

# Academy News

The official newsletter of Sun Yi's Academy—Minnesota

April-2016

Spring Issue

## What is the Purpose of Promotional Testing? Jr. Grand Master Gibson

Do we test for our next belt because we feel a sense of mastery and confidence over our forms, 1-steps, free-sparring, technique, and power? Are we ready to put our body, mind, and spirit to a test against ourselves and others of similar ranking? Do we feel we are ready for the challenge of a higher standard? If the answer is yes to these questions, it is likely your Instructor will give you permission to test. However, to prepare and be ready to test, you must TRAIN!

Our Chung Do Kwon forms are the foundation from which our technical proficiency, power, focus, emotional control, and spiritual strength grow. Higher ranked forms are developmentally tied to lower ranked forms.

Do you train daily? I did. Or does your training consist of going to 1 or 2 classes a week? Who says you have to be in class to train? It is about fitting in some sort of training into every day. No, I do not mean gut-wrenching workouts each day. A portion is aca-

demically study. Black belts must learn balance. Exertion is followed by rest. Physical development happens with intellectual growth. Work and discipline is balanced by play and release. However, testing goals demand dedication. A true black belt is here for the long haul-are you? For testing, you want your physical, emotional, and mental conditioning to be at your best. How long it takes is different for everyone, and that is okay. However, by honing your skills constantly, one is achieving a warrior mind-set enabling you to overcome obstacles in everyday life.

Your instructor has more than 15 years of experience and knows if you are ready for the challenge of the next level. If you test too soon, you are going to become frustrated, and may give up! Often it is not about the length of time you have studied at a certain belt level, it is about your work in mastering the nuisances of your current form. Your journey is about patience, self-control and you living the Martial Way!

## June Testing: Grandmaster Yi teaches 1st Annual MN Black Belt Seminar!

Grand Master and Mrs. Yi have been making a yearly trek to MN from KS for almost 15 years to support our students testing, to pass on his wisdom, and knowledge to our black belts. Black belt classes have been hurried because it is difficult to squeeze everything in on the weekend. Now, Sa Ba Nim wishes to provide a similar model to our black belts, as he does for the Instructor's Seminar held yearly at the National Headquarters in KS. Sa Ba Nim's knowledge of Traditional TKD, and skill with techniques are unparalleled in the world! I'm not kidding. I have seen Grand Master instructors who have come over to teach TKD from Korea, and there is no one who is teaching TKD for the betterment of ourselves, chil-

dren, and society on the same playing field as Sa Ba Nim. He has developed specialized black belt forms and self-defense techniques so we can become extremely proficient martial artists. He is still very active physically and wants to pass his abilities and wisdom to the next generation. We are privileged!

The annual black belt seminar will be held on Saturday, June 17, following testing at approximately 12 noon. The cost is \$75.00 per student. This includes gift and certificate. I sincerely hope all black belts can attend this special time with Grand Master Yi. Be ready for a special day of learning, fun and a sweat with Grand Master Yi!!!!

## Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



## Upcoming Events

- April 2 Natl Headquarters TKD Testing
- April 16 Forest Lake TKD Testing
- May 21 Duluth TKD Testing
- June 4 Demo: TKD & Lil' Ninjas. Forest Lake, "At the Lake."
- June 18 Black Belt Seminar Grand master Yi
- June 18 Forest Lake TKD Testing

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

### **Forest Lake School**

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### **Duluth School**

Jr. Master Kirchner  
Mr. Clay Helberg  
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[www.duluthymca.org](http://www.duluthymca.org)

### **North Branch School**

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### **White Bear Lake School**

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### **Shoreview School**

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### **Lino Lakes School**

Master Brad Graber  
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## **The Ageless Student Corner: *Where did they go?* Joel Ehrich, 2nd Dan**

Many times over the last few years while working out at the other academies, I came to realize that I have not seen some fellow students for quite some time. I remember how pleasant it was to work out with them, their hard work ethic, and the desire to improve. Then I found myself worrying that maybe something tragic happened in their lives or perhaps, our paths just haven't crossed. After a few testing's, I still have not seen them. When asking instructors and other students from that academy, we find out why they disappeared.

Consider the tremendous mix of life and ages that come together at each TKD class. How many of us had a bad day at work or school, feeling

tired, or unmotivated? TKD roots itself in many different ways that draws us together to refocus, concentrate, and bring out positive energy. This fabulous workout brings us all to a successful frame of mind.

Perseverance and a positive attitude establishes memories in all fellow students. Indomitable spirit will remind that disappearing student of the positive way TKD affected their lives while they were able to participate. Remember, that fellow student may not be able to come back themselves, but they will recommend Sun Yis Academy to another potential student.....Khip!

## **Try a TKD tournament or build your sparring skills- Jr. Grand Master Gibson**

With so many students who have great forms, I am surprised we have so few students training for tournament's! Our tournament team is co-trained by Jr. Master Mike Hendrickson, 4th Dan and Leah Ambrose, 3rd Dan. The team practices every Friday at 6:30pm and meets opposite the Do Kang classes either at WBL or FL schools. On Saturday's, FL practices are at 12:15. Sessions are free in April and May! The team attends tournaments across MN, about 4-6 per year.

Tournaments consist of both free-sparring and forms divisions and stu-

dents are divided by ages and belt level. A great way to try a tournament is compete in forms only and watch the sparring to see if you'd like to try it. Our forms at Sun Yi's are so good that many of you would place 1, 2, or 3 in your division.

Tournaments are also a great way to build your sparring skills, speed, and stamina for testing. Both Mike and Leah have competed and medaled on a National levels. Try it, you'll like it and maybe we will build back up to having a tournament team!

## **TKD Kids Corner: My Ongoing Journey, Greta Whitebird**

Growing up I was the shy kid. You know, that one girl in your second grade class who never had too many friends. The one who was lucky to have more than just one friend. Yup, that was me. I never thought of myself as an outcast, but I guess I was. I was also never really into any sports. Except for basketball but I was never good at it and it only takes one bad coach to turn you off from a sport. I was a self-conscious loner in elementary school, until I discovered Tae Kwon Do. It was around my ninth birthday. My parents had been pushing me to join Tae Kwon Do and eventually I agreed to join. At first I didn't like it. It was too hard. It was too much to remember. It didn't help

when all the other kids could punch harder and kick higher.

But over time my body began to change. I never really noticed that I slowly began to become more flexible and stronger like the others. I even started to become a little more confident. But now, here I am getting ready to test for my third degree black belt. Yes, I have hit a bump in the road, but I will not let my knee keep me from my goal. I am taking it a bit easy right now but only to ensure I do not hurt myself further. I plan on.... No, I will test for my third degree black belt and I will not let anything stop me.