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December 21, 2010

The end of the year is upon us again. We have held our own in these tough economic times and we are pleased with 2010. Our student base has stayed the same with an increase in adult students. Our goal this year is to break past the 90 student barrier. We feel we can accomplish this, so please tell a friend. For every new student who signs up it is a free month for the student who makes the referral.

December Test and Christmas Party...



We tested in December and that was followed by a brief adult demonstration. The adults performed different self defense techniques. This was followed by our annual party with over eighty students and parents in attendance. Thanks to all who came out to celebrate with us.

WOMENS SELF DEFENSE CLASSES (KOWN KO DO)

The classes will be starting in January. We have a sign up sheet for our Kwon Ko Do classes. The course runs 10 weeks and the cost is \$50. Please contact us if you are interested. Bring a friend.

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.

LARRY SMITH AWARD



This year Emily Rowe was the winner of the Larry Smith Award. Emily has come a long way since she started training. Pictured are Sr. Instructor Pete Canavan, Master Vince, Emily and her sister, Emily's parents Joe and Patti and Instructor Scott Percevault.

MASTER INSIGHT: TWO DAYS

There are two days in every week about which we should not worry, two days which should be kept from fear and apprehension. One of these days is "yesterday". Yesterday has passed forever beyond our control. Nothing can bring back yesterday.

The other day is "tomorrow" with all of its adversities, its burdens, its large promise and its poor performance. Tomorrow is also beyond our immediate control. Live for the moment because that is in your control.