



July 2025 Newsletter

Moving Past an Obstacle

In life we will always be coming up against obstacles that may slow or stop us from doing what we want to do. How we choose to look at and deal with these obstacles determines if we are facing a temporary challenge or something that we allow to keep us from doing something we want to do.

I think the last couple of years have been good but prior during 2020-2021 the years had been filled with various obstacles for all of us with Covid-19. Sometimes there is a right way to get past an obstacle and other times there really is not a “right” way to get past the obstacle. Just looking at how much time we had missed being able to train because of closures or the space being unavailable had been a big obstacle for us. When the mandates changed to where you can’t work with somebody, even from your own household, while masked it was another obstacle. We could have just closed up shop and quit but instead we adapted to the situation.

I think being able to adapt and change with the circumstances has been a very valuable skill for people to have these past years. When we had to temporarily stop classes in March 2020 I tried to send a weekly email with home training ideas for you or your child. Once the weather started to get warmer we moved the classes outside to a park and continued to work out on both solo drills and partners drills with somebody from the same household if it was an option for some of you. Although some evenings were extremely hot and humid or inclement weather caused us to cancel classes once or twice we adapted to the circumstances and kept working out.

After we were able to move back inside and were not at the whims of Mother Nature we continued to train this way until we were faced with another closure. After the November/December 2020 closure we were faced with larger distancing requirements and a mandate stating that people from the same household can not work with each other. We’ll we adapted again to this obstacle and made it work for us. Then the distancing requirement dropped back down to six feet but we still were not able to have people work with a partner even from the same household. Although this was not an ideal situation we again made it work for us.

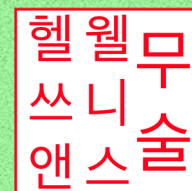
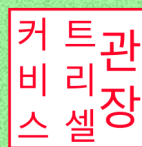
Just the challenges with our martial art program had been enough to make me feel angry, frustrated and depressed while navigating the challenges. Just looking at two other areas of my life and the obstacles I have faced it had been a tough year or so. Working at the RAC I ended up losing one-third of the year to closures and this had caused me to rebuild my client base. My children having to do full distance learning all year had me concerned about how good their education was at that time and how it would affect their future. The years of 2020 through part of 2021 were probably the most frustrating and challenging years of my life. The negative feelings I experienced are understandable but I have chosen to try and not dwell on them.

If we are facing an obstacle that we have limited to no control over what can we do? We can control how we react to it. Take those challenges and do what you can to make the best of the situation. Although we may have negative feelings about it look for the positives that we can control. It’s alright to have negative feelings about circumstances but we should not dwell on them. With our program we had been dealt a pretty lousy hand with how the mandates were affecting us but we continued to adapt and move forward. As we persevered through the challenges we came to the point where we are doing our normal curriculum with no training limitations anymore. In life we need to continue to adapt and work hard while focusing on the positive things around us.

Take care,

Kirby Strissel

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





June 2025 Promotion Test Results

9th Gup White

Chance Jones

Adv. 9th Gup White

Arlo Petersen

Nov. 8th Gup Yellow

Noah Boswell
Aren Fahradyan
Caleb King
Julieta Petrusek

8th Gup Yellow

Anisha Bathla

Int. 7th Gup Yellow

Ishaan Anavekar
Nelson Stille

Adv. 7th Gup Yellow

Thomas Banda

Nov. 6th Gup Green

Caleb Banda
Lucas Fontana

5th Gup Green

Elizabeth Hillebrand

Int. 5th Gup Green

Arthur Mielke

Adv. 5th Gup Green

Charles Schotland

Nov. 4th Gup Blue

Cyrus Choung
William Kopieevskyi
Shane Petersen

4th Gup Blue

Laith Alasadi
Dhruv Bathla
Philip Kopieevskyi
Karlee Mielke
Ivan Petersen
Jessica Thach

3rd Gup Blue

Theodore Li

2nd Gup Red

Bijal Mehta

1st Gup Red

Casey Bockol
Jordan Bockol
Catherine Li

1st Poom Dan

Khayyam Shuja

Next Testing: September 11, 2025



BENEFITS OF MARTIAL ARTS

FOR KIDS



LISTENING

Your child will be able to practice their listening skills to develop better self-control, discipline, and values.

HAND-EYE COORDINATION

Hand-eye coordination is important in your child's early development. Martial arts provides plenty of opportunities to improve fine motor skills through techniques, obstacles, drills, and challenges.

SPEED, AGILITY & BALANCE

Speed, agility, and balance gives your child better body awareness and coordination.

MEMORY & FOCUS

Learning martial arts sharpens memory, focus, and retention skills. It also keeps kids mentally engaged.

SOCIALIZATION

Kids experience partner and team-oriented situations in class that helps develop strong communication skills.

GOAL SETTING

Goal-setting is an important skill for all kids to learn. Martial arts teaches both short-term and long-term goal setting in a fun and positive environment.

