

# Academy News

The official newsletter of Sun Yi's Academy—Minnesota

August-2016

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## Etiquette and Responsibilities around Promotional Testings

I have written extensively about the developmental expectations of our forms and 1-steps that students must meet before they are ready to test for their next belt. Recent observations compel me to point out important student responsibilities after a student tests. In addition, I want to remind all black belts of their responsibility to those below them in rank who test.

If a student receives permission to test, their instructor is giving them the privilege to display their skills they have worked hard to obtain. Their instructor is also anticipating a higher level of confidence and spirit shown by that student throughout their testing. Once the student tests, and obtains their new rank, they should be proud of their achievement, however their test isn't over!

That student is expected to study and work out **diligently** to learn their new forms), 1-steps, DoKangs, 3-steps (which are now required for instructor testing), etc. Learning your new form

and 1-steps means asking questions, coming early, or staying after class to get help. It is about giving back respect and showing responsibility to your instructor, who has worked hard to get you to where you are. One is not showing themselves to be a strong role model to those below them in rank, if it takes one to two weeks to learn their new form and 1-steps.

If there is a reason you cannot attend class due to vacation, illness, other obligations, speak to your instructor ahead of time, he or she will understand.

I also want to remind black belts that you said somewhere in your essay how you want to teach and help students learn new forms. There has always been an expectation that all black belts pick one additional class they do not usually attend like children's class, and come and help with new forms and 1-steps. We are family, and this builds on the strong bond and relations we each share.

## Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



## The Theory of POWER!

We hear myself and my instructors asking students for, "more power." In order to create the devastating results attributed to TKD, we must obtain "more power." I have come to learn that this means utilizing one's full potential through the scientific application of TKD techniques.

Through TKD training, true physical power comes from; reaction force, concentration, balance, breath control, mass, and speed. No matter how skillful one's techniques are, if the techniques lack power, one is unable to impart any pain or shock to the opponent during the actual encounter. More on attacking and blocking later.

One of Newton's Laws says every force has an equal and opposite force.

So, if your opponent is rushing towards you at 20 mph, by the slightest blow to their head, the force with which you strike his/her head, would be 20 mph, plus that of your blow.

These two forces combined; theirs, which is large, and yours, which is small are impressive! This is the reaction force from the opponent. Another reaction force is your own. A punch with the right fist is aided by pulling back the left fist to the hip.

I have commented in class that "opposites make power." As you practice, apply this to all your techniques, and you will find more power than you knew existed! **Next newsletter-concentration, balance, breath control, mass, and speed.**

## Upcoming Events

Aug 20 9:00am Black Belt Class-all ranks

Aug 20 11:00am Forest Lake Testing

Sept 17 Duluth Testing

Oct 1 Natl. Headquarters Testing

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

### **Forest Lake School**

Jr. Grandmaster Eddie Gibson  
Master Theresa Gibson,  
255 SE Highway 97  
Forest Lake, MN 55025  
651-464-0034  
ttkd@juno.com  
[www.sunyismn.com](http://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](http://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](mailto:ckotys@forestlake.k12.mn.us)

### **White Bear Lake School**

Master Jackie Hendrickson  
Master Jodi Goodwill  
Master Codi Goodwill  
2191 4th Street  
White Bear Lake, MN 55110  
651-653-8853  
rjcmj@aol.com  
[www.sunyiswbl.com](http://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](http://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](http://www.ci.lino-lakes.mn.us)

## **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. Grandmaster 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.