

The U.S. International HKD Federation Monthly Newsletter

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A Positive Attitude is Key to Being a Great Leader

By Grand Master Lee



When people get older, they usually cannot see up close. Maybe God created us this way, so that we will focus on the big picture and can look past the small problems that try to get in our way and obscure our view.

When people get older, they usually cannot hear very well. Maybe God created us this way, so that we mostly hear the robust excitement of positive words that can create hope, and not so much the whispering, secretive words of negativity, gossip, and envy, which can create doubt and block one's way.

When an older person walks, they must take care not to go too far, too quickly, or into areas of dangerous terrain. This could be a metaphor for the way in which we approach life. We should tread carefully and wisely, without rushing into things. We benefit from our deliberate thinking and wisdom.

When people get older, their hair usually turns grey. Maybe God created us this way so that others can see from a distance who the elders are, and know where to go for guidance. Grey hair is a symbol of wisdom - it can be a visible indicator of a person's wealth of knowledge and experience.

When people get older, they sometimes begin to forget things. Maybe God created us this way so that we tend to forget more of the negativity of life, leaving more room in our brains for the positive memories of life. This then allows us to pass on our positive life experiences, instilling an attitude of hope to the next generation.

So often in life, we actually seek negativity through our bad decisions and choices. In the process, we overlook countless opportunities to improve our lives with positive decisions and choices, simply because we are focused on the negative. Humility and a positive attitude are never more than one decision away.

We have all been given much and must always be mindful of these blessings, which helps us develop a positive attitude in ourselves and in others and gives us an opportunity for positive growth.

We need to remember that we are a team at KMA and that every victory or defeat is ours to share. Praise should always flow downward, meaning that senior masters should draw attention to the accomplishments of their subordinates. Meanwhile, the junior masters and assistant masters should draw attention to the accomplishments of the junior instructors, who in turn should draw attention to the accomplishments of the students. This way of building up those below us in rank or title will cause them to have greater respect for their leaders.

With positive attitudes and encouragement, KMA will continue to help build the great leaders of tomorrow.

- GM Lee



Congratulations on Your Promotion!

The KMA Hap Ki Do Academy conducted its 298th Gup testing and promotion on January 28, 2012. The testing was a great success, and many of our students were promoted to their new ranks. The testing board consisted of Master Rick Brown, Assistant Master Jason Ricker, Instructor Noe' Rizo, Instructor Brandy Brown and Instructor Tom Burbank.

Grand Master Lee is very proud of all the testing board members and the students, for a job well-done!

2012 World Hap Ki Do Championship at Kellogg Arena



On Friday, January 20th, Grand Master Lee met with the several of the USIHF senior referees and other advisers to begin planning the 2012 World Hap Ki Do Championship schedule of events, and to review and make amendments to the official rules and regulations for Hap Ki Do competition. The group discussed possible changes to the age and weight categories, aimed at streamlining the event and making it more fair to all of the participants. The group is optimistic that this year's championship will continue to improve on all of our past successes.

Present at the meeting were Senior Referees Master Mike Ormstead, Master Frank Sacchetta, Master Juan Rangel, Master Dean Wainwright, Assistant Master Jason Ricker and Instructor Cindy Wagner. Also present were Ms. Barbara Engelhart and Mr. Greg Smith. Grand Master Lee would like to express his thanks to everyone in attendance for lending their time and talents to the success of the 2012 World Hap Ki Do Championship! You are all great leaders in our organization!

Students are **HIGHLY** encouraged to sign up for the **A2 Martial Arts Championship in March!**
Visit www.A2MartialArts.com to sign up and get involved!

Welcome Back, Master Bob Schreiner!



After an extended absence, Master Bob Schreiner is returning to KMA!

Master Schreiner has been a student of Grand Master Lee's since 1980, and he is a deputy with the Kalamazoo County Sheriff Department. He is a great instructor, and we are very excited to have him back!

Master Schreiner will be teaching the Free-Sparring class on Fridays, and the new Ground Fighting class on Wednesdays! When you see Master Schreiner around the school, please introduce yourself and give him a warm welcome!

KMA 2012 Class Schedule

Monday

10:00 - 10:50am Family Class (Ages 4+) - Wagner
5:45 - 6:30pm Kids Class (Ages 7-12) - Brown
6:40 - 7:40pm Adult Class (Ages 13+) - Ormstead

Tuesday

5:10 - 5:40pm Little Eagles (Ages 4 - 6) - Ricker
5:45 - 6:30pm Kids Class (Ages 7-12) - Brown
6:40 - 7:30pm Family Class (Ages 4+) - Brown
7:40 - 8:20pm Adult Demo Team (Team Members ONLY)

Wednesday

5:45 - 6:30pm Kids Class (Ages 7-12) - Brown
6:40 - 7:40pm Adult Class (Ages 13+) - Ormstead
7:45 - 8:30pm Ground Fighting - Schreiner

Thursday

5:10 - 5:40pm Little Eagles (Ages 4 - 6) - Ricker
5:45 - 6:30pm Kids Class (Ages 7-12) - Brown
6:40 - 8:00pm Youth Demo Team (Team Members ONLY)

Friday

5:45 - 6:30pm Free-Sparring (Ages 7+) - Schreiner
6:40 - 7:40pm Adult Class (Ages 13+) - Ricker

Saturday

9:30 - 10:30am Kids Class (Ages 7-12) - Brown
10:40 - 11:40am Adult Class (Ages 13+) - Rangel
11:45 - 12:30pm Black Belt Training - Rangel

UPCOMING EVENTS:

KMA Ski Club: 02/04/2012 @ 3pm
KMA Ski Club: 02/11/2012 @ 3pm
Breaking Seminar: 03/03/2012 Time TBA....