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School starts this month. Summer was very quick this year but the weather was excellent. We had our best summer ever. We had at least 20 children per class for our morning sessions. We are now back to our regular class schedule. With the economy still in rough shape we will continue to keep our tuition affordable. Let's end the year on a good note.

**Hapkido Demo for Pringle Crimewatch...**



In July we did a demo for the Pringle Crimewatch. Instructors Pete Canavan and Scott Percevault participated along with Jeff Snyder, Abby Raieski, Louie Mubayed, Darren Digiacomio, Black Belt Nick Jula and Master Vince Spurduto. We performed various self defense techniques including weapons.

**SELF DEFENSE CLASSES (KOWN KO DO)**

We will be circulating a sign up sheet for our Kwon Ko Do classes. Once we have a number we will advise when the classes will be held. The course runs 3 months and the cost is \$50. Please contact us if you are interested.

**FACEBOOK**

Please check out our Facebook page. We are always updating it with current pictures and information. Become a fan. Just search Facebook for HAPKIDO TAEKWONDO INSTITUTE. Feel free to add comments.

**BLACK BELT TESTING**



In August the school conducting Black Belt testing for Pete Shelp, Sarah Gurzynski and Olivia Delevan. They are performed very well and were certified First Dan's in the North American Hapkido Taekwondo Federation.

First row Sarah and Olivia  
Second row Pete, Nick Jula and Master Vince.

**MASTER INSIGHT : PUSH BACK**

When life pushes you down, push back. That's what you're here for. You're capable, you're creative, you're full of life and energy. You have what it takes to move yourself forward around any obstacle. Don't let anything stop you. Think back over the past year. Consider the ways in which you've grown, the things you've learned, your accomplishments. Most of these probably came from overcoming some challenge or adversity which initially stood in your way. A year from now when you look back at today you'll see that the problem you're so concerned with right now, was another valuable lesson waiting to be learned.