

# KMA HAP KI DO NEWS

Volume 18

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May 2006

## KMA Trip to Korea - 2007



Grand Master Lee is traveling to Korea this month to make preparations for KMA to compete in the International Hap Ki Do Martial Arts Competition in 2007. This competition takes place every three years and is open to KMA students of all ranks. Teams from all over the world compete and KMA will be one of the teams representing USA.

When Grand Master Lee returns, he will have more information on the cost to each traveler and date of the trip. All KMA students are eligible to go – students 18 years old and younger must be accompanied by a parent. Look for more details in the June newsletter. If you have any questions, ask Grand Master Lee.

## What Hap Ki Do Has Done for My Family and Me by Jason Ricker



As a family, Hap Ki Do has brought us together in a common interest. Like many families in modern society, our family is very hard pressed for time together. Melissa and I have both been working parents since Stewart was born and at the same time, we have been students struggling to finish college. We have obligations to bosses, co-workers, extended family, and friends. Because of all these pressures, the most important obligation (our own small family) has many times taken the back seat to the chaos of life. Hap Ki Do has become very precious to us because it's one thing that we all participate in.

Specifically for me, Hap Ki Do has been a spiritual, mental, and physical challenge. When I first began Hap Ki Do in 1998, I was a young kid just out of basic military training and the USAF Security Forces Academy. I felt like there was nothing I couldn't accomplish and it made

me a bit cocky. Master Schreiner and Mr. Ormstead quickly put a stop to that kind of thinking by challenging my character and making me realize that there was always room to learn. They also showed me that no matter how "bad" you think you are, there's always someone a little bit "badder" than you.

After 9/11, I had to take a long break from Hap Ki Do to fulfill my military obligation overseas. Shortly after returning, I developed an irregular heart rhythm that could not be diagnosed. It was a very frightening experience and it caused me to stop almost any kind of hard exercise for fear that I might have a heart attack. I lost a lot of confidence and got physically out of shape. It took years for me to get up the courage to return to Hap Ki Do. After my return, I leaned heavily on Grand Master Lee and Master Schreiner for guidance and it paid off. Now I am back to my old self, regaining my confidence and getting back into shape. I will be forever grateful for the support I have received from every instructor and student at KMA.

For Melissa, who began in 2004, the first big payoff of Hap Ki Do was that it brought our family closer together. It enabled Melissa and I to understand each other's values and put us more on the same page in family issues. As Melissa progressed through the ranks, she began to feel a sense of accomplishment and confidence that she had never experienced before in her life. She has overcome many old fears and self-imposed physical limitations. Things like punching through boards and doing cartwheels have now become reality instead of fantasy. Now, as a Blue Belt, Melissa has the confidence to take on anything from an empty night-time parking lot to the intense stresses of work and family. And because of the opportunity to pray during every meditation period, she is experiencing a spiritual fulfillment and feels closer to God than ever before. The idea of earning a Black Belt has become a question of "when" rather than "if".

Stewart's experience in Hap Ki Do has been much like other kids. He enjoys the punching, kicking, and yelling as much as anyone else. As he gets older, he is starting to learn the values and moral lessons of Hap Ki Do. He is interested in becoming physically fit and always strives to do the right thing. As he faces the challenges and decisions of life, the question often comes up: "What would Master Lee think if he were here?" Stewart always tries his best when he hears that question. Hap Ki Do has helped Stewart with his experiences in school as well. The discipline has taught him to work hard academically. He also has the confidence to say what he feels in class discussions. Hap Ki Do has also rewarded Stewart with many new friends.

Hap Ki Do is a very important part of all our lives and we are honored to be a part of it. We are very excited to see what the future holds for this school.

## KMA Invited to Participate in 4 Events

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

### Asian/Pacific Festival, May 11

KMA has been invited to participate in the Asian/Pacific Festival at the VA Hospital on May 11. This will probably be a Demo Team event. We will post all the details as soon as they're available this week.

### 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 two 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 – details on location will follow as they are available. Also, once we know the route, we will let everyone know where the best photo ops will be.

### 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!**

## April Gup Promotions

**Congratulations to students promoted to:**

4 <sup>th</sup> Gup	Avery Barker, Marcus Quinlan
5 <sup>th</sup> Gup	Brandon Farkas, Devin Farkas, Melissa Ricker, Christina Taoy, David Walters
6 <sup>th</sup> Gup	Jessi Charon, Tanner Cruz, Haydn Farkas, Chandler Klein, Tanner Micklatcher, Daniel Spahr
7 <sup>th</sup> Gup	Stephen Jessup, Zachary Scholly, Kyle Walters
8 <sup>th</sup> Gup	John Charon, Michelle Charon, Austin Frailey, Grant Hernandez, Cody Moody, Jacob Moody, Jacob Pestun, Katherine Pestun, Mark Pestun, David Rapp, Shaun Rapp, Robert Ricker, James Scholly, Joseph Sudduth
9 <sup>th</sup> Gup	Andres Hamilton, Claire Hernandez, Conner Livingston, Regan Miner, Justin Yurchenko



**Welcome, New Students!!**

Conor Lohman	Crystal Perez
Quintin Lohman	Tina Pestun
Matthew O'Meara, II	Shiane Tidwell



**Happy May Birthday Wishes!!**

Nathaniel Micklatcher	5/1	Daniel Spahr	5/21
Zachary Scholly	5/2	Nathan Drass	5/22
Austin Elliott	5/4	Josh Paul	5/22
Katherine Pestun	5/6	Shane Towery	5/22
Jayme Ghere	5/13	Christina Taoy	5/24
Kalab Gary	5/17	Paul Cha	5/26
Derrick James, Jr.	5/17	Bailey Tyler	5/26
DeAnna Williams	5/17	Regan Miner	5/28

### **Thought for the Month**

There is a good plan for every one of us.  
Jeremiah 29:11

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