



Highland Park Soo Bahk Do

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Dan Test

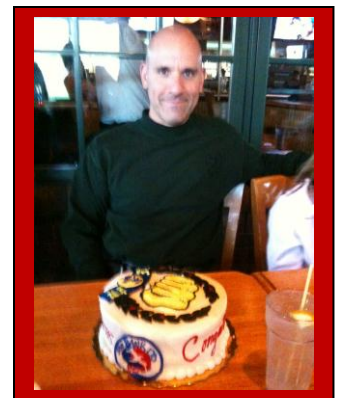
Mr. Gus Davis and Ms. Andrea Casselton tested for E Dan at Stillwater Soo Bahk Do on 4/13/12. Unfortunately Mr. Jenkins could not join them due to an injury. Hopefully he will be ready this fall. I am proud of the candidates, know that they gave it their best effort, and were prepared. We all have lives and we do the best we can at the time to prepare. The question only they can answer is, "did I do the best I could to prepare". I think they did. A big part of testing is commitment. Are you willing to commit? Think about it. My philosophy with many things is, "do it or don't, not maybe". Soo Bahk Do is an Action Philosophy. Testing is making a statement of Action and Commitment. Good job candidates!

- Jack Kelly



30 years

April 2, 2012 marks 30 years since I started training in Tang Soo Do (Soo Bahk Do). Over the last 30 years, I have experienced many highs and lows in training and many ups and downs in motivation. I have thought about quitting several times. Whatever students feel during their ups and downs, I have probably been there. I choose to stay active in the martial arts because I think it's a worthwhile and meaningful activity and philosophy. We all do things for different reasons. Martial Arts is an activity that requires patience, persistence, perseverance, and endurance, among other things. I think Many people quit after a few months because it isn't just fun and requires discipline? I admire people who persist. Martial Arts are not for everyone. For those who choose to stick with it at whatever level, I believe the benefits are worthwhile. I almost quit several times, I am glad I did not! Stick with it! And don't give up the other things you enjoy! Martial Arts compliment all activity. I encourage diversity in personal activities.



- Jack Kelly



Highland Park Soo Bahk Do

School Patch

Soo Bahk Do

The Martial Art We Study.

Red and Blue Circle (Um/Yang)

Harmony & Balance with yourself, others and your opponent.
Opposites working together in harmony, this is a natural law.

Seagull

From the book Jonathan Livingston Seagull.
Find the limitless You, do your best.
Learn and Apply Love, Giving and Kindness.
Help others & trust your instructor.

BE

This means Be all you can Be!
Be your true self.....Here/Now.
Live in the present, learn from the past, and apply in the future with hope.

History of Our School Patch

Sometime after 1982, Kyo Sa Nim Jeff Goodwin developed a patch that he felt best represented his school at the time. He based his idea on his interpretation of the book Jonathan Livingston Seagull. His philosophy was consistent with that of the book. The patch has changed at least three times since its original creation. The intent of the patch is to be Free and Limitless. Soo Bahk Do is the foundation. Our school carries on the tradition and philosophy. In 2006 a new visual symbol of what Sa Bom Nim Jack Kelly felt best represented his school/art evolved. The content of the new school patch comes from Sa Bom Nim Jack Kelly. The actual patch design evolved from a few of his students. Sa Bom Nim Kelly feels that leadership is an important part of training in Soo Bahk Do and that is an area he has been very focused on in the last several years.

Reminders:

- Next Gup Test; August 1, 2012
- All candidates must be members of the United States Soo Bahk Do Federation prior to your test. To become a member go to www.soobahkdo.com or call 1.888.SOO.BAHK
- Books and DVDs are available from Sa Bom Nim Jack Kelly. ASK!!
- Bring in a friend who signs up for the 3 month introductory special and get a FREE month!
- **T-Shirt Day**; Last Wednesday of the month. You may either wear your uniform or our T-shirt. Wear your belt and tuck in your shirt.

If you have any questions or ideas for our next newsletter contact newsletter editor Elina Ruppert