



KMA HAP KI DO NEWS

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Jim Kolar Enjoys Hap Ki Do



Jim Kolar

How many times in your life have you said: "I wish I would have done this or that when I was younger"? Well I have said it many times and since I'm surely not getting any younger, I decided to do something I always wanted to do, knowing that if I didn't, I probably never would and it would be just another one of those regrets that I'd take to my grave.

Ever since I was a young boy and as I progressed through the years I wanted to become a black belt in some martial art, an airplane pilot, a geologist, a police officer, a mountain climber and the list goes on, but for many reasons I just never pursued those dreams. Most often I think it was because I let things stop me and I think that if I would have been more focused on making them happen they would have. Well now I have a focus on Hap Ki Do and I'm loving it!

I had heard about Hap Ki Do through a friend at work who is also a friend of Master Lee's. One winter day we decided to go snowboarding and my friend invited Master Lee to join us and so I was introduced to him. I probably asked Master Lee 50 questions about Hap Ki Do while we were riding the chairlifts that day. (I hope I didn't wear your ears out Master Lee). I think it was a combination of the answers he gave me, his personality and my observation of a class a few days later that made me jump in with both feet.

I signed up just a couple weeks shy of my 54 birthday and have been at it for 14 months now. Though I'll admit that I really feel some of the workouts for a few days after they're finished, I am more limber, slimmer and confident and I would recommend Hap Ki Do to anybody. Not only is it teaching me valuable skills, but it is fun and I've made many new friends to boot. I am now fulfilling one of my dreams that I had put off for so long and it really makes me feel so much better about myself and my life.

Welcome, Portage Hap Ki Do and Hudsonville Hap Ki Do



Master Schreiner, Grand Master Lee, Jason Ricker, Master Ormstead

KMA would like to welcome two new satellite schools, Portage Hap Ki Do, and Hudsonville Hap Ki Do. Jason Ricker is the head instructor of Portage Hap Ki Do, which is located in the Portage YMCA. Alejandro Alejos is the head instructor of Hudsonville Hap Ki Do, which is located at 2340 Chicago Drive, Hudsonville, MI. These schools have chosen to base their curriculum and promotions on the KMA model and will now be recognized by the International Hap Ki Do Federation as an official satellite of KMA.

Welcome, Portage Hap Ki Do and Hudsonville Hap Ki Do!

Great Lakes Hap Ki Do Championships, Kellogg Arena, October 4, 2008

KMA will host an International Hap Ki Do Federation-style tournament called the Great Lakes Hap Ki Do Championships, on Saturday, October 4, 2008, from 9:00am to 6:00pm. **This tournament will be open to ALL Hap Ki Do students from KMA, every KMA satellite school, and every Hap Ki Do school in the Great Lakes area.** All ranks are encouraged to participate.

This will be a great time to test your Hap Ki Do abilities and to prepare for the 8th Triennial World Hap Ki Do Championships in 2010. Start training now to be a winner at this tournament!

Happy May Birthday Wishes!!

Nathaniel Micklatcher	5/1	Daniel Spahr	5/21
Kevin Schlueter	5/1	Nathan Drass	5/22
Zachary Scholly	5/2	Cameron Rupert	5/23
Jaden Costa	5/10	Mason Vanbruggen	5/23
Michelle Bingle	5/13	Christina Taoy	5/24
Bryar Glau	5/14	Paul Cha	5/26
Yun Mason	5/14	Bailey Tyler	5/26
Austin Bergstresser	5/15	Nicholas Anstead	5/27
Ha-Young Jong	5/15	Regan Miner	5/28
Derrick James, Jr.	5/17	Chandler Klein	5/30
Brent Yeko	5/18		

KMA Class Hours

Mon: 5:00-5:30pm	Little Ninjas (4-6 year olds)
Mon: 5:45-6:30pm	Super Ninjas (White thru Green Belts, 7 thru 12 years old)
Mon: 6:30-7:20pm	Adult Class (all ranks, 20 years old & older)

Tue: 5:45-6:30pm	Super Ninjas (Blue thru Black Belts, 7 thru 12 years old)
Tue: 6:30-7:20pm	Teen Class (all ranks, 13 thru 19)
Tue: 7:30-8:10pm	Demo Team

Wed: 5:00-5:30pm	Little Ninjas (4-6 year olds)
Wed: 5:45-6:30pm	Super Ninjas (White thru Green Belts, 7 thru 12 years old)
Wed: 6:30-7:20pm	Family/Combined Class (all ranks, all ages)
Wed: 7:30-8:30pm	Moo Yea (Kum Sool)

Thu: 5:45-6:30pm	Super Ninjas (Blue thru Black Belts, 7 thru 12 years old)
Thu: 6:30-7:20pm	Teen Class (all ranks, 13 thru 19)

Fri: 5:30-6:20pm	Sparring (all ranks, all ages – everyone must have full gear!!)
Fri: 6:30-7:30pm	Moo Yea (Kum Sool)

Sat: 9:30-10:15am	Super Ninjas (all ranks, 7 thru 12 years old)
Sat: 10:30-11:30am	Teen and Adult Class (all ranks, 13 years old and older)
Sat: 11:30-12:00	Black Belt Class

On Gup Promotion Saturdays, we will have the Super Ninjas Class, but no Teen/Adult or Black Belt Classes.

****Reminder that all KMA students must bring their sparring gear to every KMA class****



Battle Creek Cereal Festival Parade, June 12

KMA has been invited to march in the BC Cereal Festival Parade on June 12. All KMA students are asked to **line up at 5:00 in full uniform (with comfy walking shoes)**. The parade kickoff will be at 6:00. Mark your calendar now & watch for more details for this fun event.



KMA is now conducting a "Little Ninjas" class, specifically designed for 4-6 year-olds. This class will enhance your young child's skills such as focusing, teamwork, self-control, balance, memory enhancement, discipline, fitness, and coordination. This is a 30-minute class, every Monday and Wednesday, 5-5:30pm.

If you have a 4-6 year old (or know 4-6 year old) that you believe would benefit from this class, please pick up a brochure and sign up today!

KMA Demo at "Kidney Walk"

KMA has been asked to perform a demonstration following the National Kidney Foundation's Kidney Walk, Sunday, June 1, at Leila Arboretum. All students are asked to participate. **Please be there at 1:30 in full uniform – the demo will begin at 2:00.** This will be a great photo op for friends & family.

KMA's 274th Gup Promotion

On April 19, 2008, KMA held its 274th Gup Promotion. A total of 22 students were promoted as follows:

2 nd Gup	Trent Lem, Nathaniel Micklatcher, Cameron Weaver, Matthew Weaver
3 rd Gup	Connor Brown, Devin Farkas
4 th Gup	Johnathon Clark, Haydn Farkas
6 th Gup	Conner Livingston, Cindy Wagner
7 th Gup	Erick Hegelmann, Alex Morley, Ben Morley, Paul Staley
8 th Gup	Douglas Brunner, Jeremiah Smith
9 th Gup	Michelle Bingle, Tommi Burbank, Debra Holds, James Holds, Drake Johnson, Samuel Luna

Congratulations to everyone who was promoted!
KMA's 275th Gup Promotion is scheduled for June 21, 2008.

Moo Yea (Kum Sool) Classes

On May 7, 2008, KMA will begin conducting **Moo Yea (Kum Sool)** classes for anyone who would like to learn this ancient traditional martial art, which is the grandfather of all "modern" Korean martial arts, such as Hap Ki Do, Tae Kwon Do, and Hwa Rang Do, and Kuk Sool Won. **Moo Yea** is separate from the Hap Ki Do program at KMA. **Moo Yea** training includes sword, spear, wahl-doh (half-moon sword), archery techniques, weapon forms, and more – all focusing on precision and accuracy.

KMA is a member of Ee Sheep Sah (24) Bahn **Moo Yea** K'young Dahng Association – **KMA is the Association's first U.S.A. affiliate school.**

KMA was honored with a visit by Korean Grand Master Jae Hwan Kim, Chairman of Ee Sheep Sah (24) Bahn Moo Yea K'young Dahng Association. Grand Master Kim is providing guidance for the **Moo Yea** program at KMA.

KMA 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 963-5425, 317-0552, 274-5363, 986-0123.

If KMA must close for any reason, it will be announced on WBCK (FM 95.3), WOOD TV (Channels 8 & 41), and WWMT (Channel 3).

Thought for the Month

A man's work is from sun to sun, but a mother's work is never done.

HAPPY MOTHER'S DAY!!

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