

KMA HAP KI DO NEWS

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What Hap Ki Do Has Done for My Family by Michelle Charon



Michelle, John, Ethan, and Jessi Charon

A little over a year ago, I was looking for an answer...something that could help our son focus. I had been doing some research and came across some reports about how martial arts can help children and adults with ADD (Attention Deficit Disorder). I learned how the martial arts philosophies and training center around discipline, focus, physical activity, and how meditation is used for the redirection and balance of thoughts. Feeling like I had found an answer, I began to call several different schools. I knew nothing about martial arts, so I had nothing to go on really except the ads in the phone book. I scheduled appointments and then we talked to Master Schreiner. Having known him for several years, we talked to him about the phone calls I had made and the appointments that were scheduled. At that time, Master Schreiner was amused with my efforts and encouraged me to go to all the other schools and look around, and then, after seeing how other schools operated, to come talk to Master Lee and then decide which school fit our needs best. He insisted that we look around so we had something to compare to when we arrived. He was totally confident that KMA was absolutely unique. He repeatedly challenged me to look around first, but I refused! We went to KMA first, before any other school...and we never left! It took mere seconds to see the wonderful gifts KMA has to offer! I was beyond impressed with the first class that we had observed. I felt totally welcome and utterly awed because I had never experienced anything like what I walked into. I noticed that the instructors taught with pure dedication, sincerity, and expertise. Not only were students being taught a unique art, but also respect, confidence, integrity, spirituality, and how to become honest, productive citizens. So, we signed Ethan up for class. We hoped for the best, but expected nothing. At the first class Ethan attended, he meditated for the first time...he actually was able to sit still for the

entire meditation and close his eyes. I had never seen him sit that still. I knew we had found our answer.

About 2 months after Ethan started taking classes, Jessi began taking classes too. We were so proud of the progress Ethan had made so far...I knew only positive things could come from Jessi joining too. Jessi had taken ballet classes for 4 years at that point...focus comes easier for her and I knew the technical skills would come quickly for her too. I had not anticipated the much needed increase in confidence that I soon witnessed. She too, found a calmness inside herself and a true respect for the art itself.

Then, 6 months later, John and I began taking classes too...outranked by our children. As excited as I was to join, I was also a little apprehensive. I was getting to know so many people at KMA. I was not confident of my abilities to learn all that was involved in Hap Ki Do. I wanted to be more fully involved with KMA. I wanted to become more physically fit and I wanted a goal that our entire family could work toward together. We continue to work toward that goal...whether it is inner harmony, physical fitness, the ability to defend ourselves if required, focus, confidence, or discipline. We have a "common ground" that we meet on every time we walk through the doors at KMA. Life throws so many curve balls that we seem to dodge on a daily basis - we regroup as a family when we are on the mat. The regular problems associated with life tend to evaporate as soon as we walk in the door.

We have always felt a sincere welcome and sense of belonging at KMA. Grand Master Lee, his family, Master Schreiner, Mr. Ormstead, and all of the instructors have always made us feel welcome and we are honored to call them our friends.

We now have an extended family...so many of the people at KMA have become close friends of ours. Master Schreiner's confidence and dedication brought us here. He has a trueness of spirit that I respect. I am truly grateful for his friendship and his talent as a leader and a teacher. Master Lee and Mrs. Lee have welcomed us with open arms. I am moved by their virtue and I am blessed with the opportunity to know them. I am awed by Master Lee's ability in the art of Hap Ki Do. What an honor to be trained by such a man!

Hap Ki Do has given us more than I can put into words. Hap Ki Do has given us as a family, another point of unity. It has given us new friends and family. It brought us to KMA.

Grand Master Lee Visits Korea



Annual National Hap Ki Do Federation Competition Dignitaries in Seoul, South Korea. Grand Master Lee is the fourth person pictured

Grand Master Lee visited South Korea in May to participate in the Annual *National* Hap Ki Do Federation Competition. Master Lee was invited to serve as a dignitary and awards presenter for over 800 competition participants. Master Lee also made preparations for KMA to compete in the Tri-Annual *International* Hap Ki Do Martial Arts Competition in 2007.

The competition is tentatively scheduled for Sunday, July 22. With that date in mind, KMA would be leaving BC around July 17, allowing enough time to recuperate from jet-lag before the competition. This will be about a 10-day trip. Dates are subject to change – we will notify you as soon as they are confirmed. The approximate cost to each traveler will be between \$2,500 and \$3,000, which includes all travel expenses, room & board, competition fees, and sight-seeing fees. All KMA students and their families are welcome to go, whether competing or not. Students 18 years old and younger must be accompanied by a parent.

Weather Policy Change

For the safety of our students, **KMA will be closed during “Tornado Watches” and “Tornado Warnings”**. If a Tornado Watch is announced in advance, to be in effect during KMA class hours, KMA will be closed. If a Tornado Watch is announced during KMA class hours, class will be stopped and students will be sent home. For students whose ride is not at KMA, Class Instructor(s) will stay at KMA until their ride arrives. Parents – please stay posted on the weather advisories.

If a **“Tornado Warning”** is announced during class, everyone inside the school will take cover in the Girls' Locker Room until the warning has expired. We can be reached by calling 317-0552, 830-3107, or 209-7316.

If KMA must close for any reason, it will be announced on WBCK (AM 930), KEENER (FM 103.3), WOOD TV (Channels 8 & 41), and WWMT (Channel 3).

KMA Invited to Participate in 3 Events

KMA has been invited to participate in three summer events – please plan to participate if possible:

Battle Creek Cereal Festival Parade, June 8

KMA students will march in the Battle Creek Cereal Festival Parade, **Thursday, June 8**. We will be stopping at points along the parade route to provide a short Hap Ki Do demonstration. This will be a fun time for **every student** to participate in – **we**

need as many students as possible - of EVERY RANK!! We will meet at 5:00 for parade line-up in the Davenport College parking lot (on Van Buren Street) in “THE BLUE LOT”. Wear your full uniform (**BLACK** T-shirt, uniform jacket, uniform pants, belt, and comfortable shoes (no flip-flops)).

Relay For Life, June 16-17

KMA students will again participate in the American Cancer Society Relay for Life which is being held at Lakeview High School this year, **June 16 & 17**. KMA will have the canopy set up with someone on-hand for the entire 24-hour period. We will do a demo the evening of June 16 – this will be the KMA combined Friday night class – **no class at the school that night**. You are welcome to pitch a tent by the school canopy – spend a couple hours or the whole night (**parent(s) must stay with children**). A sign-up sheet will be available at KMA for you and/or your family member(s) to designate a time to walk/run the track. As always, our goal is to have someone from KMA walking/running the track during the whole 24-hour period. **IMPORTANT!! All Saturday AM classes will be held at KMA at the normal times.**

Food, Home, Health, & Recreation Show, July 22-23

KMA students will provide a total of four Hap Ki Do demonstrations for the Food, Home, Health, & Recreation Show, **July 22 & 23**, at Kellogg Arena. A stage will be set up for our 20-30 minute demos - Saturday demo times are 10:00 and 1:00; Sunday times are 11:00 and 1:00. This event normally costs \$4 admission - **BUT EVERYTHING, INCLUDING FOOD, IS FREE FOR EVERYONE FROM KMA – EVEN FOR ALL YOUR FAMILY MEMBERS.** You will need tickets, however, so be sure to get those in the KMA office before the event. We are told there will be **60 food vendors** with pizza, ice cream, Zucca's goodies, and way more – **all free for you and your family to enjoy.** This event is sponsored by Felpausch, BC Enquirer, BC Health System, WBCK, and other local organizations. KMA was highly recommended to participate in this event by the BC Enquirer and WBCK and we appreciate that very much. It sounds like a lot of fun and, again, **we need as many students as possible of EVERY RANK!!**

Please mark your calendar now to participate in these events!



Happy June Birthday Wishes!!

Max Craig	6/4	Kaylynn Brown	6/12
Philip Paul	6/5	Jordan Ghery	6/17
Michaela Towery	6/5	Tyler Grossman	6/19
Rick Brown	6/7	Richard Engelhart	6/21
Tina Pestun	6/8	Calista Cronin	6/28
Dustin Ledbetter	6/8	Jesse Struble	6/29
Chris Micklatcher	6/11	Cierra Barker	6/30

Thought for the Month

There is no key to happiness – the door is always open.

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