

Academy News

The official newsletter of Sun Yi's Academy—Minnesota

December 2010

Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

The Breadth and Depth of Sun Yi's Academy

On Dec 3 & 4, many of the Sun Yi's Academy "family" descended on Topeka to attend the annual instructor's seminar. Instructors, Jr. Masters, Masters and Sr. Masters from all over the country attended. Grand Master Yi has put on this seminar for several years to assist his instructor's in teaching consistent, proper and new technique and promote traditional TKD values. This is also a time to establish and renew friendships. This year, Grand Master Yi's birthday was also celebrated. Due to the contribution of those attending, a gift of a golf membership was presented to him. Look forward to having Master Gibson and other Sun Yi's Academy instructors pass on new techniques, training methods and information learned to you in upcoming classes.

We are proud of the black belts at Sun Yi's Academy, especially here in Minnesota. We believe the skills of Sun Yi's Academy black belt are su-

perior to other TKD schools across the nation. Our instructors have a high degree of experience, dedication and compassion and care deeply about giving each Sun Yi's Academy student the opportunity to be the best that they can be. It takes at least 8 years of experience to obtain the rank of 3rd Dan and an instructors' certification. Most of the head instructor's at our Minnesota schools have double that experience. Sr. Master Gibson and Master Mrs. Gibson have over 60 years of combined TKD experience. We hope, through our instruction to all students, to pass on the high ideals taught by Grand Master Yi.

Yes, we expect more from our black belts than most schools, but to expect less would be to make us average. Inspire yourself to be a Sun Yi's Academy black belt. When you achieve it, wear it proudly since you are among the elite.



Testing—Getting your Belt by Sr. Master Gibson

The ultimate purpose of TKD is to eliminate oppression with a power based on physical technique, humanity, justice, morality and wisdom; thus helping to build a better and more peaceful world. TKD is a system of training the mind, body and spirit to reach the ultimate state of being. Promotional testing is an integral part of training.

When students test, judges take into account their progress toward goals in their physical techniques (flexibility, accuracy, power, etc.), psychological aspects (confidence, work habits/

discipline, etc), and value-oriented goals (respect, ethics, self-fulfillment, etc.). As one advances higher in rank, the more skilled they become because techniques become more advanced and more spirit is emphasized.

So, why doesn't everyone pass testing? Why does a student who possesses lesser physical skills pass while another student does not, for the very same rank? The reason is that judging takes into account that person's abilities and potential. Of course, performance on the day of

Upcoming Events

- Dec 3 Instructor Seminar (Topeka)
- Dec 17 Black Belt Class
- Dec 18 Promotional Testing and Holiday Party
- Jan 14 Self-Defense Class (WBL)
- Jan 21 Black Belt Class
- Feb 18 Black Belt Class
- Feb 19 Promotional Testing
- Apr 16 Sun Yi's Topeka TKD Tournament

SUN YI'S ACADEMY Minnesota Schools

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White Bear Lake School

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News from the Schools

The North Branch Academy has recently changed locations. They are now located at the Primary Elementary Building at 38705 Grand Ave—about a mile east of the old location. They offer classes Tuesdays and Thursdays at 7pm. Several students from other academies have joined their classes and have really enjoyed the experience. The area is clean, spacious and matted, with lots of room for spectators. You are welcome to join them for a workout.

On Nov 18 the Duluth YMCA held a grand re-opening to celebrate the completion of extensive building renovations that gave the building a new look, new equipment and improved facilities. A demonstration to help commemorate the event drew a nice crowd and a great group of class participants. The TKD program was one of the earliest beneficiaries of the building renovations; moving into the expanded group exercise area with a new floor, paint, improved lighting,



mirrors and mats. Classes are Tuesdays and Thursdays at 7pm with drop-in classes Saturday mornings twice a month. Contact Master Rohlander or Mr. Kirchner for details or directions and stop by to join them.

The Forest Lake Academy will again host the annual Holiday Party (immediately following testing on Dec. 18). This is a festive and fun event for your whole family. This is a pot luck format, along with gifts and games, and Santa usually makes a special guest appearance. Don't miss it!

Testing—Getting your Belt [continued from front page]

testing accounts for much of the scoring. Especially at higher ranks, many students do not yet understand how to train and develop.

Attendance in class is important for development. Students should attend at least 2 classes a week as a beginner to make adequate progress. Some practice outside of classes to correct and grow the technique is also advisable. More advanced students (about Brown Belt level) should attend class at least 3 times per week, while practicing outside of class another 2-3 days per week. This level of practice should be occurring months before they have set as their goal to test. If a student is not able to attend classes at this level, then their goal as a test date should be farther out. This not only allows student to develop their techniques to their potential, but also builds confidence, teaches discipline and humility.

No one enjoys seeing a “no change”

next to their name. Instructors are also saddened when a student is unable to pass their test. When this occurs, it is usually because the student did not reach their own potential. If a student does not pass, the instructors know that the student will ultimately be better because of it. Overcoming failure will better equip them to successfully deal with life's many challenges. Sun Yi's Academy instructors know what the student needs and cares deeply about turning a negative experience into a positive one.

The instructors at Sun Yi's Academy have high ideals taught by Grand Master Yi and take the responsibility to make positive changes to a student's physical, psychological and emotional well-being. Nothing feels better than to see our students move forward, achieve success, handle challenges and not give up. Ultimately we hope to contribute to making of a successful individual in all walks of life.