

NEWSLETTER



Congratulations and thank you to everyone who participated in tournament.

Commitment

Is keeping a pledge or promise.

Should you desire the great tranquility, prepare to sweat.

~ Hakuin

The harder you train, the harder it is to surrender.

~ Vince Lombardi

Anyone can dabble, but once you've made that commitment, your blood has that particular thing in it, and it's very hard for people to stop you.

Bill Cosby Comedian, Actor (born 1937)

Congratulations to our 4 Grand Champions!

KSN Jennifer Stuckstede - Women 18 - 39

KSN Eric Towne - Men 18 - 39

JKN Jarod Sullivan - Youth

JKN Sean Harvey - Junior

Congratulations to all of our newly promoted and new black belts!

4th Degree - Sa Beom Nim
Duffy Keough

1st Degree - Jo Gyo Nim
Teresa Johnson
Paul Conley
Mark Brown

2nd Degree - Gyo Sa Nim
Jimmy Bodkin
Dustin Gray
Sean Gouveia
Jessica Fleeman

WELCOME NEW STUDENTS



Sabri Tebourbi April

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.

Ibrahim Zakaria May

Congratulations on Promotions

March Promotions	
White-Yellow Stripe	Alex Fisher
Yellow Belt	Tommy Mathews
Blue Belt	Ben Zerr Nicholas Sparger Anyha Dorris
Red Belt	Max Hasson Henry Griffin Isaiah Walker Tyler Bodkin Luke Benson Sean Hampton Justin Goeke
Red-Brown Stripe	Faith Kasper Katelyn Helms
Brown Belt	Dylan Hamann
BlackBrown Belt	Meghan Chockley Brigid Costello

Congratulations on Promotions

May Promotions	
White-Dragon Stripe	Sonia Patil Om Patel
White-Yellow Belt	Steven Haefner Kidus Woldergay Brady Turnbaugh Vineel Kothuri Sophie Shaver Alex Myers Aaron Wakefield Paul Richers
Yellow Belt	Maxwell Harrison Robert McKinney Noah McKinney Brendan O'Neill Tom Myers
Yellow-Blue Stripe	Max Schoening Brian Epperson

The 2011 Kuk Sool Won tournament was a turning point in my adult life. I had spent many years training in other styles, and went to many other competitions, but as a young adult. I learned what my body could do when I pushed it. I learned what integrity, perseverance, and self-discipline were. Then, life's difficulties set in, and I found less-than-productive ways to cope. All the self-esteem and self-respect and dignity I had gained were lost for many years.

Once I got my life together, I started to want to experience the things I had experienced before things went so wrong. I wanted to train again, but I thought I couldn't do it anymore. Then I met Masters Jack and Lee Harvey. I started training again. When the tournament came up, I was encouraged to compete, but was terrified of failing. Through Master Harveys' patience and encouragement, I entered. I was able to bring home two silver medals. I was truly surprised. The tournament was an eye-opening experience. It showed me that I could still do it. I'm older, and my body doesn't always agree with my brain (yet!), but it will only get better. I can't wait for the next tournament!

Paul Riechers

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!

Nick Sparger - A's

Blake Peters

Jason Kuhn - A's

Mack Johnson

Henry Johnson

James Higgs

Katelyn Helms

Max Harrison

Sean Hampton

Dylan Hamann

Henry Griffin -A's

Joel Boenits

Della Boenits

Tyler Bodkin

Conor Bodkin

Events

July 2 Weapons

9:00 am Beginners

10:00 am Advanced

11:00 am Korean Culture

July 4 - 9 Summer Break

No Classes

July 14, 15 Color Belt Testing

Bring sparring gear to class Monday and Tuesday

July 16 Black Belt Testing

9:00 am Starting

(location to be determined)

July 23 Block Party

2:00 pm @ the Johnson's House

(if you need directions just ask)

August 5-7 Summer Camp @ Cuiver River State Park

Friday, 4:00 pm Camp Starts - dinner will be served

Saturday, All day activities

Sunday, 1:00 pm Camp ends everyone needs to be gone

August 18, 19 Color Belt Testing

Bring sparring gear to class Monday and Tuesday