

# Academy News

The official newsletter of Sun Yi's Academy—Minnesota

August 2015

## Martial Arts: More than self defense skills

Martial Art is the name given to traditional systems of combat practiced in the East for thousands of years. Every human civilization's personal safety was threatened, which forced members of each society to create a means to protect themselves. Over the years, self-defense skills developed from primitive to more systematized methods. Ancient warriors began to realize the force of the mind in using their fighting skills. In these life or death situations a slight miscalculation meant death! So, skills had to be honed to perfection. The most skilled fighters realized their mind needed to be free from fear and focused. They realized by pushing their bodies beyond limits of physical pain,

they trained their minds to withstand stress and fear of death. They discovered the mastery of the body comes through mastery of the mind. Through intense mental and physical training the warriors discovered that in the face of reality nothing is of great significance. They found that what you are now is the essence of your life. It is not the obstacle we must fear but our mind that hinders the search for our solution. TKD also became a way of not only perfecting physical skills, but of uniting the mind and body as one. Beyond self-protection, TKD of the present is a way to a more fulfilling life. Traditional TKD, is a system of training the mind, body and spirit to reach the ultimate state of being.

Throughout the 35 years of my journey in Tae Kwon Do (TKD), I have witnessed how the art changes people physically, psychologically and emotionally, in a very positive way. TKD training is based on natural laws, mainly physics, and properly taught, the body adapts to basic techniques which results in increased strength, loss of body fat, improved coordination, etc. Perfection of a new skill often leads to improved self-image. TKD is not easy, and as I see students physical skills improving, they become more confident in themselves, not only in TKD, but in other areas as well. This process is especially valuable to children and teenagers. As instructors, our goal is to help children (and adults) deal with the challenges TKD presents so they come to learn no problem is so great that they cannot overcome. There is nothing better to hear parents say or

student read in their black belt essay they have improved their grades, made more friends, and is a happier, more confident person who knows what setting and attaining goals means. This is a difficult road to take and progress requires hard work, determination and patience. We are lucky to have Grand Master Yi, who has taught us the Traditions of TKD the same way they did in Korea! Passing on TKD to others helps us grow a stronger society. Because we are all one big TKD family and support one another, we are learning ways to make this road to progress more fun. In the near future we will have exciting new programs by our TKD kids, for our TKD kids! We would like to update our Sun Yi's Academy apparel. Practical Self Protection classes for Women and children are a need for those not already in TKD. Do you know anyone? Stay Tuned!!!

## Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



## Upcoming Events

- |         |                                |
|---------|--------------------------------|
| Aug 15  | MN TKD Promotional Testing     |
| Sept 19 | Duluth TKD Promotional Testing |
| Oct 10  | MN TKD Promotional Testing     |

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

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**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.