



Nebraska Hapkido Association

May 2007

SELF-DEFENSE
SELF-CONFIDENCE
SELF-DISCIPLINE

Nebraska Hapkido School has new location!

The Nebraska Hapkido Association got a new home in November 2006. The building space at 116 South 6th Street became available, so the Nebraska Hapkido Association moved in! We are pleased to have a new home and are thrilled to be able to leave the mats down and now have mirrors on the wall to help students see what they look like while working on techniques.

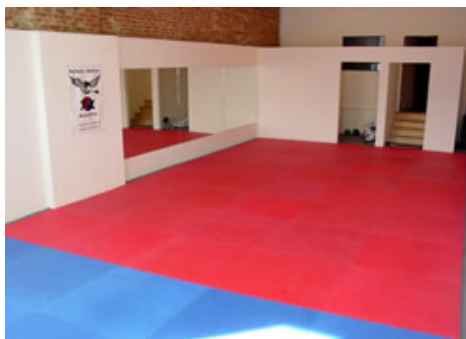
The current Hapkido class in Plattsmouth began training last April and May in Dr. Julie Howard's office at 110 South 6th Street. The class size out-grew the available space and the timing of the move to 116 South 6th was perfect.

The picture below shows the inside of the school with the mats and mirrors.

In the near future, Sabumnim Howard plans to add more improvements to the school by adding more padding under the mats to help reduce the impact of falls. Some of the older students are quite looking forward to a bit of a softer landing.

The small doorway in the back to the left leads to an equipment storage area. The stairs going up lead to Mr. Howard's office that has a library of martial arts books and some mats for relaxation and meditation.

All in all, we are pleased to have the new location. It is great to have a permanent "home" and we look forward to growing with time.



THE INTERIOR OF THE DOJANG, WITH OUR MATS AND NEW MIRRORS.

Classes Offered:

Hapkido:
Tues/Thurs
6:15—7:45pm

Tai Chi:
Mon/Wed
7:30-9:00pm

**Women's
Self-Defense
Training:**
By Appointment

**General
Practice:**
2 Saturdays every
month, from 10am
until noon.

**June General
Practice Dates:**
June 2nd
June 9th

Other New Things...

In addition to the new school, the website has been revamped to include the new class offerings, plus give information about the potential Taekwondo and Eagle System courses available. Feel free to look around and see what we have to offer!

New Things to Try: Show up for General Practice and try some sparring. Perhaps ground submissions? Or maybe boxing? Muay Thai rules, or MMA? Remember, if you are a current student, the General Practice hours are free. Others who wish to work out, may do so for \$15, which allows them to attend both General Practice sessions per month.

Remember, if you plan on sparring during the General Practice sessions, you need to bring appropriate clothing, groin protection, and a mouthpiece.



Demonstration held on March 17, 2007



SABUMNIM HOWARD DEMONSTRATING A VERTICAL PUNCH ON A STUDENT.

(PHOTOGRAPH BY A. HUDSON OF PLATTSMOUTHSQUARE.COM)



STUDENTS DEMONSTRATE A READY POSITION IN HAPKIDO DURING THE DEMONSTRATION (PHOTOGRAPH BY A. HUDSON OF PLATTSMOUTHSQUARE.COM)

Martial Arts opportunities in Plattsmouth expand to include Hapkido, Tai Chi, Tae Kwon Do, and The Eagle System!

On March 17, 2007, the Nebraska Hapkido Association along with LifeArts—Howard Chiropractic, PC offered a demonstration of martial arts for the community.

The demonstration included an introduction to Tai Chi by Ms. Sabrina Kusek, a demonstration of one of the forms in Tai Chi, and a demonstration of Hapkido by Sabumnim Howard and the current students taking Hapkido in Plattsmouth.

The demonstration was planned to highlight the current Hapkido class as well as introduce Tai Chi to the community.

New Tai Chi classes began on Monday April 02. They are currently being held on Monday and Wednesday evenings from 7:30-9:00. If you are interested in Tai Chi, please contact Dr. Julie Howard at LifeArts—Howard Chiropractic, PC at 402-296-2196 for further information about the classes.

The demonstration was also a time for an announcement made by Sabumnim Howard that the Nebraska Hapkido Association is seeking out interest in children's classes as well as Tae Kwon Do. If there is enough interest in these classes as well, Sabumnim Howard will start offering them in Plattsmouth. More information about these classes can be found at:

<http://hapkido.4t.com>



CURRENT HAPKIDO STUDENTS DEMONSTRATING A FIGHTING STANCE AND KICKING TECHNIQUES.

(PHOTOGRAPH BY A. HUDSON OF PLATTSMOUTHSQUARE.COM)



MS. SABRINA KUSEK PERFORMING THE 24-SIMPLIFIED FORM OF TAI CHI

(PHOTOGRAPH BY A. HUDSON OF PLATTSMOUTHSQUARE.COM)