



Mok Sori

The "VOICE" of Kuk Sool Won of The Woodlands, West

Volume 1, Issue 2

February 2010

Don't Keep Us A Secret!

We do not want to be **Best Kept Secret in The Woodlands or Magnolia!** We need to increase the exposure to potential students and there are lots of ways you can help...

- Referrals. When a current student is growing and benefiting from our program, they convey that excitement and enthusiasm to others. This is the fastest way to build our school and make it the best school in the area.
- Pick up some flyers to distribute - display in offices, schools, restaurants, bulletin boards in grocery stores, coffee shops, etc.
- Pass along event info to groups interested in self defense class: (mom's clubs, teachers and PTO groups, running clubs, friends)
- Let us know of any community festivals, school events, etc. around town where we could set up an information booth, offer activities, do demonstrations, or donate prizes.
- Submit article in local paper or submit a news item to your child's school newsletter about their latest promotion.
- Do you know anyone with property along main road? Ask if we could put up a sign for the school.

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Learn as if
you would
live forever,
live as if
you would
die tomorrow.

-Mahatma Gandhi

Welcome New Students

We would like to welcome all our newest members. If you haven't met them, please introduce yourself. When you have met them, make them feel welcome.

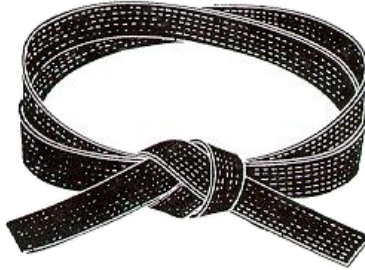
Zachary Barnes
Chase Parker
Lora Cummins
Max Cummins
Sarah Kuhn
Kyle Sherrouse

Paula Sherrouse
Michael McKelvey
Garett Hall
Henry Bente
Alexia Barnett
Joella Layman

Isabella Layman
Saurahnee Phillips
Natalie D'Anna
Alberto Villacres
Enrique Villacres
Ashton Jenson

Feeling Nervous About Testing?

Just about everyone has experienced a case of the pre-testing/testing jitters at some time in our lives. We all can instantly recognize that momentary blank or puzzled look on the face of someone who has just frozen in the middle of a form. These episodes vary from a brief glitch in the smoothness of the hyung to the glassy eyed (what am I doing, what is my name and where am I?) cold sweat panic attack. While testing may never become fun for you, it will grow easier as you gain confidence and feel at ease with the material you are being tested on. One common mistake during testing is to let the pressure get to you. Worrying about forgetting a certain technique or part of a form is a good way to ensure that you will do just that.



Worrying about what's coming next will guarantee a less than sterling performance in what you are supposed to be doing now. Just relax. You will not be recommended for testing unless you know the material well enough to pass.

Focus on the moment to clear your mind for what you are doing now. Don't worry about whether or not you did the last technique correctly or you will impair your ability to do the next one properly. A clear, calm, focused mind that has been well prepared through lots of practice will carry you through even the toughest test. Believe it or not, testing can become a pleasant (and challenging) experience. Just remember to relax and keep a positive attitude.

Word of the Month

FOCUS

A center of interest or activity.

Close or narrow attention. To be a good martial artist one must learn to focus their mind on the mechanics and details of the technique. Then, and only then, can you master the technique.

THE BAMBOO FARMER: *An inspiring story of Faith and Perseverance* (as told by Master Steve at a "Parents as Coaches Seminar")



Once upon a time there was a farmer. He had lived in a farming community and had farmed like his neighbors for all his life. As time passed by, he became bored with farming traditional crops, he still loved farming but felt unchallenged. So he set about the business of searching alternative crops. Making a living and supporting his family was critical, so he wanted to make sure he made a wise choice. Therefore, he began reading researching and speaking with experts with more knowledge than he did before making his final decision.

After studying a variety of options, he decided on Bamboo. The climate, soil conditions and equipment at his disposal could make growing and harvesting bamboo a profitable business. He was convinced he was making the wisest choice and began making the changes needed to become a Bamboo Farmer.

Now remember, our farmer lived in a farming community. For generations his neighbors had all grown traditional crops like corn and wheat. You can only imagine how the idea of growing bamboo was received. Upon telling his fellow farmers his idea, they mocked him, calling him foolish all the time warning him of his impending peril. They were unwilling to accept change or progress. However, the farmer was unshaken, he had done extensive research and was confident in his knowledge. He would not back down from the belief that he could grow bamboo and even turn a substantial profit in the process.

Well, if you know anything about bamboo, you know that the first year its been planted...nothing happens. You don't get so much as a twig or a leaf! His neighbors were ruthless. They had all harvested their crops while he had nothing but an empty field, nothing at all to show for his efforts. He was undaunted and confident in his knowledge. The second year, nothing happens either, not a sign of bamboo tree anywhere. Again he was forced to endure a second year of ridicule by his heartless neighbors. Still, he was unshaken in his confidence.

The third year came...and guess what? Bamboo. Everywhere bamboo. His crop grew a foot a day! By the end of the summer he had a virtual bamboo forest. He harvested his crop and sold it for a huge profit. His neighbors were astonished. In fact, several that had once ridiculed him began to show interest in becoming bamboo farmers as well.














The farmer went on for many years enjoying the benefits of his new crop, bamboo. He and his family enjoyed a very happy and successful life, unafraid of growth, progress or change, confident and determined when facing challenges.

The story teaches us two lessons. First, when you have knowledge you have tremendous power. Knowledge gives you confidence to pursue your dreams and goals... regardless on what others think. Throughout history our most prolific leaders, inventors and businessmen were often the subject of ridicule by their peers. It was their faith and single-minded purposefulness that drove them to persevere and ultimately achieve their dreams. The second lesson is that just because we don't see immediate progress, doesn't mean we should give up. The reason the bamboo tree doesn't grow until the third season is because it



spends the first two years growing roots, building a foundation so that when it is ready to grow it will have the stability to stand tall reaching tremendous heights. Without those roots, the tree would fall over with the first strong wind. Had the farmer lost faith and not had confidence in his knowledge, he might have tilled the crop under during the first or second year and created a disaster for himself and his family. Results or benefits in a Martial Arts program may not be immediately visible either. While some children respond almost instantly, others may need the full three years, or more to fully benefit from their classes. It's critical that we allow the children to grow and develop at their own pace. We must understand that although there may not appear to be any changes on the outside, growth and progress is happening on the inside. We must be patient, have confidence and persevere, (like our farmer did in the story)

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																															
	1	2	3  Sparring 6:00pm	4	5  Black Belt Club 6:00 PM	6  Women's Self Defense 2pm-5pm																																																																																																															
7	8	9	10  Sparring 6:00pm	11	12  Black Belt Club 6:00 PM	13  Parents' Night Out 6:00-10:00 pm																																																																																																															
14	15 President's Day (Observed)	16	17  Sparring 6:00pm	18  Last day to register for testing! Late fee of \$10 after today	19  Testing Kids 6:00pm Adults 7:00pm	20  Black Belt Testing 10:00am Kuk Sool Won, Magnolia																																																																																																															
21	22	23	24  Sparring 6:00pm	25	26  Black Belt Club 6:00 PM	27  Graduation 10:00am																																																																																																															
28	<table border="1"> <thead> <tr> <th colspan="7">Jan 2010</th> <th colspan="7">Mar 2010</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td> </tr> <tr> <td>31</td><td></td><td></td><td></td><td></td><td></td><td></td> <td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </tbody> </table>						Jan 2010							Mar 2010							S	M	T	W	T	F	S	S	M	T	W	T	F	S						1	2	1	2	3	4	5	6	3	4	5	6	7	8	9	7	8	9	10	11	12	13	10	11	12	13	14	15	16	14	15	16	17	18	19	20	17	18	19	20	21	22	23	21	22	23	24	25	26	27	24	25	26	27	28	29	30	28	29	30	31				31													
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- 2/6 Women's Self Defense Workshop Session #3**
Time: 2:00PM – 5:00PM
Location: Kuk Sool Won of The Woodlands, West
Cost: \$25.00
- 2/13 Parents Night Out**
6:00PM - 10:00PM
Ages 4 and up
Cost: \$15 per child; \$30 per family
- 2/19 Under Black Belt Rank Testing**
Kids' Testing will begin at 6:00 pm
Adults Testing will begin at 7:00 pm.
Testing forms and fee due February 18th. \$10.00 late fee will be added after the deadline. Absolutely no test forms will be accepted the day of testing. Please wear full uniform for testing.
- 2/20 Black Belt Testing (for 1st – 3rd Dahn)**
Time: Final Testing 10:00am; Promotion 12:00 Noon; 1st time testing: 1:00 pm
Location: Kuk Sool Won of Magnolia 37937 FM 1774 Rd. Magnolia, TX 77355
- 2/27 Graduation/Demonstration**
10:00AM—12:00PM
Promotion ceremony will be followed by demonstrations
Please wear full uniform for graduation.