

NEWSLETTER



My name is Melinda Bodkin and I have taken over our Kuk Sool Won newsletter. If you have anything that you would like added to the news letter in the future, please have JIKJN Jack or PKJN Lee put it in the newsletter folder they keep at the front desk. I will be happy to try and work it in.

Anyone wanting to place orders and use them as Christmas presents please give them to JIKJN before Thanksgiving so that they will be in before Christmas.

A BIG THANK YOU FOR ALL THE HELP

JIKJN Jack and PKJN Lee would like to thank everyone that came in to help with classes while they had to go out of town.

Integrity

*When others act in a bad way,
And want the same of me.
I look at them and then I say,
"I have Integrity."*

*They want to know what is this word,
That gives the strength to show,
I know the difference in right and wrong,
And learned to just say no.*

*I tell them in my training,
I learn in such a way,
To walk the path on higher ground,
And live right every day.
Through martial arts I grow and find,
The person deep in me.
I will stay the path in body and mind,
Even when no one is there to see.*

CONGRATULATIONS TO ALL THE COMPETITORS THAT WENT TO HUSTON

Congratulations to KSN Jennifer Stuckstede, JKN's Jared Sullivan, Sean Harvey and DBN Mary Smythe who all competed in the Huston Tournament.

DBN Mary received:
Gold in Form
Third in Breaking and Sparring

KSN Jen received:
Gold in Sparring and Breaking
Silver in Techniques
Third in Forms, Staff and Sword

JKN Jared received:
Fourth in Form and Techniques

JKN Sean received:
Gold in Techniques
Silver in Sword
Third in Form and Staff



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.

June:
Karlee Worthey
Lisa Worthey
Steven Haefner

July:
Jason Kuhn
Jeff Kuhn

Andrew Davison
Scot Scharlach
Joseph Rucker

August:
Meghan Chockley
Scott Hamann

September:
Mauricio Espinoza
Andrew Sabo-Buhrman
Sonia Patil



THANK YOU TO ALL THAT HELPED WITH THE BUTTER BRAID SALE

We raised nearly \$1900 to go to the boosters to help with Kuk Sool events.

A reminder to all who would like to attend a Booster Club meetings are usually Tuesday nights at 7:00 p.m. If this isn't a good time for everyone it can be changed to a more convenient time. If we do not have your email address and would like to receive emails about booster activities, please turn it into the Booster box on the counter.

Congratulations on Promotions

September Promotions	
White-Dragon Stripe	Jason Kuhn
Yellow-Blue Stripe	Justin Goeke
Red-Brown Stripe	Meghan Chockley
Brown-Black Stripe	Lynne Griffin
BlackBrown Belt	Mack Johnson
	Henry Johnson

October Promotions	
White-Yellow Stripe	Scott Hamann
	Anyha Dorris
Yellow Belt	Nicholas Sparger
Yellow-Blue Stripe	Ben Zerr
Blue Belt	Katelyn Helms
Red Belt	Brigid Costello
Brown-Black Stripe	Robert Hackman

HALLOWEEN PARTY

Thank you to everyone that came to the Halloween Party. It was a great turnout. Lots of great costumes, games, and good eats.



WHAT IS A FRIEND

A friend is one who feels the heartache
When darkness overshadows you,
A friend is there to give you comfort
and a hand to help you through.
A friend watches from a distance,
But stands close enough at hand,
That even when no words are spoken,
You know that they understand.
A friend counts himself as lucky
To be able to stand by
For the fondness of a friendship
Is such a lovely blessed tie.

From "He Speaks to Me" by Gail Jennings West

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!

Anyha Dorris
Blake Petters - all A's
Conor Bodkin - all A's
Della Boenitz
Dylan Hamann
Henry Griffin - all A's
James Higgs
Jason Kuhn
Joel Boenitz
Justin Goeke
Nick Spaiger - all A's
Tyler Bodkin
Sean Hampton

Calendar

November 6, 2010

Weapons Class

Beginners 9:00 am
Advanced 10:00 am
Instructors 11:00 am

November 18 & 19, 2010

Color belt testing

Starting at 6 pm

November 25, 26, & 27, 2010

The Doh Jang will be closed for Thanksgiving.

December 4, 2010

Weapons Class

Beginners 9:00 am
Advanced 10:00 am
Instructors 11:00 am

December 10, 2010

Christmas Party

Starts at 6:00 pm

December

You're Invited

The annual Kuk Sool Holiday Party will be December 10, 2010, at the Lake St. Louis Club House. Starting at 6:00 p.m. Please bring a covered dish.

Music will be provided by Ipod and live Kuk Sool players. If you can play an instrument or sing; talk to KJN's about filling a spot.

If you need directions KJN's will give them too you.

November

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

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Weapons Class
5	6	7	8	9	10 Holiday Party	11
12	13	14	15	16 Color Belt Testing	17	18
19	20	21	22	23	24 Closed For The Holidays	25
26	27	28	29	30	31	
Closed for the Holidays						

HOW TO TIE YOUR BELT

