

Academy News

The official newsletter of Sun Yi's Academy—Minnesota

June 2011

Tenets of TKD

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

The Breadth and Depth of Sun Yi's Academy

Sun Yi's Academy has a wealth of black belts and instructors that we are very proud of. Our instructors have a high degree of experience, dedication, compassion, and care deeply about giving each Sun Yi's Academy student the opportunity to reach their full potential. New opportunities to learn new skills are being developed on an ongoing basis.

The next Women's Self-Defense Seminar will be held on Friday, June 28 from 6:15 to 7:45 at the Forest Lake Academy. Classes are led by Certified Professional Life Coach and TKD Master, Nova Wightman. Cost is \$20/person, \$15 each if you come with a friend, \$10 for returning students and TKD students. Black Belts are free. Call 651-653-8853 to regis-

ter, and be sure to spread the word to women you know in the area!

This month we have the great pleasure of having Grand Master Yi and his wife as our special guests. Grand Master Yi will also be our instructor for black belt class. What a privilege it is to have our leader, instructor and mentor present with us. Grand Master Yi has dedicated his life to TKD and has taught us many lessons, lessons that reach far beyond the Do-Jang. He is a 9th Dan Black Belt and internationally certified Master Instructor. He has had over 1,000 black belt students. Sun Yi's Academy has branch schools throughout the U.S. Extend a nice welcome to both Grandmaster and Mrs. Yi when you see them.



We are the Chung Do Kwan by Master Rohlader



Have you ever looked at your Sun Yi's Academy patch closely and wondered why there is an image of a fist...but not a fist by itself but a fist that is holding something? That is a

symbol of your Traditional Tae Kwon Do heritage in the Chung Do Kwan; generally recognized as the first organized school of Tae Kwon Do after the Japanese occupation of Korea ended, though it was not called Tae Kwon Do until several years later.

The Chung Do Kwan logo is the Korean Um/Yang symbol containing a clenched fist (symbolizing physical power) holding a scroll (symbolizing scholarliness). The Chung Do Kwan represents the use of the power of Tae Kwon Do with the knowledge and wisdom to control and use it appropriately. Tae Kwon Do was a way to focus and stabilize communities and the Chung Do Kwan were determined to be "the good guys" as

Upcoming Events

- Jun 18 Promotional Testing and Black Belt Class
- Jun 28 Women's Self-Defense Seminar
- Jul 15 Black Belt Class
- Aug 19 Black Belt Class
- Aug 20 Promotional Testing
- Sep 16 Black Belt Class
- Oct 14 Black Belt Class
- Oct 15 Promotional Testing

SUN YI'S ACADEMY Minnesota Schools

Forest Lake School

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Master Theresa Gibson
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651-464-0034
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www.sunyismn.com

Duluth School

Master Matt Rohlander
Duluth Area YMCA
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North Branch School

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North Branch Community Ed
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White Bear Lake School

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Shoreview School

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Lino Lakes School

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News from the Schools

This Newsletter features the Duluth School. Submissions of articles by students is encouraged. The following article is written by Master Matt Rohlander.



This month marks the 5 year anniversary of the Duluth Family YMCA program with Sun Yi's Academy. The program currently has around 30 students on a regular basis and has produced 5 second degree black belts and 6 current first degree black belts.

True to the family focus of the YMCA and our Traditional Tae Kwon Do program, second degree black belts Clay Helberg, Andrine Lemieux and their daughter, recommended first degree

black belt Kyra Helberg, were present in the very first class ever taught at the Duluth YMCA 5 years ago!

I have always appreciated the dedication of the Duluth black belts. Every month they travel to Forest Lake for black belt classes. This is not an easy task, especially in the winter and requires a stay overnight when there is promotional testing the following day. They gladly do it because they are proud to be part of this family.

Last year the Duluth YMCA completed an extensive building renovation giving the building a new look, new equipment and improved facilities. The TKD program was one of the earliest beneficiaries of the building renovations; moving permanently into the newly expanded group exercise area with a brand new floor, paint, improved lighting, mirrors and mats.

Classes are Tuesday and Thursday at 7 pm in downtown Duluth at the YMCA; so if you are in town this summer we would love to have you join us.

Patrick Marzitelli Memorial Golf Tournament

The 1st annual Patrick Marzitelli Memorial Golf Tournament was held at Manitou Ridge Golf Course in White Bear Lake on May 21. This event was held to honor and celebrate the life of Patrick Marzitelli and to raise money for the Patrick Marzitelli Science and Aviation Scholarship Fund. This highly successful event was well attended and included a raf-

file as well as a silent auction. The weather cooperated just long enough for everyone to fully enjoy themselves. A hearty thanks, on behalf of the event sponsor and the kids who will benefit from the scholarships, goes out to everyone that played in the tournament, attended the dinner, or made any kind of contribution.

We are the Chung Do Kwan [continued from front page]

Korea recovered from years of Japanese occupation.

In Korean philosophy blue represents purity, such as the blue sky and the blue water. The Korean word for "blue" is Chung. Therefore Chung Do Kwan translates as "Blue Way School" or "School of the Pure Way". This name was chosen to emphasize

the high morals expected of its members. These expectations are embodied in the Tenets of Tae Kwon Do: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.

So wear your patch proudly and represent your Tae Kwon Do heritage by being one of the good guys in every aspect of your life.