



DECEMBER, 2009

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GEARING UP FOR OUR 78TH BELT TESTING!!

We hope everyone is getting ready for our upcoming color belt testing on Saturday, **DECEMBER 19th**. You have a few weeks left to practice your forms, perfect your 1-step sparring techniques and to earn your qualifying black stripe.

In order to plan for the smoothest and most enjoyable testing ever we really need all of the applications and fees in by **Saturday, the 12th!** The exact schedule will be posted as soon as we receive all (or most) of the applications.

A late fee of \$5 will be assessed for all applications handed in after the 12th. Thank you for your cooperation and support! I really helps us prepare and stay on time when we know exactly how many students will be testing in each group.

WE WISH YOU AND YOUR FAMILY A WONDERFUL HOLIDAY SEASON!

Master Markman and Mr. Dutton, along with our families would like to wish you and yours a great holiday season. Our kids have grown up with yours and we count many of you as our close friends and hope that you do the same. Thank-you for allowing us to be a part of your family' s lives for over a decade and may 2010 be the start of another. Have a Merry Christmas and Hanukkah!

GIVE THE GIFTS THAT KEEPS ON KICKING! GET YOUR KIM' S ACADEMY GEAR TODAY!

Surprise your student with their favorite Kim' s Academy Gifts. We now have Grand Master Kim' s White Belt to Black Belt Excellence DVD for sale as a GREAT stocking stuffer for only **\$39**. Sparring gear can be a great gift for the kicker in your house. The entire set which includes sparring bag is selling for **\$145.**, so come in and preorder yours today. We now have our coveted **Kim' s Academy Hoodies, back packs, and belt racks** available for preorder. If you are looking to get your kids a nice HOODIE for Christmas, look no further. On sale now for only **\$45**. Available in White & Gray.

KATKD NOW ON FACEBOOK!

Please join our Facebook group to keep up on the latest KATKD updates! Click below:

<http://www.facebook.com/group.php?gid=49969730909>

facebook

Upcoming Events

-12/12 Testing Applications Due

- 12/19 78th Belt Testing

- 12/21 - 24 Buddy Week!

- 12/24 No Adult Class Held.

- 12/25 - Jan 1st School Closed

Classes will resume on Jan. 2nd.

c o n t e n t s

P2 Consequences for Couch Potatoes

Gotta Birthday Coming Up? It' s time to PARTY!

P3 Instructor Spotlight: Gena Markman

Know Someone in Your Local PTA??

P4 Fall Tournament was a huge success!

New Class Schedule Change after testing!

**WINNER
BEST OF STATE**



UTAH 2009

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"Helping Build a Better Community One Black Belt at a Time for Over 14 Years."

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WE' RE LOOKING FOR TESTIMONIALS!

Thank you to those that were kind enough to send us a testimonial. We would like to post more testimonial from students and parents on our website. If you' ve had a good experience at Kim' s Academy, we' d love to hear about it! Feedback is always good for us whether it' s good or bad. We are always learning too. So, if you would like to put in your 2 cents, please email us at info@katkd.com. Thank you!!

STUDENTS - GOT A BIRTHDAY COMING UP!

Come and kick up some fun! Kim' s Academy of TKD is now offering fun and exciting birthday parties held at the school. Students can invite a boat load of friends to the school to participate in an hour and a half of non-stop TKD birthday fun!

- Martial Arts Theme
- Lots of Games
- TKD Demonstration
- Everyone gets to participate in a fun TKD lesson where the Birthday Boy/Girl gets to help instruct!
- Student and friends get to break a board and take it home.
- Fun, Fun & More Fun!

It' s an exciting and unique birthday party that no one will forget!

Parents that are interested, please talk with Master Markman or Mr. Dutson for further details.



GETTEM' WHILE THEIR HOT!

Grand Master Kim' s DVD is an EXCELLENT resource for the student of Taekwondo. Use this DVD as an additional tool to assist you as you make your journey from white belt through 1st Degree Black Belt. When used along side in-class instruction, you will stay on top of your marital arts skills!



This DVD covers Mental Training, all One-Step Sparrings, and all Forms. It' s a great tool to help the student review the curriculum at home or on the go. We highly recommend it to aid in your student' s training. Currently for sale for \$39. Come in and get it while in stock!

ORDER YOUR SPARRING GEAR TODAY!

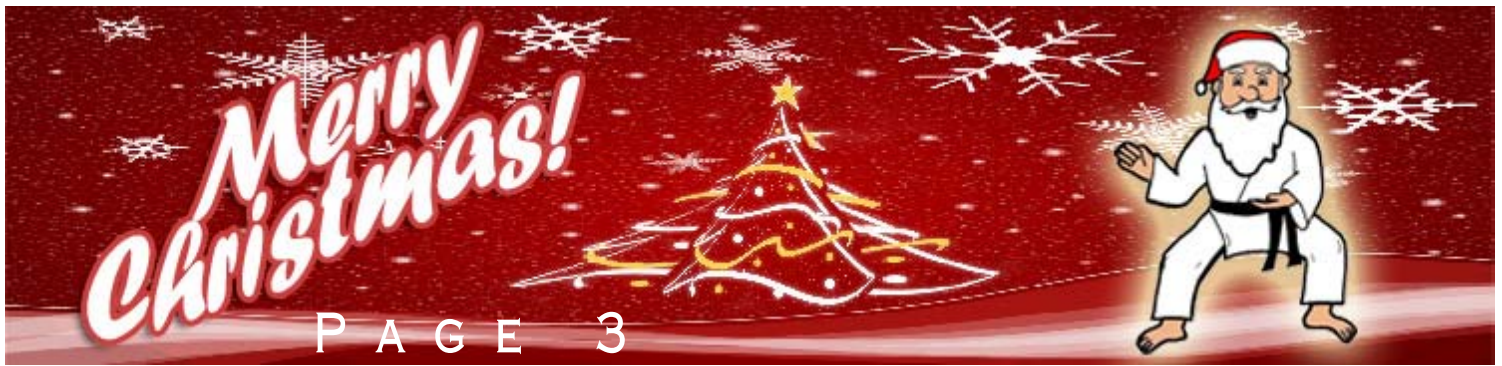
As soon as Yellow Belts test for Orange they become eligible to start sparring on sparring days. This enables students to bump up their level of skill tremendously by putting into practice the skills and techniques they learn in class in a controlled, safe and fun way. If your child is already past Orange belt or is testing for Orange and wants to start sparring, please come in and beat the rush by pre-ordering your gear today.



CONSEQUENCES FOR COUCH POTATOES

Hippocrates said, " Exercise is man' s best medicine." That might have been headline news back then, but now it is old news. Today, the public is constantly inundated with the benefits exercise brings to our health, both mentally and physically. Well, just like everything else in life, if there are benefits, then there are consequences too. Oh, I' m not talking about the consequences of exercising, such as a strained muscle. I' m talking about the serious consequences of not exercising. The obvious consequence is weight gain. There are some people whose metabolism allows them to eat anything and not exercise, but as they get older, even some of them find that changes. Obesity aggravates other physical conditions such as heart disease, diabetes, high blood pressure, certain cancers and depression. As little as a 10 pound weight loss can drastically decrease some of the side effects of these diseases. Without exercise and stretching, mobility, balance and flexibility will decrease as a person ages. However, by exercising a person can remain flexible and maintain muscle mass well into old age. Many falls actually occur because the person has lost his or her balance, which would have been maintained better with exercise. Even some thirty and forty year olds find it difficult to balance on one foot for ten seconds. Common injuries that require physical therapy will take considerably longer to heal too, because flexibility needs to be established before some exercises can be done. We think of exercise affecting muscles and weight, but it even affects organs and the makeup of blood. The cardio-respiratory (heart and lungs) system needs exercise regularly to maintain the ability to function properly. One consequence of no exercise is lungs that are more susceptible to disease such as pneumonia. Lack of exercise also contributes to lower HDL (good) cholesterol and higher LDL (bad) cholesterol levels, and increased glucose-stimulated insulin secretion. Low self-image or self-esteem may not be deadly, but it affects a person' s quality of life. By not caring enough to exercise regularly, a person may not experience certain endorphins that can help ward off depression and other mental health conditions, which can have an affect on how a person sees and carries oneself. Obesity, preventable disease, heart and lung health and self-esteem are extremely good reasons to get up and move. The next time the positive benefits of exercise are mentioned, remember that there are serious negative consequences of not exercising too. Remember, it' s never too late to get up and move.

Written by Manny Cabrera III



INSTRUCTOR SPOTLIGHT

We thought we would add a new section to our newsletter showcasing a different instructor each month. Students are always curious about what the instructors are like outside of the school. Now their personal lives will be exposed to the public in hopes that parents and students can learn more about them and their personalities. We have such a wealth of instructors here at KATKD that we just can't keep them to ourselves. This month we'll put the spotlight on Ms. Gena Markman one of our 2nd Degree instructors and daughter of Master Markman.



Gena has been practicing Taekwondo for about 9 years now. She started training at age 4. Gena was born in Philadelphia, PA. She started entering tournaments at age 10 and became a Utah State Champion in traditional forms and won a silver medal in Olympic style sparring. Gena loves her Shar-pei, Suki and hates the smell of apple sauce! Gena has been a big part of our school in helping teach classes, especially our Little Tigers classes. She loves teaching and is a great role model for all of her students. The little girls in class especially look up to Gena as an instructor and as a person. We are proud to have her share her skill and knowledge of Taekwondo at Kim's Academy.

ANNOUNCING BUDDY WEEK!!

Wanna show off your TKD skills, awesome discipline, focus, and concentration with your friends?? Kim's Academy of Sandy is excited to announce the beginning of a new program that will be held during 1 week of every month. Buddy Week will start on December 21st and end on the 24th.

During this time students are allowed to bring friends to class with them for an entire week. We will provide a white belt that the students' buddy will wear during class. We will break up part of the class to teach the Buddies basic techniques and the rest of the classes they all participate together. Buddies must be at least 4-5 years old for Little Tigers classes and 6 years old on up for regular children's classes.

We will be sending home a flier with more details shortly, so start thinking about which friends you want to bring to class! (Students can bring multiple Buddies during the week, please do not bring buddies in conjunction with a birthday party).

BLACK BELT CLUB PROGRAM DETAILS...

Have you ever seen students in class that are wearing a **BLACK BELT CLUB** patch on their uniform and wondered what it's for? Well, BBC is a goal oriented program that helps students reach their goal of Black Belt and beyond. It offers students different discounts on tuition as well offers special classes only for BBC members. If you have the desire to see your student through to Black Belt, then this is the way to go for many reasons. Please see Master Markman or Mr. Dutson for complete details on the benefits of **Black Belt Club**. We are currently enrolling a limited number of

BBC members through the end of the year.

FREE BLACK BELT COMICS

We've added a new feature to our website and monthly newsletter called **Black Belt Comics**. Designed professionally to help keep your young student excited about Martial Arts. Featuring Martial Arts Comics, puzzles, and education. Print as few or as many as you need. Look forward to new issues each month filled with exciting stories and fun activities.

You can download it FREE from our website- www.KATKD.com/comics.htm



KNOW SOMEONE IN THE LOCAL PTA??

Our Demonstration Team is looking for events at our local Elementary and Middle schools to perform. If you know someone in the PTA or those in charge of school events, please let us know. The new school year is approaching and we are currently setting up Demonstrations around the valley. We need the right connections to setup a few more events to perform at to keep our Team sharp. We do demos for school Anti-Bullying seminars and assemblies as well as Physical Fitness based assemblies to promote good health and exercise. We do not charge for demonstrations. Please contact Master Markman or Mr. Dutson if you can help. You can email us at info@katkd.com Our staff and Demo Team thanks you!!



**KATKD IN-HOUSE
TOURNEY WAS A
HUGE SUCCESS!**

We are so proud of all of the many students that competed in our in-house tournament! Everyone did their best and exemplified true Black Belt Spirit. Congratulations to everyone that participated. Master Markman and Mr. Dutson couldn't have been prouder at the sportsmanship, dedication, courage and talent that our students displayed. Hopefully, it was a good experience for all. Our Hwarang Demo Team performed and showcased their TKD talents. We are planning to hold in-house tournaments every spring and fall, so stay tuned for more tournaments to come. Also, thank you to all the instructors and Black Belt students that helped with the judging and scoring. You can go to this link to see a few pictures of the tournament.
<http://kimsacademy.ning.com/photo/albums/2009-fall-tournament>
 If you want to upload more pictures of your student, please go to the link above to create an account to login. There you can upload pictures and video to the Tournament Album. This will be the new site for all our multi-media. Enjoy the pictures.

**NEW CLASS SCHEDULE
CHANGE**

There will be a new change in the class schedule that will only affect children **HIGH BROWN** belts only. We have decided to put the High Brown belts in the intermediate class in order reduce the class size of the advanced class. All Brown Belts that are testing for High Brown on December 19th will stay in the Intermediate classes. So, basically the Intermediate classes will be Orange-High Brown and the Advanced classes will be Red-Black Belt. The advanced class has grown to the point where the classes are too cramped. We hope this will give the advanced classes more personal attention from the instructors. Thank you for your cooperation and understanding.

**CHUCK NORRIS FUN
FACTS OF THE MONTH:**

Some people wear Superman pajamas. Superman wears Chuck Norris pajamas.

Chuck Norris once worked as a weatherman for the San Diego evening news. Every night he would make the same forecast: Partly cloudy with a 75% chance of Pain.

Simply by pulling on both ends, Chuck Norris can stretch diamonds back into coal.

When Chuck Norris does a pushup, he isn't lifting himself up, he's pushing the Earth down.

**KIM' S ACADEMY OF
TAEKWONDO FAMILY
BUSINESS NETWORK**

KATKD is very blessed to have so many wonderful students and parents that support our efforts in helping us build a better community for the past 14 years. Because of this, the spirit of our school is unmatched in Utah. We consider everyone here our Taekwondo Family. We are proud to be associated with all of you and your children!
 Many parents and adult students own their own businesses or work for companies that offer services or products that many people need. We thought, why not help each other out and offer these products and services within our own TKD Family Network. Considering the current economic conditions, we think it would be great to give parents and adult students the opportunity to let everyone at our school know about their product or service. If people within our TKD Family have a need for certain services, why not use the people you know from TKD that you see often and can provide you with what you need. It's a great way

for all of us to help each other out and show good Black Belt Spirit! With that said, we are proud to announce a new program where parents and adult students can put up their business cards on our bulletin board for others to see. We will also be featuring a business or person each month in this newsletter. KATKD would also love to place a lead box (see below) or brochures at your place of work or business (with your permission of course). If you would like to be part of this program, please email Mr. Dutson at info@katkd.com for details.



DELTA AIRLINE TICKETS!!

During the Best of State Gala, Kim's Academy of Sandy won a raffle for 2 round trip tickets **ANYWHERE** in the world Delta Airlines Flies. We have decided to sell the tickets to pay for new mats that will go in the new practice room at the north end of the school and to replace broken mirrors in the school. We thought we would give parents a chance to buy the tickets before we put them online to sell. The tickets are good for 1 year. If you have a need for tickets at a good price, please let Mr. Dutson or Master Markman know and we can give you more details. Thank you!

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