



Highland Park Soo Bahk Do

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Honoring our Dans and Instructors

I would like to express gratitude to all of the Dans who are committed to the art. There are three important components that help carry the art: Be a practitioner, be a student, and teach the art. That carries it. Being a practitioner means training in the art. Being a student requires having a student / instructor relationship. Training and being guided in the art by an instructor and then teaching the art, carries the art into the future. I follow guidance from my instructor, Seiberlich Sa Bom Nim and he follows his instructor Kwan Jang Nim H.C. Hwang.

I am very proud of my Dan Students, especially those who take an active role in supporting the art. Each student has their own special way of supporting our school and the art. I expect Dans to be active in teaching because that is an important part of their learning and carrying the art.

Kids: Keep working on Good Behavior and Having Fun in Class! The rest will come naturally

- Jack Kelly

Reminders:

- Next Gup Test; May 2, 2012 (test starts at 6:00 pm)
- Next Dan Test; April 13, 2012, Stillwater Soo Bahk Do
- HPSBD Tournament; May 9, 2012 (Wednesday Class). Cost \$5
- 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.

Come Hang With Us at The 2012 National Festival



June 27-30th Cherry Hill New Jersey
Crowne Plaza Hotel - Limited Rooms Available
Reserve Room & Register at www.soobahkdo.com

Text FESTIVAL to 69302

**National Festival
June 27-30, 2012
In New Jersey!
Ask Sa Bom Nim Kelly
more information if
you are interested
in going !!!**

Kids Code of Conduct

Love, Respect and Listen to your parents.

Be Attentive in school and in Soo Bahk Do class.

Try Hard at school and in Soo Bahk Do class.

Be Nice to all people, even if they are not nice to you.

Soo Bahk Do techniques are for Self-Defense ONLY.

Respect instructors and senior students.

HAVE FUN WHILE YOU PRACTICE SOO BAHK DO!

Highland Park Soo Bahk Do is carrying the art forward

Sa Bom Nim Kelly started to train in Soo Bahk Do in April 1982 (soon 30 years!!!). The Highland Park Soo Bahk Do Studio opened in November 1994. H.C. Hwang, President of the World Moo Duk Kwan, has called all of us practitioners to carry the art of Soo Bahk Do forward. Sa Bom Nim Jack Kelly's students Kyo Sa Nim Rostampour and Kyo Sa Nim Hoggarth are carrying the art forward by running their own studios.

I love running a school. My studio, Longfellow Soo Bahk Do, is located in the Longfellow Community Center in Minneapolis. For me it is a gift to teach and to provide for others the same opportunity that I have enjoyed training in the Art. I appreciate what I have learned and I want to continue expanding. Running a school is a natural next step in training. If you're lucky you'll be put on the spot to demonstrate and explain techniques or philosophy, the discipline, the respect, our history or traditions in a multitude of situations and to a variety of individuals. Being up front increases my own discipline and understanding in all these areas in a way I could not otherwise. Bonus: Running a school gives me more people to train with. Truly one of the best rewards is seeing the progress my students are making even if they don't know it yet.

- Ann Rostampour, who has been an active member in Soo Bahk Do since 2000.



I'm thankful for the opportunity that Mike Kelly Sa Bom Nim offered me to run Langford Soo Bahk Do in St Anthony Park in St.Paul. It has helped me to develop as an instructor and a person and for that I'll always be grateful. I was challenged in the beginning to keep the order and keep everyone interested.

As I learned how to make the class productive, fun, and offer the students what they want, then it became more enjoyable for me as well. I realized that some students like hyung, some like sparring and others like weapons. It's important that the students feel good about their journey in Soo Bahk Do. As a teacher I need to keep reminding myself above all else; a good instructor must train as much, if not more, then they're teaching. Soo Bahk!

- Allen Hoggarth, who has been an active member in Soo Bahk Do since 1999.

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