

# NEWSLETTER



## *Determination*

*Is firmness of purpose.*

*I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.*

*~ Bruce Lee*

*A warrior may choose pacifism; others are condemned to it.*

*~ Author unknown*

*It's not whether you get knocked down, it's whether you get up.*

*~ Vince Lombardi*

## Candy Bar Sales

Candy bar sales will run from Monday, February 21 through Friday, March 18.

All money MUST be turned in by Friday, March 18 to be eligible for prizes.

Prizes awarded to top sellers based on number of boxes sold. All prizes will be in the form of **\$\$ KUK SOOL DOLLARS \$\$**

Proceeds from candy bar sales help students who need it to pay their tournament fees in April (in addition to other activities). If you would like assistance with tournament fees this year, please try to sell at least two boxes.

## Good Luck!

# The St. Louis Tournament is April 30, 2001

We would like for everyone to participate. You can do techniques, forms, and/or sparring. If you are competing with techniques, you need to pick three; if you need help choosing, JIKJN would be happy to help you.

Attending your class and extra classes, you will have help sharpening your techniques, form and etiquette. Etiquette is extremely important, it shows pride in your school and yourself. We should always be polite to everyone. It make a lasting impression on everyone you meet.

At the tournament only leave the gym to go to the restroom or to leave the tournament. We need to be sure of where our children are. The mezzanine above the bleachers and the track below are **OFF LIMITS**. These are UMSL's rules not just Kuk Sool rules. We don't want anyone to get hurt.

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## WELCOME NEW STUDENTS



We would like to welcome the new student to the Doh Jang. If you haven't met them yet, please introduce yourself to them when you see them.

### January:

David Troncoso  
Jamie Leatherman  
Alex Myers  
Tom Myers  
Mason Grobbs  
Allen Potter

## Congratulations on Promotions

<b>January Promotions</b>	
White-Dragon Stripe	Kasenna Mamroth
White-Yellow Stripe	Robert McKinney Noah McKinney Tommy Mathews
Yellow-Blue Stripe	Nicholas Sparger Anyha Dorris
Brown Belt	Brigid Costello
Brown-Black Stripe	Rob Marchbanks Meghan Chockley
BlackBrown Belt	Robert Hackman Lynne Griffin

<b>February Promotions</b>	
White-Dragon Stipe	Alex Myers
White-Yellow Stripe	Jeff Kuhn Jason Kuhn Joel Boenitz Della Boenitz Brendan O'Nell Jamie Leatherman Tom Meyers
Yellow Belt	Scott Hamann Joseph Rucker Brian Epperson
Blue-Red Stripe	Justin Goeke
Red Belt	Katelyn Helms
Brown-Black Stripe	Brigid Costello
BlackBrown Belt	Rob Marchbanks Conor Bodkin Claire Huss

# Honor Roll

Congratulation to all the kids of Kuk Sool that have found them on the honor roll so far this year. Good job on all your hard work in school. Keep it up!

Jason Kuhn

Katelyn Helms

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Birthdays	
January	February
Matt Romano	Ruiz Gregory
Eric Towne	Geoffrey Keough
Allen Potter	Zachary Wieman
Jonathan Ruiz	Della Boenitz
Sean Harvey	Kimberly Simmons
Karlee Worthey	
Jeff Kuhn	
Maxwell Harrison	
Jamie Leatherman	
Madeleine Simmons	

# March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 <b>Weapons Class</b>
6	7	8	9	10	11	12
13	14	15	16	17 <b>Color Belt Testing</b>	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 <b>Weapons Class</b>
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29 <b>Black Belt Test</b>	30 <b>Tournament</b>



Enriching the lives of people with disabilities

January 27, 2011

Board Of Directors

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- Daniel G. O'Donnell
- Jane E. Ohmes
- Carolee P. Patek
- Karl E. Ruhmann
- Jeff Strickland
- Cruz Thro
- Thomas J. Westphal
- Annette C. Wexler

Mr. Mike Mabrey  
 Mr. John Harvey  
 Kuk Sool Won Charity  
 1 East Sutters Mill Rd.  
 St. Peters, MO 63376

Dear Mike and John:

The donation from your 2010 Martial Arts Benefit Exhibition has been received by Community Living. Each year, we support over 800 individuals, children to seniors, with disabilities as they strive to be as independent as possible. Your gift helps us in our mission to enrich their lives and is very much appreciated. It is wonderful to have your ongoing support, and I thank you very much.

My special thanks, too, for going above and beyond. I understand that you had to stop payment on your first check and issue another one. Your commitment to people with disabilities is exemplary.

Yours truly,

Barb Griffith, President/CEO

*thanks for all you do!*

President/CEO  
 Barb Griffith

Community Living's Federal Tax ID #: 43-1129770

**RECEIPT**

**Amount Received:           \$1,616.78**  
**Date Received:             January 14, 2011**

*Community Living, Inc., has been granted not-for-profit status under section 501 (c) (3) of the Internal Revenue Service code. Accordingly, contributions made to the organization are deductible for federal income tax purposes subject to the following. All contributions must be supported by this letter. Any amount received for raffles is not tax deductible per IRS regulations. For other items, such deduction is limited to the excess of the amount paid for the item over the fair market value. For auction items purchased, the fair market value is at the buyer's discretion if no fair market value is indicated. The value of all donated in-kind items determined by the donor. In any event, we encourage you to consult your tax advisor regarding deductibility to you.*

