," she says. "We all pitch in together, and that helps."

## Find What Fits

Kelli Shoup, 30, can testify to Taekwondo as a family affair. Watching her mom punch and kick when she was 2 years old, Shoup joined a school at age 5. Now a 5th Degree Black Belt, Shoup is the busy mother of a 1-year-old son, who already knows how to bow. Shoup's mom, now a 6th Degree Master, owns two schools near Chicago. Shoup is a full-time Taekwondo instructor, teaching in Darien and Homewood, Ill.

Choosing the right school can help women fit training into a busy schedule, Shoup says. "It's important to select one that is close by, especially one with

morning and evening classes, that will allow you some flexibility," Shoup's students include a doctor, a flight attendant and a CEO, all of whom are constantly on call. To get them to class regularly, Shoup makes allowances. "I don't mind if they bring their pagers and cell phones to class," she says. "I'm just happy they're there!"

Shoup also allows kids to come to her classes and play while their parents train. If you're a parent, be sure your academy welcomes children. That way, you can train with your kids and meet other moms wearing a dobok.

## Make It Happen


"Taekwondo is all a matter of priorities," Shoup says. "If you can find the time to do another [form of] exercise, you can find the time to do this."

Often, women don't start training because they think they don't have time. But once they begin reaping benefits, it's rare for a woman to quit. "I have a group right now who've all joined in the last six months," Shoup says. "Most have kids who were taking Taekwondo ... They all encourage and support each other." Plus, their in-class camaraderie extends beyond the do-jahng; they practice together, helping one another make up missed classes, and have fun in the process.

With Taekwondo, social life, family life and fitness complement, rather than compete, creating harmony, balance and flow. As Stacy Moultrie says, "I have a very busy life, but I love it." **ATA**

*Susan T. Lennon, a 2nd Degree Black Belt, writes about health-related topics for various national publications.*

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