

KMA HAP KI DO NEWS

Volume 22

www.heekwanlee.com 269.963.KICK

September 2006

What Hap Ki Do Has Done for Our Family

By Mark Pestun



Mark, Katherine, Tina, and Jacob Pestun

We realized that we needed to get the kids into a martial arts class for self defense, so we called KMA. We were very impressed with the school; so much so, we wanted to join in with all the other students. It is wonderful that everyone here at KMA is so welcoming and friendly. The instructors and fellow students are very respectful and encourage each other to succeed in reaching the next goal. It has only taken a short time to see the difference Hap Ki Do has made in Jacob; his focus and ability to control his actions have greatly improved. Katherine's confidence and determination are inspiring.

Along with the mental conditioning, we have all become more physically fit. Hap Ki Do has taught us more about setting goals and reaching them - pursuing and conquering the next challenge. Who would have thought that a 38-year-old could learn to do a cartwheel, or a front hand spring? It is amazing to see the improvement in the strength of all of us since we started.

Surprisingly, Hap Ki Do hasn't stopped with the mental and physical aspects; we have also seen the heart of KMA that is truly overwhelming. Having the scriptures on the wall told us right away that we were at the right place. We love the special attention taken for important organizations, like the American Red Cross and the American Cancer Society, which has allowed us to contribute to the community.

The most important thing Hap Ki Do has done for our family is it has allowed us to spend time together

pursuing a worthwhile activity. The combined classes on Wednesday and Friday show the commitment Grand Master Lee has for families to spend quality time together learning all Hap Ki Do instills, such as respect, discipline, and self-confidence. It has been a blessing to have Hap Ki Do teach all of these virtues in such a way that is enjoyable for the entire family.

KMA Yard/Bake Sale Fundraiser

On August 19, KMA held a yard/bake sale fundraiser to raise funds for our 2007 Korea trip. Even though we had a few showers, **we raised a total of \$600**. Homemade kim-bop, chicken wings, apple pies, and cookies were just a sampling of the delicious foods donated by KMA students and families. **Thank you all** for your donations of beautiful artistic signs, yummy goodies and sale items, as well as your time and energy.

Upcoming KMA Fundraisers – We Need You!!

KMA Car Wash, September 9, 10:00-4:00

On September 9, KMA will host a car wash in our parking lot, 10am to 4pm. **Please add your name to the sign-up sheet & hope for sun!!!**

Black Belt Test Bake Sale, September 16, 9:30-2:00

On September 16, Black Belt Test day, we will hold a bake sale. **Please add your name to the sign-up sheet.**

KMA T-Shirts

Bekah Frailey (Austin's Mom) has generously donated her time and all the materials to make personalized T-shirts for anyone who would like to buy one - \$15/youth; \$20/adult. Check out the model by the office & order yours today! **Order forms are on the check-in table.**

KMA Recipe Book

We are putting together a KMA Recipe Book - we need your recipes, your Aunt Matilda's recipes, & any other yummy recipes you can share. **We need recipes by September 30, so books can be ready by December 1** – great stocking stuffers! **Pick up your recipe forms & instructions today!!**

KMA 2007 Wall Calendar

We are putting together a KMA 2007 wall calendar with lots of photos of KMA students. **We plan to have these also ready for sale by December 1** – another great stocking stuffer! Look for more details in the near future.

Pop Can/Bottle Drive, November 25, 9:00-4:00

Save your cans & bottles now for our drive November 25, 9-4pm. We will need: a volunteer with a vehicle that can carry containers of cans/bottles (sometimes not real clean); people to collect door-to-door (including at least one adult per group); people to do the recycling at Meijer after 4pm. **Please add your name to the sign-up sheet.**

Black Belt Test, September 16, 12:30pm

The annual KMA Black Belt Test will take place on Saturday, September 16, at 12:30pm. **We will have Saturday classes as usual that morning.**



Superfest, September 23, 4:30pm

All KMA students are encouraged to participate in the Hap Ki Do demonstration at the All Saints Superfest on the grounds of St. Joseph Church/School on Saturday, September 23, at 5:00 p.m. **Please plan to arrive at 4:30 with your full uniform.** This is a fun event for the whole family with a carnival atmosphere – rides, food, auctions, and more. Free admission to all KMA students and families, but there is a cost for rides and food items. **WE WILL HAVE CLASSES AT KMA THAT MORNING.**



KMA Korea Trip - 2007

Many people have expressed an interest in going to Korea next year. We believe this trip will serve as a bridge to strengthen relationships with the Hap Ki Do Federation and other civic leaders in Korea. Our plan is to invite the Hap Ki Do Federation to conduct the next Tri-Annual International Hap Ki Do Martial Arts Competition in the Battle Creek Kellogg Arena - in 2010.

Our next planning meeting is September 26, at 8:00pm. Korea Trip Planning Meetings are always the **FOURTH TUESDAY OF THE MONTH, AT 8:00**, following a half-hour Demo Team Practice. All travelers need to attend these meetings and even if you're still just considering going, it would be good for you to attend too.

August Gup Promotions

Congratulations to students promoted to:

2 nd Gup	Josh Staley
3 rd Gup	Jeffrey Cullen, Brandon Farkas, Anthony Spahr, II
4 th Gup	Brandon Barnes, Christina Taoy
5 th Gup	Daniel Spahr, Dave Walters, Kyle Walters
6 th Gup	Elizabeth Barnes, Austin Frailey
7 th Gup	John Charon, Michelle Charon, Andrea Grimm, Cody Moody, Jacob Pestun, Katherine Pestun, David Rapp, Shaun Rapp, Robert Ricker
8 th Gup	Regan Miner, Jacob Moody, Crystal Perez, Mark Pestun, Allison St. Clair, Cameron Weaver
9 th Gup	Brady Craig, Geoff Craig, Max Craig, Trent Lem, Yuichi Tsukamoto



Welcome, New Students!!

Austin Bergstresser	Theodore McNeir
Andrew Henry	Tara Patterer
David Lavoisier	Dharia Piper-Owens
Jason McNeir	Lisa Piper-Owens



Happy September Birthday Wishes

Paige Dredge	9/1	Tom Burbank	9/12
Lori Huling	9/2	Peter Patterer	9/14
Kayleen O'Boyle	9/4	James Scholly	9/14
Shiane Tidwell	9/4	Tevin Wines	9/14
Geoff Craig	9/8	Gage Hammock	9/16
Shaun Rapp	9/8	Catlyn Clark	9/17
Marquee Shephard	9/9	Jamie Daily	9/18
David Huling	9/10	Katie Lee	9/19
Ralph Watkins, III	9/12	Lawrence McCarty	9/26

Weather Policy Reminder

For the safety of our students, **KMA will be closed during "Tornado Watches" and "Tornado Warnings".** If a **"Tornado Watch or Warning"** is announced in advance, to be in effect during KMA class hours, KMA will be closed.

If a **"Tornado Watch"** announcement is made during KMA class hours, class will be stopped and students will be sent home. For students whose transportation is not at KMA, Class Instructor(s) will stay at KMA until student transportation arrives. Parents – please stay posted on weather advisories.

If a **"Tornado Warning"** announcement is made 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, or 269-580-0402.

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).

Thought for the Month

The highest reward for a man's toil is not what he gets for it but what he becomes by it.--- John Ruskin

KOREAN MARTIAL ARTS, LLC
1600 WEST GOGUAC STREET
BATTLE CREEK, MI 49015
269.963.KICK (5425)
www.heekwanlee.com
www.koreanma.com