



Grandmaster Han's

Youn Wha Ryu of Kansas



# Gardner Martial Arts Gazette

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## Training Principles:

- Be Polite
- Be Patient
- Be Alert
- Be Brave
- Do Your Best
- Respect Yourself and Others



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## Belt Promotions!

Seems like it was yesterday that we held our last belt testing and had our largest group of white belts ever. We have added a few new white belts since the last test, so our group continues to grow. But this test was especially exciting for us because Gina and I tested along side our students for our first Dan (first stripe on our black belt).

First up on the night was Joe, Shaunak, and former Parks and Rec student Sean (Danny's son) who all tested for their first degree yellow belt.

After they rocked out their tests, our 10 first-degree yellow belts tested for their second stripe. Marty, Emee, Chloe, John, Brian, and Noah were in the first group with Crystal, Ben, Danny, and Terry rounding out the second group.

Green and Blue belts were up next with Nick, Kaeden, and a new transfer student Mark (DC) testing. Nick was testing for his first-degree blue belt while Kaeden and DC were testing for their first-degree red belt.

After a group of red belts tested, it was my and Gina's turn on the testing floor. Whatever nerves we had about testing were amplified by having that many students looking on.

After our test, yellow belts and above had to spar one 1-minute round, except Gina and I had to spar twice.

The test was a huge success for all of our students, and we received our stripe as well. Not lost in all of the excitement in testing were the

special guests. We had 3 Masters in attendance. Master Han (Grandmaster Han's son), Master Natalie, and Master Sherry Jordan, who helps to run the entire state of Missouri, were all impressed by our students.

In a make-up testing held this weekend, Casey and Stewart tested for their 2nd degree green belt. They had lots of support from us and a few classmates who made the trip to support them during their test.

If you think you have what it takes to test in front of our Master's, we'd love to have you in class. The next test is in January, and what better Christmas present to yourself than a yellow belt?

Look on pages 2 and 3 for photos from testing and promotions.

## Training with Grandmaster Han

On November 14, Aaron and Gina made the long trek to Farmington, MO, about 6 hours away for an opportunity to train with Grandmaster Han.

The seminar was 3 hours of in-

tense training led by the 74 year old Grandmaster. 40 participants trained and learned new

techniques, including 5 different Masters. It was an exciting day!



# Parks and Rec - January 2011



It is that time of year again when the turkey, stuffing, pie, cookies and egg nog play havoc with our waistlines, energy level, and fitness. What better way to literally “kick” off the new year than our Parks and Rec martial arts class?

Our next session starts Sunday January 9. While some of you may have taken the class in the past, feel free to sign up and take it again. Perhaps you sat on the

sidelines watching while your child took class? Why not sign up to do it together this time around? Do you have a friend/work-out buddy that you would like to start training together with? Training as a family is a way to not only have fun as a family, but get a good sweat on too. If you are up for a bigger challenge, we still offer the adult class after the family class.

We just finished up our most recent Parks and Rec class. While the class was small, it was mighty! MIGHTY FUN! While only having 3 students in the family class, we were able to focus and give more attention to each student, as well as an opportunity to play some different games and do different exercises. The adult class only had 1 student, so we could focus



Payton, JaKobb, & Nathan

more on various advanced and self defense applications.

So with the new sessions coming up, we again ask/remind you to tell your friends about our classes. The best compliment we can get is from a current/former student recommending our classes to someone else. Of course, an even bigger compliment would be to sign yourself up again for a 2nd round of fun and hard work!



## Facebook

Have you “friended” or “liked” Gardner Martial Arts on Facebook yet? What are you waiting for? You can find us either through the direct link provided below or by searching for Gardner Martial Arts. Tell your friends too. Changes to class schedules, updates, upcoming events, and other general information is posted

here. It’s a great way to stay up to date on all things GMA in between newsletters.

<http://www.facebook.com/pages/Gardner-KS/Gardner-Martial-Arts/129730407052605>

## Testing



Above L to R: Joe and Shaunak side kick; a group of yellow belts; Stewart kicking me in the head (or at least trying!)

Below L to R: Crystal and Danny, Gina and Aaron getting their stripe, Kaeden and DC turning red, Nick is totally blue



# Youn Wha Warrior Class

This is an exciting new offering from GMA and Gardner Parks and Recreation.

Youn Wha Warriors class is specially designed for the littlest warriors in your family who might not be ready for a "traditional" mar-

tial arts class.

The class will introduce the students to martial arts by developing focus, strength and speed all the while learning and utilizing our 6 training principles.

The Youn Wha Warriors



class is designed for children ages 3 to 6 (and the student must be potty trained). We are capping the class size at

10 students, so register early as spots are sure to fill up fast! Included in the registration fee will be a Warriors t-shirt personalized with the participant's name.

Classes are 30 minutes. Register for the 8 week class online through Gardner Parks and Rec or at the P&R office.

# Missouri State Tournament

October 23, 2010 saw another hugely successful tournament in Rolla, MO. The MO state tournament featured nearly 400 competitors on the day from white through 4th Dan black belts, displaying some of the toughest competition I've seen in years. 4 GMA students competed on the day and

did a great job, representing Kansas well!

All three 1st degree yellow belts took home at least 1 trophy. Ben placed 1st in forms and 2nd in sparring. Crystal earned 2nd in both forms and sparring. Noah earned his 2nd place in sparring through some

tough matches. Gina even got in on the action earning 3rd place in forms. Casey (1st Green) and I earned honorable mention in our events, but had a great time doing it.

All in all however, it was a great day!



Crystal, Casey, Noah, Gina, Aaron, & Ben

## More photos:



Above L to R: Joe, Shaunak, and Sean earning their yellow belts

L to R: Crystal, Emee, and Danny earn their 2nd stripe

Below L to R: John, Chloe, Noah, Brian, Marty, & Terry each have their striped added to their belts



# 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.

Here are some new (and maybe familiar faces) since our last newsletter arrived in your in-box



L to R: Sean, Joe, and Shaunak are all yellow belts now. Joseph and Jerry are our newest white belts

# With High Rank Comes Great Responsibility

After this last test, GMA now has its first red belts. In our association, red belts are considered high ranking students. It's no wonder more time is spent training as a red belt than any other color besides black.

Kaeden, one of our first students, and DC, a recent transfer, both tested for and achieved their red belts. But, before being awarded their belts, strong words of commitment, responsibility,

and leadership were spoken.

In our association, red belts are expected to be instructors, helpers, and examples. If you walk

into any of our schools in over 18 states, red belts everywhere



are often the first to greet you, offer help, and are expected to lead the lower ranking belts in improving in martial arts.

It is not uncommon to be a red belt for nearly a year before testing for brown (level before black)

to learn the real essence of martial arts. So before we awarded each red belt, we made sure that each student was committed to these demands.

We are fortunate that they were willing and ready to accept the responsibility we tied around their waist, especially Kaeden, one of our youngest and smallest students. Look in future issues for their impact on our school.

✂ Clip Here...

# 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

Mondays—Edgerton

6:00 p.m.

Tuesdays and Thursdays—

Gardner 6pm & 7:15pm

913.938.4720 [www.ks-younwha.com](http://www.ks-younwha.com)

