



Highland Park Soo Bahk Do

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Spring 2013

131st Dan Classing Championships

We held the Spring Dan Test at Stillwater Soo Bahk Do on April 12th. Mike Commers was one of the 4 Cho Dan Candidates. It was a small test with just the 4. Mike did a good job at his test and he represented himself and the school very well! I am proud to be his instructor! Thank you to all who helped him in his preparation. Mr. Duchi served as his partner and Eichhorst Jo Kyo Nim assisted with his demonstration. Middendorf Kyo Sa Nim ran the Dan Test and did a good job! Mike Kelly Sa Bom Nim ran the floor.



HSBD Tournament

We held our school tournament April 17th. We had a few guests attend, mostly from Mike Kelly Sa Bom Nim's school and a few from Steve Peterson Sa Bom Nim's school. It was kind of a tough time for scheduling, thus we had less Dan Members assisting with rings. We ran 4 rings instead of 6. It went a little longer than I had hoped. I think I was most sensitive to that and believe all still had a good experience. I enjoyed watching the competitors! You did well! Good job Dan Members running rings and good job Red Belts assisting with score-keeping and time-keeping! Mike Kelly Sa Bom Nim did a nice job facilitating. As I explained to the crowd, it was learning experience for all and we all have a role.



Region 7 Clinic

Goals!

I believe setting goals helps motivate us. Short term and long term goals help.

2013 Ko Dan Ja

My Senior Student (and brother) Mike Kelly Sa Bom Nim was in the barrel as a potential candidate for this year's Ko Dan Ja Shim Sa. We recently found out that his class is not eligible by time requirements. He accepted the news with the utmost Kyum Son (humility). We will prepare for next year.

Reminders:

- Next Gup Test: August 7, 2013
- All candidates must be members of the United States Soo Bahk Do Federation prior to your test. To become a member go to www.sobahkdo.com or call 1.888.SOO.BAHK
- Books and DVDs are available from Sa Bom Nim Jack Kelly.
- 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