

Kickin

Newsletter



APRIL, 2009



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74TH BELT TESTING THIS MONTH!!

SPRING IS IN THE AIR! We hope everyone is gearing up for our upcoming color belt testing on Saturday, **April 25th**. 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 18th!** 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 18th. 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.

CONGRATULATIONS!

In the last newsletter, we failed to mention Blaze Pryor as one of our students that tested for Black Belt in February. Sorry about that Blaze. Great job on your testing!

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Random Fact of the Month.

KATKD IN-HOUSE TOURNNEY 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, and our Black Belt instructors gave a skillful and exciting tag team sparring demonstration as well. 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 here to see a few pictures of the tournament <http://katkd.com/2009springtourney.htm> If you have more pictures of the tournament, please email them to info@katkd.com and we will add them to our website.

2009 State USAT Tournament

Congrats to the following students that competed in the State TKD Championships 3 weeks ago:

Hanna Larsen: Silver Medal in Sparring.

James Schirle: Gold in Forms, Gold in Sparring, Silver in Breaking.

Arjan Jahromi: Gold in Sparring.

Mr. Dutson judged and refereed. We are all very proud of the spirit of friendship and skill that these students showed as they represented KATKD and qualified for nationals this summer!

Upcoming Events

- 4/11 Closed for Spring Break

(Classes resume on Mon. the 13th)

- 4/18 Testing Applications Due

- 4/25 74th Belt Testing!

New 3 Week Summer Camp Dates:

Session 1: June 15. Session 2: July 6

Session 3: July 27 (Details to come!)

Happy Spring



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"Helping build a better community one Black Belt at a time for over 13 years."

P A G E 2

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!!

2009 KATKD SUMMER CAMP!

It' s time for our Annual Kim' s Academy Summer Camp. This year, we are packing all of the fun into 3, three week sessions. **1st session will start on June 15th. The 2nd session will start July 6th, and the 3rd session will start on July 27th.** All sessions will be running from 9:00 AM until 3:00 PM, and will with earlier drop-off and later pick-up available, if necessary. The final plans are coming together for what' s shaping up to be another incredibly fun, educational, stimulating and memorable summer camp. Here' s just a peak at some of the activities? We will only be registering 20 students for each session! So, join the fun before all the spots are filling up!

- Rock & Gem Hunting in our special, backyard Excavation Pit!
- Hands-on Nature-inspired Science & Craft Projects (think bugs, plants and water!)
- Contests, Games and Prizes!
- Weekly Swimming Field Trips
- Twice daily TKD classes with relays and other types of physical fun!
- Special Camp Edition Belt Testing Ceremony.
- All organized and supervised by a large staff of mature Camp Counselors, - including Master Markman and Mr. Dutson.

Continued on next column...

Please come in to the office to ask for more details and ask any questions you might have, or email us at info@katkd.com. We will be sending out more details in the next month. Don' t miss this camp. It' s going to be a good one!

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 martial 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.



DR. MIYA' S CORNER - EVERYDAY PRACTICALITY OF TKD.

Children benefit from developing reflexive responses. Ten-year-old Tommy stood on a stool to reach a board game on his closet shelf. As he pulled the box out of the stack, a large jigsaw puzzle slid forward off the top and descended directly toward his head. In an instant, and without thinking, Tommy used a rising block to deflect the large box away from his face. The box hit the floor but Tommy was unharmed. His regular practice of TKD basics and forms, as well as drills in the dojang all contributed to Tommy' s ability to protect himself. This is a reminder of the practicality of martial art skills in our daily lives. When we train repetitively and seriously, we ingrain practiced responses that can protect us in unforeseen circumstances. Isn' t that what we want? Accidents happen suddenly and unexpectedly, and many elements of our training are highly adaptable to situations that do not involve conflict with another individual.

Dr. Dorene Miya received her Ph.D. in Neuroscience, former scientist in Neural Regeneration and Professor of Developmental Psychology, Brain and Behavior and Abnormal Psychology but always, the mother of 3 and Master Markman' s wife, of course.



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 Mr. Den Dutson, Co-owner and instructor.



Mr. Dutson has been practicing TKD for almost 7 years at KATKD. He is currently a 2nd Degree Black Belt and has enjoyed teaching and competing. Here are some of his accomplishments: World Martial Arts Championship Gold Medalist in Olympic Sparring, Bronze Medalist in Traditional Forms. 3 time Utah State Champion in Traditional forms and Olympic Sparring. Coach of State of Utah Taekwondo Team that participated in the 2007 World Hanmadang Taekwondo Championships in Korea. Board member of Utah Gyeonggido Sports Counsel. Bachelor Degree in Korean Studies & Business from Brigham Young University in 1996. 1992 Graduate of Seoul National University's Korean Language Research Dept. in Seoul, Korea. *Continued..*

USAT certified Judge and Referee. Studied and worked in Korea for 7 years. Translator for the Korean Olympic Speed Skating teams for the past 8 years. Olympics, World Championships, and World Cup competitions. Mr. Dutson loves training with his 2 children, Daiden age 10 and Baylee age 7. Mr. Dutson is also a self professed "chocoholic." He will eat anything with chocolate in it. (Hint..hint!!!!)

We are proud to have Mr. Dutson teaching at Kim's Academy.

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 new BBC members through the end of February.

NEW YOGA CLASS FOR ADULTS

We are now offering a new Yoga class every other Thursday evening from 7:45-9:00. The cost is \$6 per person per class. The class is led by Nicolle Bangerter a registered yoga teacher with over 300 hours of Yoga training. She is an International Master Teacher Trainer for YogaFit. Nicolle has been practicing Yoga for 14 years. Nicolle also has 3 children that are students at

Kim's Academy. For more information email us at info@katkd.com



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





WE STILL HAVE A FEW ITEMS LEFT. 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 **\$149**. Come in and preorder yours today. We now have our coveted Kim' s Academy Hoodies available for preorder. (Still have a few in stock). If you are looking to get your kids a nice HOODIE for the winter, look no further. On sale now for only **\$45**. Available in White & Gray (Zip up style available as well.)

We also have Kim' s Academy T-Shirts for sale, just in time for summer! T-Shirts are \$15 and they go fast!! Be sure to pick yours up today!



RANDOM FACT OF THE MONTH:

This proves there are no airheads. Your brain weighs about 48 ounces, of which is 38 ounces water! That water helps you feel the pain in 1/50th of a second when you stub your toe.

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 13 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.



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