



September 2011

News Letter

Volume 1, Issue 1

### Welcome New Students

- Haris Ayaz
- Craig Salerno
- Arianna Salerno
- Alec Salerno
- Sezen Altug
- Jaedon Breed
- Matthew Fiedler
- Devin Spoelstra
- Isaiah Douglas
- Mathew Fiedler
- Braydon Gardner
- Mary Rose Gray
- Amanda Howerton
- Gabriella Howerton
- Natalie Howerton
- Zain Nadeem
- Saad Nadeem
- Chamali Raigama
- Kasun Raigama
- Malakai Williams

### September Birthdays

- Judy Tseng 4<sup>th</sup>
- Austin Arceneaux 5<sup>th</sup>
- Terry Heaps 5<sup>th</sup>
- Leonardo Frias 8<sup>th</sup>
- Amanda Howerton 10<sup>th</sup>
- Sumaiya Latheef 13<sup>th</sup>
- Michael McFarlane 13<sup>th</sup>
- Ravindu Munasinghe 13<sup>th</sup>
- Saad Nadeem 14<sup>th</sup>
- Michael Gaynor 16<sup>th</sup>
- Sezen Altug 19<sup>th</sup>
- Benjamin Oliver 20<sup>th</sup>
- Devin Spoelstra 20<sup>th</sup>
- Salim Aldakheel 21<sup>st</sup>
- Ryan Green 22<sup>nd</sup>
- Catherine Armstrong 23<sup>rd</sup>
- Peter Taylor 23<sup>rd</sup>
- Steve Lucord 24<sup>th</sup>
- Jason Han 25<sup>th</sup>
- Jonathan Hanka 26<sup>th</sup>
- Tara Neigut 28<sup>th</sup>
- Jenyne Turner 30<sup>th</sup>

## Congratulations to our NEW BLACK BELTS

August 20th marked this year's third quarterly black belt exam. 7 Students were promoted to their black belt including a number of high level black belts.

Neil Woodbury 4th Dahn



Christopher Pak 3rd Dahn



Ryan Green 3rd Dahn



Michael Whately 2nd Dahn



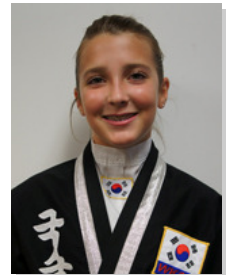
Brian Ansari 2nd Dahn



Lisa Harkrider 1st Dahn



Olivia Harkrider 1st Dahn



### How does black belt testing work?

Once you reach the rank of Black Brown Belt you will be eligible for black belt testing. Before you can begin your black belt testing you must

first register for black belt testing with the World Kuk Sool Association® Headquarters (registration is done through our school's office). Once registered you will test

each quarter in the presence of our Grand Master. One average, it takes six to ten exams before a student is promoted to black belt.

### The 2011 International Tournament is right around the corner!

Kuk Sool Won™ of Clear Lake is once again defending its title as the Number One school in the U. S. We need your help to keep our school on top. Do your part by registering and participating in this year's tournament. The tournament is open to all student white belt to 4th degree. We have scheduled numerous additional training classes to help better prepare you for the tournament.

If this will be your first tournament, you may be apprehensive to participate. Rest assured it is perfectly normal to be nervous. One of the reasons we recommend all students to participate in the tournament is to help overcome your fears to become a more well rounded and experienced martial artist. The winning school is determined by the performance of

their students. Our school has won the past 5 tournaments and we hope to make this year our 6th in a row! Practice hard and do your very best! Our goal is to bring 150 students from our school this year. Be a part of our team and register TODAY!

~SBN David Aue

## Master Harmon's Corner

### Why enter tournament?.....I don't like competition!!!

The first thing to remember is that we should never enter competition just to get a medal. No matter how good you are sometimes you will not get a medal, plus from a martial art training point of view there is absolutely no benefit at all for getting a medal. The reasons we should enter competition is: (1) **LEARNING TO CONTROL OUR FEAR. A MAJOR ASPECT OF ANYTHING DIFFICULT WE DO IN LIFE!!!** (2) In order to control our body, our mind, and our spirit enough to get in front of people and judges and perform is extremely important. In fact it is

the most important aspect of martial art training. The MOST BENEFICIAL ASPECT. (3) All the extra training done to prepare for competition is very beneficial to the martial art technique. (4) All the extra detail we learn ahead of schedule is very beneficial to our training. (5) Meeting new people and seeing Kuk Sool from all over the world. As a martial artist, it expands our understanding of Kuk Sool. (6) We can also learn to have fun instead of fearing what we do not like.

These are some of the main

reasons we should learn to enter competition even if we don't like it. It is ultimately for our own benefit and no one else. Remember to **KEEP A POSITIVE ATTITUDE AND NEVER GIVE UP!**

~Master Barry Harmon

## Summer Referral Contest



Congratulations **Katie Sengupta** on winning the Flat screen TV



Congratulations **Sarvesh Subramanian** on winning the Nintendo® Wii

## Training Corner - Theory of HWA (Harmony)



In Kuk Sool training, we seek to have our mind and body act as one.

How often in our training do we feel that our mind has "learned" a new technique, only to find that our body has not yet embraced the new knowledge? We practice countless times so that our body and mind will act as one unit in response to a confrontation. Once mind and body are unified, the techniques feel "comfortable". We continue to practice so that

we are in harmony with our technique. It is not enough to merely know the technique; this knowledge must become "second nature". To "think" about how you should respond to a confrontation would take valuable time; time which your opponent could use to his advantage. It has been said that one can be one's "best" swimmer only when one cannot tell the difference between oneself and the water. This describes a state of perfect harmony with

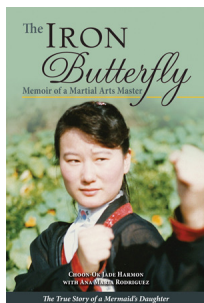
one's environment. Thus, a person is "best" in martial art training when one finds harmony within oneself (mind and body), within his family, and within society. We should seek a harmonious state with our environment, constantly adapting to external changes. We should also seek to maintain harmony within our inner circle so that all trespassers on this space are redirected in direct proportion to the force they introduce.

~KSW text book Vol. 1 page 99

**Students, to avoid damage to your feet and tracking dirt into the school, be sure to wear shoes to the dojang. Also be sure to place your shoes on the shoe racks and not on the floor.**

## The Iron Butterfly

Mom's urgent command woke me up in an instant. "We must leave the house now!"



I was getting on my hands and knees when Mom quickly lifted me up from the floor and held me tight in her arms.

It was pitch black in the house and I heard a deep rumbling sounds getting closer. My senses became sharper right away and I clearly felt something was very wrong.

Mom repeated her urgent command, "We have to get out, *now!*"

She ran to the front door and I held tight to her neck. My brothers and sisters stumbled behind us, unable to see where to go, trying to focus in

the mist of confusion and follow mom. Mom opened the door and I thought we were doomed.....

~The Iron Butterfly page 61

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 lessons 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 detail.