

Hello fellow Hapkidoins,

A few years ago I wrote about my feelings and experiences during my few short years in Hapkido. It occurred to me the other day while daydreaming and going to work, why I still (at 54 years of age) go to Hapkido!

I started because I watched my son in this class when he was nine. I reflect upon this as I, as well as Sabunim Jeremy and a number of others, went to Sault St Marie (where I became 1st dahn-I am not bragging... I am still in awe of this!), and the fact that I had yet another birthday (always a good time to review one's life and reflect...No?)

One reason is **physical fitness**- this is the first and only class that I have ever attended that I have not been bored with! I love variety (I think I am slightly ADHD) and our Instructor changes it up all the time... I like not having a set routine!

Second reason is that I honestly (as I and my husband had 3 kids late in life) feel I need to **keep young** for the next generation. I have limitations (i.e.: age and arthritis) but I do not want that to stop me! I have witnessed many of our friends and family hit low points regarding health and happiness when it came to mind and body because age and attitudes! I take to heart...mostly... that Masters' Geri and Jeremy have repeatedly mentioned that age is in the mind and in attitude. Many of my colleagues at work marvel at my energy and attitude when working with 3-6 year olds!

The third reason is **our instructors** - I am still in awe of Master Jeremy and Master Geri - the years to get to this point and the ability to teach adults (really... I teach young kids...they are the same sometimes!), and of the dedication to teach others is awe inspiring! Having achieved 1st dahn, I am supposed to be ready to teach others but have noticed that to put this in practice is a very different kettle of fish! ... I have a long way to go ...but I am having fun trying!

Finally, and just as importantly to me, is **YOU!** I feel the great people that I have met in class are just as important as the art itself and the instructors... I am blown away by the wonderful, caring folks I have met in class in the last few years. YOU are the reason I come back week after week... (to get beat up!), but also to learn from and to exchange ideas with.

Thank you... See you in class! Jen