

Academy News

The official newsletter of Sun Yi's Academy—Minnesota

Self-Defense Issue

Traditional Tae Kwon Do is more than Self Defense? Sr. Master Gibson

True, the origin of martial arts can be found in the need for self-protection. Historically, in every civilization there has been some threat to personal safety, forcing members to devise a means to protect themselves and property. Through the years primitive self-defense skills have evolved into more systematic methods. Through the systematization of combat skills, ancient warriors began to realize the significant force of the mind in life or death situations. Also, they realized one slight miscalculation meant death. So, the warriors honed their skills to perfection. The most skilled fighters realized the need to be free of fear and to be focused on the moment. To control their emotions, they attempted to harden themselves

through grueling training regimens. By pushing their bodies beyond the limits of physical pain, they trained their minds to withstand stress and fear of imminent death. They ultimately discovered that mastery of the body comes through mastery of the mind. The warriors turned to an inner search for the true potential of the subconscious mind. As society became more civilized martial arts became a way of not only perfecting physical skills, but of uniting the mind and body as one. TKD is much more than self-protection, it is a way to a more fulfilling life. It is a system of training the mind, body, and spirit to reach the ultimate state of being!

Traditional Tae Kwon Do's Educational Value Sr. Master Gibson

If TKD was easy and produced only physical changes in others, I would have stopped practicing it over 34 years ago, after I had my first lesson with Grand Master Yi. I quickly discovered TKD training has great potential to change a person physically, psychologically, and emotionally. TKD methods are based on natural law. Getting stronger, loss of body fat, improved coordination, and perfection of a new technique can lead to a improved self-image. With hard work and physical abilities improving, students feel more confident that they can be successful in areas outside the DoJang. When children and teenagers are young, they are beginners in life and often have not learned how to deal with failure. This can lead to self-destructive behaviors. However, I

teach TKD to allow students to experience and deal with challenges and conflict with positive outcomes. Many valuable lessons occur through TKD. I have seen improved grades, bad habits beat, friendships formed, due to TKD providing a positive, respectful, disciplined environment which is "family" whom accepts every individual as themselves. Good self-confidence is the best energizer for self-improvement. However, the "Traditional" TKD road requires hard work, determination, and patience. At Sun Yi's Academy children and adults are family, expected to help others below them in rank, and learn how to handle challenges and how to go forward when they would rather give up. This is the greatest value in TKD and an educational that will last a lifetime.

Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



Upcoming Events

- Dec 13 Topeka (Natl Headquarters) Promotional Testing
- Dec 20 Forest Lake Promotional Testing & Holiday Party
- Jan 24 Duluth Promotional Testing
- Feb 21 Forest Lake Promotional Testing

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

Jr. Master Kirchner
Mr. Clay Helberg
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
rjcmj@aol.com
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

Lino Lakes School

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

Traditional Tae Kwon Do is a devastating as a Self-Defense Sr. Master Gibson

I would be neglectful if I did not share some of my thoughts around TKD as a self-defense system. What would you do if you were attacked? Would you stand your ground and fight or would you run like the wind? We live in an increasingly violent society-watch the news-violence is all around us, and Americans are not popular in many areas overseas. I believe strongly, to be forewarned, is to be forearmed. Self-defense is not fun. You may find yourself fighting hard to avoid serious injury or death and so you must expect to get hurt. It is my position to teach students all I can in order to give them a very good chance of emerging the victor without sustaining serious injury. I cannot pre-

vent you from getting hurt. One recent study found that the women most likely to be assaulted or raped are those who do not fight back. Should a blow break through-ignore the pain, do not give up, counterattack with the viciousness of an animal cornered. The attacker has a one-track mind (bent on your instruction) and rarely expecting any pushback from yourself. Your attacks will cut down his attacking ego, will neutralize his attack, and help you gain a psychological advantage. Don't walk along in lonely places, keep eyes on all people around you, watch for shadows, and listen for footsteps. Shout, scream (confuse them) or deal with the attacker. Always be prepared!

Self-Defense Basics

Sr. Master Gibson

My one basic principle of self-defense is to apply the most effective weapon as soon as possible, to the most vulnerable point of your enemy. **Weapon**-Leg is longer than the arm, more powerful, and deals the heavier blow. **Speed**-There is no time to consider the type of weapon or defense to use. If his punch lands before your kick, your defense is useless. Only will training produce results. Classes, repetition practice of techniques, bag work, visualization of many different possible scenarios with you being the victor, etc. Do not think training is not worth it, the chance of assault hap-

pening to you is small, or you may be one of the statistics. **Point of Counterattack**-If you are attacking a male then the groin, eyes, abdomen, and knee are vulnerable points. Size does not mean power and agility. Smaller can have greater agility, flexibility, speed, and nervous action. Keep him off balance, move faster, pay no attention to size, facial contortions, or vicious language. Use gravity, leverage, throwing him off balance so leverage attack the body and limbs work against him. Lastly, with your kicks and bare hands, use your head, knees, and elbows.

2014 National Instructors Seminar~Master Jeff Smith

Last month, I and several other instructors at Sun Yi's Academy, returned from another National Instructor's Seminar. This is an annual event held at the Sun Yi's Academy National Headquarters in Topeka Kansas by Grand Master Yi. This is a continuing effort on the part of Grand Master Yi to pass on his knowledge, wisdom and the traditions of TKD to all the Sun Yi's instructors across the USA. It is a benefit and privilege that students can look forward to as they achieve higher rank and strive to become TKD instructors. The 4-hour seminar was attended this year by Sr. Master Gibson, Master Gibson, Master Kotys, Master Hendrickson, Mas-

ter Graber, Jr. Master Wolf, Jr. Master Kirchner, Ms. Grasdalen, Ms. Meyers, Ms. Bernstein, and Mr. Helberg. We were joined by approximately 40 other instructor's. New techniques were taught and old ones reinforced. Many questions were asked of Grand Master Yi; who gave insightful answers. Questions and answers lead to a deeper understanding of how and why you do something in a certain way. As instructors, we continue to learn and grow, and also look forward to pass on what we learned to MN students. It is a rare privilege to have a highest-ranking, 9th Dan as in Grand Master Yi, to guide us in our life-long TKD journey of self-improvement.