

SHIN'S TAE KWON DO

Volume 1, Issue 2

September 2009



A SPECIAL MESSAGE FROM GRAND MASTER SHIN

As this message reaches you, it is a time of worry and trouble for our nation. Not only are we engaged in problems in the economy, but now we are facing the threat of the H1N1 swine flu virus. October is predicted to be a dangerous time for us and people are being advised to get a vaccine for prevention of the flu. This is a scary time, although it is a perfect time for some Tae Kwon Do thoughts.

When it comes to swine flu, there is a vaccine for your body, something that will help you physically avoid a short-term illness like the flu. But, what about a more important vaccination that can help your wellness in ways more than physical? What can you do to combat the everyday effects of things like stress, worry, anger, and impatience? These things grow like a big germ inside us. They are like a mental virus, a cancerous virus, like ego fat which is more dangerous than cholesterol. They are much worse than a seasonal flu. We almost find it impossible to breathe sometimes. But, it is not a physical breath we need to take. It is a spiritual breath that needs to protect us. Physical wellness is great, but it is nothing without mental and spiritual wellness. So, you ask, how do I get this type of wellness? Tae Kwon Do has a unique way of entering a person's life through their heart. It builds up their mental and spiritual immune system. Bad things can't enter when you include with your physical workout an ego diet that can remove the mental and spiritual impurities that torment your life. The Bible tells us that when we drink the water of life that Jesus promises us, we will never be thirsty. A total workout in Tae Kwon Do is like drinking spiritual water. You don't stop at the physical level and remain in your earthly being. You reach above that level and seek to improve your mental wellness, eventually moving on to improve your spiritual wellness. "Tae Kwon" provides a vehicle to move to the "Do." The true meaning of "Do" is "Way." Jesus told us that He is the "Way" in John 14:6 saying, ". . . I am the Way. . ." Why would anyone want to stop at the physical body level when there is so much more we can do for ourselves and for those around us?

And so my message is this . . . Workout for your spiritual vaccination. You will live longer than forever. You will transcend this life and find the eternal life that has been given us through our Savior. Go on your "ego diet" and find out just how well you can truly be.

Jesus said to them, "I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst." –John 6:35

Shin's 34th

Annual Tournament

Will be here September 26th

**** REGISTER NOW ****

AVOID THE LINES and

GET A \$10 DISCOUNT!



BEAUTIFUL 3-FOOT TROPHIES!

Only a few more days left to prepare for the best event of the year! Grand Master Shin's annual tournament is the BEST! It is like a big day of fellowship and celebration. Especially for kids! Everyone comes out a winner and the smile that you see on their faces is priceless! Remember that ALL AGES and ALL RANKS have divisions in the TOURNAMENT. The tournament is a time for students to measure their growth in Tae Kwon Do while also competing for beautiful 3-foot trophies for their efforts. Trophies are given for both forms and for sparring. We are training all students for the competition during classes. Ask one of the Instructors for more information. You can register during any class time, or you can also find an online registration form and tournament categories on our Website www.MasterShinOnline.com. Follow the links to the **CHAMPIONSHIPS**. There is a discount for registering by September 15. **Don't miss this once-a-year event!**

TOURNAMENT MEMORIES



DEEPEST SYMPATHY TO GRAND MASTER CHUNG IN BIRMINGHAM

On August 13, Grand Master Sang Pok Chung's wife passed away, suddenly and without warning. She was a wonderful woman that we have grown to love over the many years we have known Grand Master Chung. He and their four children are trying to adjust to the absence of their beloved wife and mother. We will always remember her and treasure the times we spent with her, especially at tournament time. She always showed such kindness and hospitality to Grand Master Shin and his students. Our prayers and thoughts are with Grand Master Chung and his family as they pass through the grieving process. May God bless them and keep them close to Him.

NEXT TESTING

SATURDAY, October 24th

The next testing will be held at 10:00 AM on Saturday, October 24th. Be sure to turn in your testing form before that day. Parents, please remember to complete the questionnaire on the back of the children's blue testing form. This is a very helpful tool that helps you let your child know what he or she is doing well, and which areas there is need for improvement. Over the many years we have used this form, many parents have testified that their children have made great gains in all the aspects covered by the questionnaire.

Also, you will want to mark your calendar for the December testing to be held on the 12th. We will have a potluck Holiday Dinner at the school immediately following the testing. We hope giving you this information early will help you make your future plans.

THANKS FOR SUPPORTING THE 2009 YEARBOOK!

Thank you to everyone who placed their words and photos in Shin's 2009 Yearbook! A lifetime keepsake for you, this book will give you a lasting memory of your martial arts life and all the great relationships you have made here. We will get to see the final product on Tournament Day. You will enjoy reading the biographical sections and words from Grand Master Shin, as much as you enjoy reading the special messages that students have included. Thanks again to all who participated!



MISSION MOMENT from

THE WORLD CHRISTIAN TAE KWON DO MISSION

Our mission trip to Mexico was an unforgettable experience. It was a very rewarding trip in that we saw and experienced many things. I think our first Tae Kwon Do mission trip was a success. If you have not seen our web site it is

www.WorldChristianTaeKwonDoMission.com.

For those who went on the mission trip, we have had a few meetings to discuss our experiences on the trip and what it meant to us individually. How it has impacted our lives especially in a spiritual sense and praying and learning about the words of God. There will be another meeting on September 14th Monday night right after the evening class. After this month, starting in the month of October, I would like to invite all others to join in our meetings. Whether you are planning on going on the next mission trip this coming year or not, everyone is welcome to attend!!! The meeting will be on Saturday, October 17th from 9:00-10:00 am. We will have doughnuts, fruit, and coffee for the meeting. Please join us. If you have any questions please contact Susie Eng Tow @294-1663 or 673-6318.

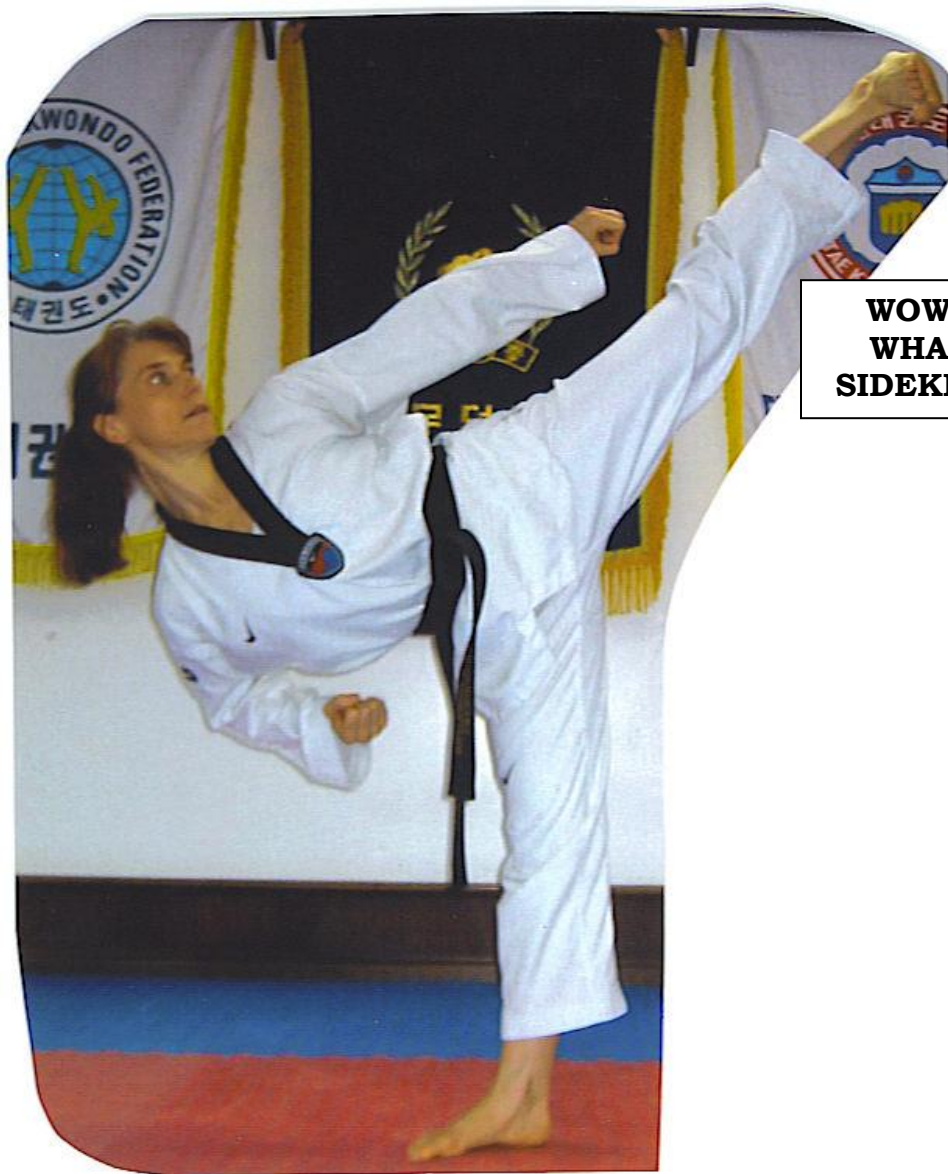


For this is what the Lord has commanded us: "I have made you a light for the Gentiles, that you may bring salvation to the ends of the earth." - Acts 13:47

**STUDENT OF THE MONTH
NICOLE CHAURAND – 3RD DAN**

Seven years ago, Nicole Chaurand followed her children, and ultimately found a most life-changing discovery. Her kids, Claire, Remy, and Paul had begun their Tae Kwon Do journey through the Gower after-school program run by Michelle Gipson. When Nicole decided it was time for them to join the Main School, she found herself agreeing to join in the “fun.” As a result, Grand Master Shin has had an opportunity to nurture one of the BEST Black Belts he has ever had. Her hard workouts and tireless efforts to help out at the school have been an outstanding example for us all. Pierre, her husband, has promised Master Shin that we will see Nicole on our next Mexican Mission trip, which is a witness to her spiritual growth, as well. We will truly miss Nicole and her whole family as they embark on a new journey to live in Quebec, Canada. Bon Voyage! Good Luck, and May God Bless You Always!

WE WILL MISS YOU, NICOLE!



**WOW!!!!
WHAT A
SIDEKICK!!!**