

Academy News

The official newsletter of Sun Yi's Academy—Minnesota

December 2016

The 13th Annual National Instructor Seminar

-Jr. Grandmaster Gibson

Wow! Over 50 Instructors and Masters from all over the US, from California to North Carolina gathered this past weekend to learn from Grandmaster Yi, 9th Dan black belt. Many of the instructors, Jr. Master's, and Master's have been my brothers and sisters for almost 37 years in times of sweat, happiness, sorrow, and anger, pushing each other to reach beyond levels which we once thought of as unattainable. Grandmaster Yi's knowledge and wisdom is unparalleled. He teaches us through words and actions. Most importantly, he walks the walk, and is the real deal. Grandmaster Yi thoroughly understands how the mind, body, and spirit functions in near-perfect harmony with the world

around him and imparts that knowledge to us. He looks, punches, and kicks like someone in his 30's. Grandmaster Yi is 74 years old. He demonstrated and reviewed the 19 forms, 30 1-steps, 24 Ho Sun Sul joint manipulations, 12 3-steps, and 3 new self-defense systems against multiple attacks throughout the 3-1/2 hour seminar. We ended by free-sparring each other with high intensity, inspired by Grandmaster Yi's presence. We are LUCKY to have a traditional Korean Tae Kwon Do Grandmaster who teaches just like generations of instructors before him. I hope you all understand you are part of an extended family who live by respect and honor and always has your back!

Breathing

-Jr. Grandmaster Gibson

The building blocks to developing our body as the most efficient fighting machine are things I have been writing about in the past several newsletters. These include Power and Concentration. You wouldn't think Breathing Control would be so critical in our martial art development but it is very important. As instructors we should focus on teaching deep breathing exercises at the end of every class. I will be more dedicated to teaching this as well.

Controlling your breathing affects your stamina and speed, and your body's ability to receive a blow, and deflect the power of a blow against an opponent. Through practice, stopping your breathing at the critical moment of impact against you, prevents loss of consciousness and dull pain. A goal is to exhale sharply, while stopping your breath, at the

moment of a kick or punch, tensing or abdomen to obtain maximum effort into that attack.

I have learned to never inhale while focusing an attack or defense because it will hinder my movement and I will lose power. Most important and most difficult, practice disguised breathing to conceal any outward signs of emotion (fatigue). An experienced fighter will attack harder when they realize their opponent is at the point of exhaustion or is hurt.

One breath is required for one movement with the exception of a continuous motion.

Next up is how to use your body weight (mass), speed and reflexes to further refine our bodies as fighting machines. Kihap!

Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit



Upcoming Events

- | | |
|-------------|-----------------------------------|
| Dec 13 | Promotional Testing (Topeka) |
| Dec 20 | Promotional Testing (Forest Lake) |
| January 21 | Promotional Testing (Duluth) |
| February 18 | Promotional Testing (Forest Lake) |

SUN YI'S ACADEMY Minnesota Schools

Forest Lake School

Jr. Grandmaster 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 Eric Kirchner
Clay Helberg, 3rd Dan
Duluth Area YMCA
302 West 1st Street
Duluth, MN 55802
218II-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

The Family Tradition~Master Jeff Smith

Many years ago a father and son registered for a TKD class at the YMCA. At that time, neither the father nor the son had any idea what they were getting into or how it was going to impact their lives. The boy was only 6 and dad considered himself too old for TKD. Nevertheless, both stuck with it due in part to a dynamic and enthusiastic instructor. The class was made up of mostly parents and their kids. One month became a year, and a year became two and then 10 and 20. At one point daughter joined the fun. Over 1,000 classes were attended together through the years. Brother, sister and dad shared something very unique. Through the sweat, pain, injuries, mistakes, successes, anxieties, frustrations, practice, trophies, and advancements, a bond was developed between dad and son, dad and daughter, and brother and sister that can't be described. There is no other activity I know of that creates this kind of bond. Maybe it's being on a level playing field where neither parent nor child has an advantage and where there is encouragement and support of each other. The daughter grew up to become an instructor. The son grew up to become a master instructor. Even dad

grew up to be a master instructor and run his own branch school, assisted by both son and daughter.

The kids in this story are mine; Jacki and Ryan Smith. The experience is immeasurable. Sun Yi's Academy is a unique place and offers a marvelous opportunity for families to participate together while also receiving all of the benefits that TKD has to offer. The Shoreview school, like every other Sun Yi's Academy school, contains a mix of dads and moms, sons and daughters, all experiencing something special together. Ask any family in TKD what their experience is. If you're a kid and your parents are not in class with you, encourage them to join. If you're a parent that watches your child in class while you sit on the sideline, consider joining. Give it a try. Not only will you receive the physical benefits, but you will experience something with your physical benefits, but you will experience something with your child that you will relish forever.

Happy Holidays-We Have a lot to be thankful!

We have the fortune of learning Tae Kwon do from a Grandmaster who understands that TKD plays a big role in the cultivation of our culture. If all we learned and taught our students the devastating force that TKD can impart, students may very easily become bullies or use this knowledge to achieve their personal ambitions. It is not important how many students you have, it is how proficient are these students technically, and how are they developing morally as people to help one another and build a stronger society? Confucius said, "Virtue is like the north star, all the stars revolve around it in an orderly fashion." Therefore, people who surround the virtuous person, naturally will act for the betterment of society.

The following are some of the most

important virtues our Instructors must teach and black belts promote in order to build that stronger society: 1. Be humble; 2. Self-criticize for self-improvement; 3. Be soft; 4. Respect of elders; 5. Respect the rights of others; 6. Be just; 7. Let your actions speak for themselves; 8. Develop peace of mind; 9. Be of firm mind; 10. Be devoted. Our societies start in our Do Jang, then move into the bigger society of where we live, and as we role model the above virtues, the society we live, grows stronger.

As our family, you are all invited to share in the holiday spirit of giving and togetherness. December 17, enjoy food, fun, and one another for our 24th annual holiday TKD party! Mrs. G. and I are thankful for you all!