



Highland Park Soo Bahk Do

Volume 13, Issue 4

Fall/Winter 2012

Happy Holidays Everyone! *****

2012 Fall Dan Test

The Fall Dan Test was held at St. Cloud Soo Bahk Do. Ms. Christine Eichhorst tested for Sam Dan and Mr. David Jenkins tested for E Dan. They both did very well! They prepared as much as they could and it was plenty to pass. The key is preparing, I can't stress it enough. Students need to know what to do and do it. We don't "wing it". The testing board was impressed that this was a pretty good test and the candidates did an over-all good job. I am very proud of my students!

- Jack Kelly



Training and Preparation

I have thought about this occasionally for the last 30 years. So far I conclude that we do things we like and want to do. If we like it, we just do it. If we like the result of something, like progressing in Soo Bahk Do, we find a way to enjoy training in it. Create a regular training habit that works for you. Simple, right? Coming to class once or twice a week is easy because it's on your schedule. Training on your own is easy also, right? I sense that for most, it's not that easy. Create a regular training habit that works for you. It takes a little discipline. Oh but it's not always fun? Sometimes good results are achieved through work and effort. I admit, I don't always have "fun" while training, but I always enjoy the result. It helps to set goals. Just do it.

Preparation includes doing what you need to do to accomplish a goal. You become "ready". The preparation, for a test, a competition, a presentation, a performance, etc. is what leads to the result. The preparation is the climb to the top. Mountain climbers don't take a helicopter ride to the top of the mountain.

- Jack Kelly



Calling in Holiday Spirit

Plus calls plus, "when you believe in the values and are passionate about sharing them with others through your actions, they can be positively contagious..." Pg 34, Gup and Dan Manual.

In this season, in our Do Jang we are creating a positive tradition, full of holiday spirit. Tradition holds that we bow to our Instructor, and to each other demonstrating goodwill, appreciation and respect. Because this is not always the case outside the Do Jang, the discipline of our Art helps us to have the necessary self control and degree of gentleness to deal with others in the best possible way. Our inner strength guided by philosophy and our Instructor's example focuses our intent and we demonstrate to others through our actions the true spirit of every season, Peace.

- Ann Rostampour Kyo Sa Nim

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)

Lauren Kelly
Jacquelyn Kelly
Benji Huff
Riley Middendorf



Reminders:

- Winter Tournament in Saint Cloud; January 12th, 2013
- Next Gup Test; February 6, 2013
- HPSBD tournament, TBD
- 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