

# Youth get a kick out of Taekwondo

By  
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Messenger Staff

Meade County youth seem to get quite a kick out of Taekwondo. Classes teach students a variety of helpful tools that can be used in daily life. The key tenets of the sport are courtesy, integrity, perseverance, self-control and indomitable spirit.

Jamie Brantley is the coach for Taekwondo in Meade County. Brantley's class helps a variety of individuals from different age groups. According to Brantley, the inner spirit of an athlete is just as important as the outer core.

"My main goal for implementing this program was to provide an opportunity to learn martial arts that in way that was affordable, and did not place a great burden of time consumption on families," Brantley explained. "I take the tenets of Taekwondo to heart. I encourage this in my students as well. I truly believe that if you incorporate the tenets into every aspect of your life, you will always have success. I feel these are the most important gifts of martial arts training, developing the individual from the inside out. The physical training is just a tool to aid in the process."

Brantley added, "The most important thing we teach in all the classes deal with taking personal responsibility for ones actions. I am very up front with all of the students, I'm going to teach them things that can be used to hurt, or even kill someone. I can't teach these things if someone is going to use them to hurt (or kill) someone."

A pupil must be responsible for the knowledge they will gain under Brantley's instruction. The best form of self defense is one's mind and having self control in the sport.

"As a coach, I believe in developing sport specific skills, academic focus, emotional maturity as well as the cardiovascular, mus-

culoskeletal and nutritional health/fitness of all participants to their maximum potential through positive encouragement," Brantley said. "It's not just about training winning competitors through intimidation and negative feedback."

Currently there are three classes being held in Meade County, the Tiny Tigers, beginner and intermediate. Individuals learn how to strike, kick, block and proper stances. Benefits of the training are increased endurance, strength, flexibility, concentration, self control, confidence, emotional maturity and problem solving and social skills.

The Tiny Tigers program is geared toward elementary-age children (kindergarten through second grade). This group learns basic fundamental skills. Brantley focuses on proper etiquette, social skills and motor skills with the children.

"The beginner and intermediate programs are targeted to students age eight to 18," Brantley explained. "In this class students will learn how to combine the basic techniques for use in sparring, forms, and self-defense. This program focuses on training and preparing students for participation in Olympic-style Taekwondo sparring and competitive poomsae/forms (patterns of movements) demonstration."

The idea for this type of class began with Brantley's passion for the dynamics of the sport. She knew, after relocating to Meade County in 2013, that she had a calling for working with the youth.

"I knew from the moment I first started training in Taekwondo in 2005, that I wanted to bring some sort of program back to Meade County," Brantley explained. "As a mom, I observed all the benefits (physical, emotional and intellectual) that martial arts instruction provided to my child and as a former elementary and special education teacher I quickly recognized the potential

benefits for all children. Having just lived in Meade County during our previous assignment (where my little martial artist had attended K-2 grade – and where we had decided to make our retirement home), I knew we did not have any martial arts programs (closer than Radcliff, E-town, or Louisville)."

Brantley added, "When my husband retired from the Army and we moved the family back to Brandenburg in the summer of 2013, I was so excited to see the signs on 1638 advertising the Meade Activity Center. One day in August of 2013, I walked into the MAC office and introduced myself to Mr. Aaron Greenwell, the director. At that time, I was looking to implement an adapted yoga program for adults (similar to my AMPED program), but Mr. Greenwell was more interested in my martial arts background (as he saw more potential for growth) and asked if I would be interested in teaching Taekwondo. We talked a few more times during the fall, and made plans to start the program in the winter of 2014."

There are currently 42 students who have signed up between all three of the programs. Popularity continues to grow for the sport. Taekwondo has even become an official sport for the Olympics.

"Because of this, Tae-



Photo by April Cherry  
Coach Jamie Brantley breaking a board, assisted by coach Garrett Frank.

kwondo has had more exposure on the world scene, and is considered the most popular martial art in the world," Brantley said. "There are 205 countries who are currently registered with the World Taekwondo Federation.

Taekwondo classes for the Tiny Tigers are held Tuesdays from 5:30 to 6:30 p.m. at David T. Wilson Elementary, beginners meet on Tuesdays from 7 to 8 p.m. at Meade County High School and intermediates meet on Tuesdays

from 8 to 9 p.m. at Meade County High School. For more information on this available program, call 270-422-2227 or visit [www.meadeactivitycenter.org](http://www.meadeactivitycenter.org).

## The Shop brings in largest crowd to date



Photo by Annie Hamilton  
On Feb. 28, The Shop, located at 133 Christian Church Rd. in Brandenburg, Ky. hosted bands Jericho Woods and Dallas Moore. The evening of country and 70's style rock brought in the largest crowd the location has had to date. Hundreds of fans came out to see their hometown favorite band Jericho Woods and out of town sensation Dallas Moore.

### Notice

KRS 149.400

Kentucky Forest Fire Hazard Seasons are Feb. 15-April 30 and Oct. 1-Dec. 15.

During the forest fire hazard season, even though the precautions required by KRS 149.375 have been taken, it is unlawful for any person to:

- set fire to,
- or to procure another to set fire to, any flammable material capable of spreading fire,
- located in or within 150 feet of any woodland or brush

land, except between the hours 6 p.m.-6 a.m., prevailing local time, or when the ground is covered with snow.

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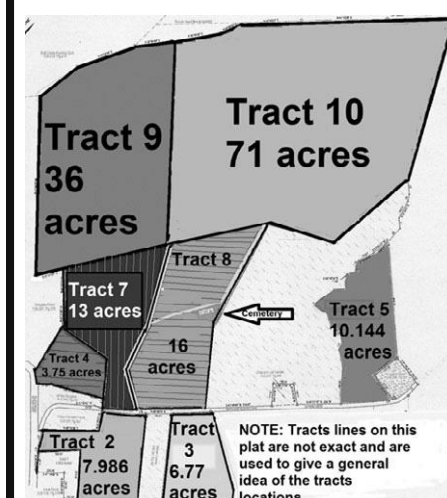
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Alexander at (502) 475-6810.  
**Directions:** From Louisville, take Hwy 31W south to Hwy 60, take Hwy 60 to Hwy 261 into Hardinsburg. It turns into N. Hwy 259 (Main Street) Continue on 259 thru and out of Hardinsburg. Bear sharp left on New Bethel Rd, take a left on to Flood Rd, turn right on to Bernard Flood Ln. to auction site.  
**Auctioneers Notes:** Here is an excellent opportunity to obtain a home building site with all the privacy of country living, have your own private hunting land or both. **County water** is available on Bernard Flood Rd. This auction will be held rain or shine on site and refreshments will be available. **Sellers: The Estate of Frances Marie Flood**

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**JUPITER ASCENDING (PG-13)**  
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