



# Highland Park Soo Bahk Do

Volume 14, Issue 1

Winter 2013

## St. Cloud Tournament

We had a good time at the tournament! For all of those who attended, I am proud of you and hope you had a good experience. This event also included a silent auction fundraiser to help the organization. Thank you for all who participated. I was very proud of our "Firecrackers" Hyung Team; they placed a very close 2<sup>nd</sup> place, missed 1<sup>st</sup> place by .2 of a point. I noticed they had the best discipline of all teams. Thank you again Ms. Casselton for being the Team coordinator. I enjoyed watching my students and for the first time was able to observe as a "Dad". I was extra thrilled! My instructor Seiberlich Sa Bom Nim was also celebrating 50 years in Soo Bahk Do!

**Highland Park Soo Bahk Do Hyung Team**  
"Firecrackers" for the winter Tournament.  
Great job on your commitment and hard work!  
Team Coordinator: **Ms. Andrea Casselton**  
Team members: (left to right)

**Jacquelyn Kelly**

**Lauren Kelly**

**Riley Middendorf**

**Benii Huff**



### Tournament Attendees & Results:

Mike Kelly SBN

Corey Middendorf KSN - 3rd sparring

Peter Orth KSN

Ann Rostampour KSN

Ms. Andrea Casselton - 3rd hyung

Mr. David Jenkins

Lauren Kelly - 2nd sparring, 2nd hyung

Jacquelyn Kelly - 3rd hyung

Madeline Grove -1st hyung, 3rd sparring

Jack Kelly

Steve Grove - 2nd sparring

Benji Huff - 1st sparring

Riley Middendorf

Gabriel Orth

Naomi Orth - 2nd sparring, 3rd hyung

David Lewandowski - 2nd sparring, 3rd hyung

Luci Lewandowski -3rd hyung, 2nd sparring

Richard John- 2nd sparring, 2nd hyung

## Our Website

Mr. Corey Middendorf Kyo Sa Nim has been working on revamping our website for quite some time. It should be rolling out soon. I am hoping that it will be a good resource for information as well as help promote our school. If you have any input on how to make it better, please let me know.

## 2013 Ko Dan Ja

My Senior Student (and brother) Mike Kelly Sa Bom Nim is in the barrel as a potential candidate for this year's Ko Dan Ja Shim Sa. He is preparing to test for 6<sup>th</sup> Degree Black Belt. He is our only potential candidate in Region 7 for 2013. The reason I say "potential candidate" is because he has to be recommended and invited before he knows for sure if he is going. It's quite the process to test at the master level. The process requires planning and commitment, as well as a lot of training. It is something to be proud of and strive for. For those who are interested in attending Moment with the Masters in November, it's a good opportunity to train at the national level and be with the testing candidates for the first few days of the 8 Day test. This event will be held in Ramona California. Check out the Federation Website for more information when it comes at [www.soobahkdo.com](http://www.soobahkdo.com).



### Reminders:

- Next Gup Test; February 6, 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.soobahkdo.com](http://www.soobahkdo.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