

Academy News

The official newsletter of Sun Yi's Academy—Minnesota

February 2011

Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

The Breadth and Depth of Sun Yi's Academy

Sun Yi's Academy has a wealth of black belts and instructors that we are very proud of. 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. New opportunities to learn are being developed on an ongoing basis.

We are excited to announce that Sun Yi's Academy is now offering Women's Self-Defense Classes to all females ages 11 & up, specifically designed to help women (trained or not) learn to handle themselves in dangerous and sticky situations, as well as helping to prevent them in the first place. Not only will you learn valuable and easily applied physical and mental skills to defend yourself or your loved ones, but you will also

gain confidence and self-awareness that cannot help but spill over into other areas of your life, ultimately connecting you to YOU.

The classes are taught by Certified Professional Life Coach and Tae Kwon Do Jr. Master instructor Nova Wightman, 4th Dan Black Belt, throughout the year in both the White Bear Lake and Forest Lake locations. The last one was recently held on Friday, February 4th at the White Bear Lake Academy and was a tremendous success. Watch for future classes. Cost is \$20/person, \$15 each if you come with a friend, \$10 for returning students and TKD students. Call 651-653-8853 to register, and be sure to spread the word to women you know in the area! Black Belts are free if you're willing to help out.



Is Breathing Important? by Master Rohlader

Proper breathing can make a big difference in how much you get out of a workout as well as how well your technique progresses. Although it is a subtle and often overlooked aspect of training, proper breathing is absolutely essential if you want to achieve your maximum potential. Make Tae Kwon Do more enjoyable, less tiring, and an overall better workout for your mind and body with proper breathing!

Breathing before class is an excellent way to prepare your mind and body for the tough workout to come. It can help you relax from whatever daily tensions have built up in your body during the day, focus your mind, and will start to give your body the extra

oxygen it will need to perform at its peak.

Breathing during an exercise is key to building endurance and generating power. Supplying your body with enough oxygen while your muscles are working hard will allow them to keep up that performance over a longer period of time. This is called endurance. To generate the maximum amount of power in a technique, use your breathing to time the release of energy from your body with the completion of your technique. Your breathing should be timed to exhale as you complete a technique and to inhale as you start the next technique. Holding your

Upcoming Events

- Feb 18 Black Belt Class
- Feb 19 Promotional Testing
- Mar 18 Black Belt Class
- Apr 8 Black Belt Class
- Apr 9 Promotional Testing
- Apr 16 Sun Yi's Topeka TKD Tournament

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

Duluth School

Master Matt Rohlander
Duluth Area YMCA
302 West 1st Street
Duluth, MN 55802
218-722-4745
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

White Bear Lake School

Master Jackie Hendrickson
2191 4th Street
White Bear Lake, MN 55110
651-653-8853
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Shoreview School

Master Jeff Smith
Shoreview Community Center
4580 Victoria Street North
Shoreview, MN 55126
612-750-6464
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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
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www.ci.lino-lakes.mn.us

News from the Schools

This year celebrates the 10th anniversary of North Branch Tae Kwon Do. In October of 2001, Mr. and Mrs. Kotys and Mrs. Wightman (formally Ms. Schuler) began teaching Tae Kwon Do in the North Branch Community. From 2003 to 2006, North Branch expanded to include Mr. Dave Schuler and Mr. Bob Wolf. Most recently, North Branch Sun Yi's is housed at North Branch Community Education in the Primary School Building. Master Kotys, head instructor, now has five second degree black belts, several first degrees, as well as up and coming black and brown belts. The last ten years North Branch has had ups and downs in enrollment. However, this January marked a resurgence of dedicated students and new optimism for future growth. Master Kotys looks forward to continuing to teach traditional Tae Kwon Do emphasizing the tenets of TKD as well as



traditional self-defense and moral development. North Branch classes include many families consisting of all combinations of fathers, mothers, daughters, sons, brothers and sisters. Our Tuesday and Thursday classes meet from 7:00 to 8:30 at the Primary Building in North Branch. We wish to extend an invitation to attend our classes to all Sun Yi's Academy Students.

Is Breathing Important? [continued from front page]

breath as you complete any punch or kick will hold back your body's energy and take away from your power. As a method of self-defense, Tae Kwon Do is built upon the philosophy of destroying your attacker with the first technique. This requires your body to be prepared to exert its maximum power, speed, and coordination in an instant. Using proper breathing during your technique will help you reach this goal.

Breathing between exercises will help relax your body, recover oxygen to your muscles, and keep you refreshed for a hard workout. One of the main reasons we take short pauses between exercises is so your body can recover and you can push yourself to generate the maximum amount of power at all times! Use this time to take deep breaths and focus your mind on the next exercise.

Breathing properly is very simple. In order to condition your lungs and to get the most out of each breath, follow these simple steps: (1) Breathe in through your nose. Fill your lungs by

expanding at the bottom first (make your stomach push out first, then your chest). This actually fills your lungs to a greater capacity. (2) Breathe out through your mouth using your diaphragm muscles to push the air out (this also makes for a spectacular ki-yap!). Whether it is a short and quick exhale or a long and slow relaxing breath, make use of your diaphragm muscles to strengthen them and to get all of that 'bad' air out. (3) Try to breathe with each technique. Holding your breath as you execute a technique will prohibit you from relaxing, moving with speed, and it will actually make you tire more quickly. (4) When you exhale, it does not have to be all of the air in your lungs at once. If you are completing several short and quick techniques in succession, then you can give several short breaths. (5) Take deep breaths whenever you get the chance. Use any opportunity you get during a workout to take long deep breaths. (6) Think about your breathing as you exercise. Make it an important part of your training and you will see the results in better technique, more power, and greater endurance!