



October 2020 Newsletter

Starting My Journey

My start in the martial arts began in October of 1990. On a Friday evening I went to the homecoming football game for Byron High School. I don't remember who we were playing and didn't care at the time. I was going to meet up with some friends, watch the game and have fun like any other sixth grader would. Instead I got beat up by four people for no reason. Actually, they had a reason in their minds. The day before one of them pulled a knife out on the bus and threatened me with it. I knew he wasn't going to do anything and wasn't worried about it so I just let him do his thing to impress his friends. Somebody else however reported it to the school. The next day the Elementary Principal calls in the person who threatened me with the knife and finds it in his pocket. So of course I'm blamed for reporting it and get beat up by him, his cousin and two of their friends.

The next week my parents took me to meet Master Fred Gommels and get enrolled in his martial arts program that taught TaeKwonDo. Right away I found something I loved doing. School sports never held any interest for me because if you played your heart out and lost you still got yelled at by the coach and made to feel like a failure. Not exactly positive reinforcement. With the martial arts it was an individual pursuit. It was up to the individual to excel as far as they could. I liked this individual approach mixed with the relationships that develop with the people you train with.

Over the years there have been ups and downs like you would expect with anything else one may do. I however have continued to train and grow as an individual. After I had earned my black belt in TaeKwonDo I wanted to fill in some of the areas that were lacking, throwing and ground work, and took up Judo. I enjoyed training in Judo and even entered a few tournaments taking everything from dead last to first place. As much as I enjoyed Judo the club was not able to maintain membership and ended up closing. At this time I started training in Master Gommels Hapkido program and eventually earned black belt rank in Hapkido.

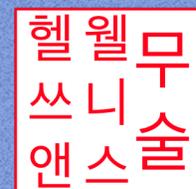
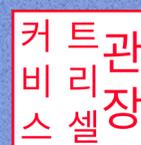
Around this time I met a person in the martial arts who ended up becoming my wife, Nicole. We now have two children who are also involved in the martial arts and a busy home life. I have continued with TaeKwonDo, Hapkido and was able to join a new incarnation of the Judo club and eventually earn my black belt. As long as my body holds out I will continue to train. I joke with people that don't understand why I train that "It's cheaper than therapy." This however is very true. No matter what problems may be going on in my life I can workout for a little bit and forget about them. For me, this helps me decompress and come back to the problems with a fresh outlook.

I hope all of you who are training with us have had and continue to have many positive experiences with your martial arts journey. For those of you who have an interest for you or your child in training with us more information can be found at the links below.

Take care,

Kirby Strissel

Kwan Jang - Martial Arts For Health & Wellness, LLC
Administrator - Korea/USA Simmudo Association

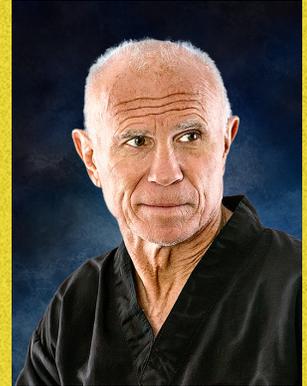




“Practice doesn’t make perfect; it makes permanent.”



The above quote is from Bill “Superfoot” Wallace who from 1974 to 1980 was an accomplished full contact karate fighter. He transitioned into doing film work after retiring from competition as well as continuing to teach martial arts classes and seminars to this day. This quote stood out to me because it emphasizes the goal of all the repetition in our training... to make the skills a permanent part of who you are.



10 Healthy Lifestyle Tips For Kids

Below are ten lifestyle tips for children I came across from a gentleman named Chris Casamassa.

1. Food is Fun... Enjoy your food.
2. Breakfast is a very important meal.
3. Eat lots of different foods everyday, variety is the recipe for health.
4. Which group would you tip for the top? Protein, carbs or fat?
5. Gimme five! Eat fruits and vegetables with each meal and as tasty snacks!
6. Fat facts. Too much fat is not good for your health.
7. Snack attack! Eat regularly and choose a variety of snacks.
8. Quench your thirst. Drink plenty of liquids.
9. Care for those teeth! Brush your teeth at least twice a day.
10. Get off the couch & Get moving! Be active every day.



8. Quench your thirst. Drink plenty of liquids

Did you know that more than half of your weight is just water? So as well as giving your body all the food it needs each day to keep healthy, you need **at least 5 glasses of WATER a day**. It is particularly important if the weather is very hot or if you have done lots of exercise, to have plenty to drink. Usually – but not always – your body will tell you this, by making you feel thirsty. Plain water is always best, of course; you can try mineral water, tea, nonfat milk and sports drinks, these in moderation can also be okay. The key is moderation!

September 2020 Promotion Test Results

Adv. 7th Gup Yellow

Khayyam Shuja

6th Gup Green

Asher Kautz

5th Gup Green

Nathan Gerdes

Int. 5th Gup Green

Christopher Kang

Adv. 5th Gup Green

Adrian Russi

Nov. 4th Gup Blue

Isaac Russi

4th Gup Blue

Isobel Halland

Benjamin Wallace

Zackary Wallace

2nd Gup Red

Lucien Strissel

Cho Dan Bo

Sean Ky

Sonny Ky

1st Poom Dan

Zoe Strissel

Next Testing: December 3, 2020

