



October 2011

News Letter

Volume 1, Issue 2

Welcome New Students

- Shekinah Abolo
- Steve Abolo
- Joy Bryant
- Jeimy Celis
- Marcus Dominguez
- Sarah Khalife
- Kara Price
- Kody Price
- Kris Price
- David Rogers

October Birthdays

- Christopher Pak 2nd
- George Zolas 3rd
- Trey Cantu 3rd
- Charles Xeller 8th
- August Fricker 8th
- Keaton McCally 9th
- Mathew Beisner 10th
- Natalie Linde 12th
- Carol Phillips 12th
- Aaron Johnson 15th
- Avin DeSilva 18th
- Grace Perales 18th
- Mike Stuehrk 19th
- Juliana Szebehely 19th
- Lisa Harkrider 20th
- Gabriella Howerton 20th
- Taiga Takeuchi 23rd
- Kashesh Tiwari 23rd
- Meryl Santhosh 24th
- Josiah Guajardo 25th
- Joseph Abusada 31st



2011 International Tournament

Our school did a great job in this year's International Tournament. We had over 150 students in attendance and scored nearly 800 total points taking second place overall. In addition, we tied our school record for the number of grand champions with five of our students taking the grand champion award in their division.



From left to right, David Aue SBN won the 4th Dahn Men's Grand Champion. Chris Pak PSBN won the 3rd Dahn Men's Grand Champion. Rob Dooley JKN won



the 1st Dahn Senior Men's Grand Champion. From bottom left to right, Sachin Mehta JKN won the 1st Dahn Men's Youth Grand Champion. Ethan Hammond won the 1st Dahn Junior Grand Champion. The Grand Champion award also comes with an additional 25

points for the student's school. Our Grand Champions combined scored over 200 points! Congratulations!

How are Grand Champions determined?

The grand champion award is earned by scoring the most overall points in your age and rank category. For example, the men's first degree grand

champion is all men first dahns from age 18 to 44. At the end of the tournament, the individual who has accumulated the most overall points is named the grand

champion. In addition, to be eligible to win grand champion, you must compete in all divisions and you must win at least one gold medal.

Student Appreciation and 20th Anniversary BBQ Picnic Party—October 29th

This year marks our 20th year in Clear Lake and to celebrate we are hosting a huge BBQ picnic for all our students, their families, and guests. The event will take place October 29th starting at 11am. We will have great food, music, games, a moonwalk for the kids and some fun activities for the adults. Also, we will be unveiling a new program for our adult students.

HELP US CATER THIS EVENT!

We will be grilling a variety of food for all our students and guests. To ensure the best quality food and appropriate preparation, we welcome student donations for the purchase of premium meats for the grill. You may also bring sides, drinks, or desserts for the picnic (please indicate what

you will be bringing on the picnic list located on the display cabinet). Don't miss out, it's going to be a great PARTY!



Master Harmon's Corner

Iron Palm Training

Iron Palm & Iron Body training were a major part of Kuk Sool in years past. Because martial art emphasis has changed over the last 25 years, the training has fallen to the wayside. We still practice the very beginning of Iron Body (toughening the body against strikes) when we practice nak bub. More extreme training methods are needed to advance to higher levels of Iron Body.

Iron Palm is still practiced by a few in Kuk Sool. Iron Palm is the technique of making the hand harder than normal, like

iron, hence the name Iron Palm. It is a technique that takes regular and consistent practice to develop. It also takes proper instruction so as to not injure the hand or joints. Improper training is dangerous and can result in various type of injuries including injury to internal organs. That's why just hitting a cement block is dangerous and should not be attempted without competent instruction.

~Master Barry Harmon

Iron Palm Course

Master Barry Harmon is one of only a few people who still actively practice traditional Iron Palm techniques. Master Harmon has recently decided to open this once secret technique to Kuk Sool Black Belts willing to commit to the training and maintain confidentiality about the course content. If you would like more information about the Iron Palm Course, contact Master Harmon directly to arrange a private meeting.

Upcoming Demonstrations

We will be performing at the following locations. If you would like to be a part of any of these demonstrations, put your name on the demo list on the display cabinet and be sure to make the demo practices.

October 22nd
Brookwood Elementary

November 5th
McWhirter Elementary.

November 18th
Toyota Center for the Houston Areos Hockey Game.

Ki Cho Ja Ki (Fundamental Exercise "Wring-out" Ki)

Korean martial artists from ancient times have, without exception, practiced techniques that developed internal power or "ki". Performing these techniques enables the practitioner to use this internal energy as a powerful supplement to his or her own physical strength.

There are specific techniques that develop the ability to collect "ki" in the lower abdominal area (by inhaling and directing your breathing to that area), then to direct this ki to whatever part of the body that needs it.

In Ki Cho Ja Ki, ki is gathered by inhaling to the lower abdominal area, then directed to the hands, by spreading the fingers as widely as possible and simultaneously executing a Ki Haph. Ki is then concentrated in the hands while a movement is executed and the breath is held. Each Ki Cho Ja Ki technique is completed with a release of the gathered ki by relaxing the hands and quietly exhaling. During Ki Cho Ja Ki, energy should be focused in the hands, with the rest of the body

as relaxed as possible.

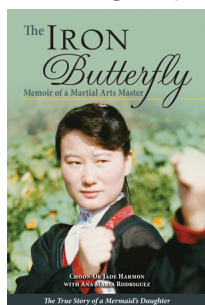
Breathing exercises, such as Ki Cho Ja Ki, provide an opportunity for you to clear your mind which will improve your ability to focus and concentrate. These exercises also tone and strengthen internal organs. According to Korean tradition, those who develop their ki have long and healthful lives.

~KSW text book Vol. 1 page 49

Special thanks to DBN Dr. Charles Xeller, KSN Dr. Bellah, Dr. Theriot, and Dr. Toh for being our tournament medics. Also, special thanks to Joy Bryant for being our school's dedicated tournament photographer.

The Iron Butterfly

"I do not remember what I was trying to do to defend myself. It was a tangle of punches and



kicks, but there was not much else I could do because one of the men still had my hair

wrapped tight around his arm, almost immobilizing me. The pain was sharp on my neck, hair, and head, but I could not stop and let them get away with it. I continued kicking and punching, and I tried to block the men's punches and kicks. A crowd began to surround us to watch the fight, screaming words I could not understand. I was focused on blocking their

attacks and trying to land as many blows as I could. I had no idea how to free my hair from the man's arm in order to better defend myself. I continued kicking and punching for what seemed like a very long time".

~The Iron Butterfly page 126

If you have not read [The Iron Butterfly](#) copies are available for purchase at all major book retailers, amazon.com, as well as in the Dojang. Also available for eBook readers and Kindle.

Private Lessons

Private lessons are a great way to prepare for tournament, testing, or just to get ahead. Private lesson are conducted by SBN David Aue (adults only), PSBN Chris Pak, and JKN Alex Skipp. Private lessons are 1/2 an hour long and are scheduled by appointment. Rates vary, please see the office for details.