

# Academy News

The official newsletter of Sun Yi's Academy—Minnesota

October 2010

## The Breadth and Depth of Sun Yi's Academy

Sun Yi's Academy is much more encompassing than meets the eye. Many students and parents experience only one aspect of what Sun Yi's Academy offers to the Minnesota community. The core program is traditional Tae Kwon Do; which is taught at our 6 schools. Dedicated, talented and insightful instructors are constantly trying to get the most out of their students by giving them a powerful and memorable experience. Promotional testings bring out our best, with board breaking, black belt speeches, and amazing and inspiring

performances.

There are Lil' Ninjas programs, designed to instruct boys and girls ages 4 – 6 in the basics skills of Tae Kwon Do. Although these skills are geared towards small children, the hope is to inspire them to join traditional classes when they are older. You will find Lil' Ninja programs at the FL and WBL schools.

There is the Tournament Team. These athletes train extra so that they can compete in the competitive sport of Olympic Tae Kwon Do. These practices spark the interest of

those individuals who wish to push themselves in competitive tournaments.

This newsletter is about our Tae Kwon Do community. Sr. Master Gibson and all instructors wish that parents and students be inspired to write about their Tae Kwon Do experience, sharing their own experiences, observations or insight, so others can learn and be inspired. Please share your thoughts. Don't let the wonderful experiences of what Tae Kwon Do has done for you go untold. Submit an article to your instructor.

## Black Belt Classes by Sr. Master Gibson

Black Belts classes this October will be scheduled the same as the previous class; with 1<sup>st</sup> and 2<sup>nd</sup> Dan meeting at 6:00 and 3<sup>rd</sup> Dan and above meeting at 7:00. Black Belts unable to attend their designated class should inform their instructor of the conflict and attend the opposite class. In the past, class sizes have sometimes been over 70 students and too large for best learning

to occur. In the future we will try other formats to make class sizes more conducive to learning. Hopefully this will address difficulties one may have with attendance at Black Belt classes.

I and instructors are working hard to design classes which are fun, teach a variety of skills/techniques, and cover a wide range of things. Black Belts, because of

their advanced skill sets, are ready to learn these skills, but need specialized training in classes which are more in-depth. If their journey continues into 3rd Dan as an Instructor, then they also need to be able to pass on Traditional Tae Kwon Do in ways which will be introduced in Black Belt classes. Finally, there needs to be time allotted for discussions around the meaning of

## Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



## Upcoming Events

- Oct 15 Black Belt Class
- Oct 16 Promotional Testing
- Oct 18 Lil' Testing (WBL)
- Nov 5 Instructor Class
- Nov 6 Andy Wallen TKD Tournament (Osseo)
- Nov 18 Women's Self-Defense Class (WBL)
- Nov 19 Black Belt Class
- Dec 3 Instructor Seminar (Topeka)
- Dec 17 Black Belt Class
- Dec 18 Promotional Testing and Holiday Party

## **SUN YI'S ACADEMY** Minnesota Schools

### **Forest Lake School**

Sr. Master Eddie Gibson  
Master Theresa Gibson  
255 SE Highway 97  
Forest Lake, MN 55025  
651-464-0034  
ttkd@juno.com  
[www.sunyismn.com](http://www.sunyismn.com)

### **Duluth School**

Master Matt Rohlander  
Duluth Area YMCA  
302 West 1st Street  
Duluth, MN 55802  
218-722-4745  
[www.duluthymca.org](http://www.duluthymca.org)

### **North Branch School**

Master Chris Kotys  
North Branch Community Ed  
38705 Grand Avenue  
North Branch, MN 55056  
651-398-8096  
[ckotys@forestlake.k12.mn.us](mailto:ckotys@forestlake.k12.mn.us)

### **White Bear Lake School**

Master Jackie Hendrickson  
2191 4th Street  
White Bear Lake, MN 55110  
651-653-8853  
rjcmj@aol.com  
[www.sunyiswbl.com](http://www.sunyiswbl.com)

### **Shoreview School**

Master Jeff Smith  
Shoreview Community Center  
4580 Victoria Street North  
Shoreview, MN 55126  
612-750-6464  
jeffsmith@comcast.net  
[www.shoreviewmn.gov](http://www.shoreviewmn.gov)

### **Lino Lakes School**

Jr. Master Brad Graber  
Lino Lakes Park & Recreation  
600 Town Center Parkway  
Lino Lakes, MN 55017  
651-982-2440  
brad.graber@rudolphtech.com  
[www.ci.lino-lakes.mn.us](http://www.ci.lino-lakes.mn.us)

## **News from the Schools**

Sonja, Dave, Zach and Clara Greibel (WBL) would like to announce the arrival of Ruby Grace Greibel born Sept 27, their youngest future Black Belt!

Suzie Seever's (WBL) successfully underwent a kidney transplant on Sept 28. She was released from the hospital on Oct 1 but will need ongoing care. To help please contact Ellen Drader, (612-570-0812 or [tn3edraders@gmail.com](mailto:tn3edraders@gmail.com)) who is coordinating the family's needs.

The Seever's thank you for your thoughts and prayers.

Sept 15 would have been Patrick Marzitelli's (WBL) 18th birthday. In his memory Sun Yi's Academy planted a Maple tree in his backyard. We hope that his family will enjoy the display of color each fall. The following Sunday a birthday celebration was held for Patrick and shared memories and stories. Patrick you may be gone but you will never be forgotten.

The school in NB is excited to announce that they have moved and is now located at the Primary Elementary Bldg at 38705 Grand Ave. The new space is clean, matted, and spacious, with lots of room for parents and spectators. Students from other academies have joined the classes and have really enjoyed the experience. Any student is free to them for a workout. Traditional classes are on Tuesday and Thursday at 7:00.

## **What's New with the Tournament Team?**

Interested in joining the Minnesota Tournament Team? If you are, this would be the time to join. The season is just getting started so why not come to a few practices to see if this might be something for you? This season, Jr. Master Tanner Gibson and Jr. Master Mike Henderson are the head coaches.



They will be conducting practices three times a week, Wednesdays at 7:00 (WBL Academy), Fridays at 7:30 (FL

Academy), and Sundays at 1:00 (FL Academy). A \$5.00 drop in fee is charged for participating in these classes. Try one to see if this might be something you enjoy. Our first tournament will be the annual Andy Wallen tournament in Osseo on November 6. See your instructor if interested.

## **Black Belt Classes [continued from front page]**

“do,” or “the way.” Our Black Belts are just beginning a life-long journey. It makes no sense to become a Black Belt, if this is one's end to a means. A true 1st Dan Black Belt has the skills which allow them to perform at more advanced levels. The training wheels come off and the student now can begin to ride! Black

Belt classes are a time to come together with your true friends—who are learning how to live life by the TKD Tenants: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. We will learn from the instructors and from each other.

Black Belt classes can be watched by family,

but will not be open to friends or the public. Techniques learned in these classes are intended for Sun Yi's Academy Black Belts only. It is important that focus and concentration is at its highest level and free from distraction from outside influences.