



# GARDNER MARTIAL ARTS

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## 1st Annual KC Regional Tournament

Missouri has held tournaments for 16 years and after years of patience, the greater KC area will host it's 1st regional tournament.

The tournament has been a long time in coming and will kick off the Missouri tournament circuit of 2011. The KC tournament is followed by the Eastern MO tournament in March, the Northern MO tournament in April, and the Southwest MO tournament in May. The State Tournament will be held in October.

Tournaments are a great time to meet students from other parts of the association. The tournament will feature competitors from around the US as well as a Master's Level division, which is unusual. So, this is one of the

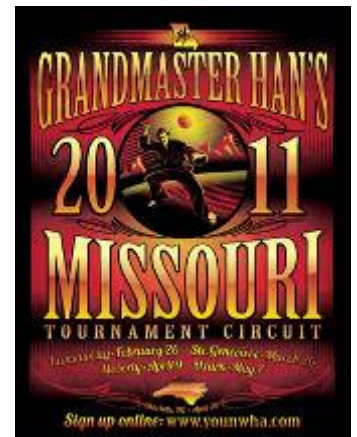


1st ever tournament in KC

rare occasions where students will get a chance to see the Masters compete against one another in sparring and forms.

The tournament breaks divisions down by age and belt rank so people are generally competing against students close to their own age and skill set.

And for those of you who have



not started yet, don't worry. There are white belt divisions as well!

As I tell our students in class, tournaments are more fun than a months worth of classes. The competition, the cheering, and the friendships/family make for a fantastic day.

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## Youn Wha Warriors

We are now 4 weeks into our new program for the little guys (ages 3-6), and we are having a blast.

There are 11 kids in our first session and they are well on their way to becoming our first set of Warriors. See our next

issue for pictures and a recap!

The program is focusing on improving strength, speed, and focus while learning and using our training principles. Classes are only 30 minutes long and are action packed!

This program is currently only



offered through Parks and Rec, with the next session scheduled for July. Class sizes are capped, so register early to reserve your spot.

# Parks and Rec January 2011

GARDNER  
KANSAS



PARKS & RECREATION

In addition to all of our little Warriors, we had 7 brave folks join us for our January/February Parks and Rec session as a way to beat the winter blues and lose a few of those extra pounds that Thanksgiving and Christmas added.

Our youth/family class features just that! 2 youths and a family make up our 6 students in this class. The adult class has 1

student, so we will once again have an opportunity to focus on various other drills and techniques we might normally not get a chance to work on.

Student feedback provides us with information that you are the ones helping us have a successful program through Parks and Rec. We appreciate your referrals and hope to see them continue.

Our next Parks and Rec session is in July. Last July we nearly hit our max, so you

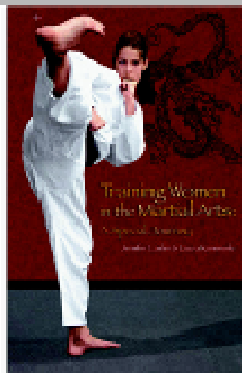
better register early to reserve your spot. It also gives you some time to find that workout partner to commit to class with you.

We are going to make a change to the adult class starting in July, so look for the WOMAN article in this newsletter information and whether you are up for the challenge.

Our Parks and Rec sessions have been very popular.

*"I come to you with empty hands. I greet each day with purpose, enthusiasm and with humble thanks."*

*-Grandmaster Han*



## Grandmaster Han

Have you read the story of Grandmaster Han on our website? While we have trained with him many times over our years of training, we don't know him nearly as well as we would like. To us, he is like a rock star, worried about approaching him even though he is one of the nicest/kindest men you will meet. At nearly 75, we are in awe of his ability



when he leads us in training and teaching us new tech-

niques. The fact that he is still involved in the association at his advanced age is extremely unusual. Most Grandmaster's have retired by his age. However, he makes the trip to the KC area at least once a year and he will be here again in March. With schools in 18 states, you can see that he is a busy man with no signs of slowing down.

## Are you ready for W.O.M.A.N.?

Calling all Ladies! Are you looking for something different in your workout? Needing a little self confidence booster? Are you too intimidated to try a traditional martial arts class? Gardner Martial Arts and Gardner Parks & Recreation Department have teamed up for an exciting new

offering for you! **W**omen **O**nly **M**artial **A**rts **N**ight is gender restricted for ladies 18 and older and will focus on teaching the basic principles and techniques of taekwondo in a fun and non judgmental atmosphere. Leave your insecurities (and the men) behind! Classes will be held

behind closed doors, blinds and away from prying eyes. So grab your best girl friend and join Gina for 8 weeks of fun and sweat filled Sunday nights! No boys allowed.

# January Testing/Belt Promotions



Crystal receiving her green belt

January belt promotions came and

went with 11 students testing for their new belts. Weather and the holiday's played havoc in getting all of our classes in and preparing our students, but the ones that were ready to test did a fantastic job, and I know those testing next week will do awesome too.

Jerry kicked off the testing night by earning his first degree yellow belt. Shaunak followed and moved from a 1st degree to a 2nd degree yellow belt.

We had a whole mess of students test for their 1st degree green belts. Marty, Eme, Terry, Noah, Crystal, Ben, Brian, and John all earned their new belts.

Nick rounded out our testing students earning the 2nd stripe on his blue belt. Everyone did a great job with compliments from all the Masters on their test.

At a make-up testing held to-

day, Nichole tested for earned her yellow belt. Joe earned a 2nd stripe on his yellow belt and Danny and Chloe both earned their green belts (check facebook for their photos). Congrats to everyone for their hard work.

Grandmaster Han will be here in March to grade testing, lead advanced classes, and spread his wisdom. I hope that we get to feature your name and accomplishments in the next issue.



## Testing Photos

For more testing photo's, become a fan of Gardner Martial Arts on Facebook. More photo's are uploaded there for viewing as well as updates and goings on in between newsletters. Check s out, click "Like" and leave a post on our wall.  
<http://www.facebook.com/#!/pages/Gardner-Martial-Arts/129730407052605>



Above (L to R): Jerry receives his yellow belt, Shaunak earns his 2nd stripe on his yellow belt, Terry and Ben earn their green belt, Nick earns his 2nd stripe on his blue belt. Below (L to R): Brian, Eme, John, Marty, and Noah each receive their green belts.



**\$100 Sign  
Up Special**

Sign up Includes:  
Uniform and Belt  
Association Uniform Patches  
Beginner's Curriculum Handbook  
Lifetime Association Membership  
First Month's tuition

Monthly tuition only \$50/mo. after first month with discounts for multiple family members

Classes Locations/Times:  
Edgerton —Monday 6pm  
Gardner —Tuesday 6pm  
Gardner—Thursday 6pm

[www.ks-younwha.com](http://www.ks-younwha.com)

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## New Faces at Gardner Martial Arts

New faces to GMA come from a variety of sources. Some through our popular P&R program. Some see advertisements promoting our school. Others hear about us via word of mouth from supporters like you. Regardless of how a new student joins GMA, we are extremely excited to see our family grow.

Despite the bad weather and holidays we had two late January sign ups joining us since our last newsletter (one of which many of you know). One was our longest tenured unofficial student Nichole. She is completing her 4th Parks and Rec session when Gina finally convinced her to join

full time. Shaunak expanded our family by bringing in part of his family. His son Vereen joins the ranks of our white belts. We will get their pictures updated in the next issue. As the winter weather warms up we are hope to see other new faces with theirs, yours included.

We have many exciting events coming up the next few months so it is a great time to sign up. The Missouri tourna-



Will we feature your picture in the next issue?

ment circuit is kicking off with the 1st Annual KC tournament in February, followed by a different tournament each month in March, April, and May around Missouri.

Grandmaster Han, the 75 year old Grandmaster who started our association, will be here in March to grade testing and meeting and train with students.

It is time to beat those winter blues and holiday blahs by signing up today. In addition to all the classes, there is a lot more fun planned outside of class to make this the perfect time to sign up. Hope to see you soon!