

KICKIN



Newsletter

PUT YOUR HEART INTO TESTING!

Kim's Academy of Sandy will be holding it's 73rd Promotional Belt Testing on SATURDAY, February 21st. Testing will begin at 9:00 AM, the exact schedule will be posted as soon as all applications are turned in!! All efforts are made to stay as close to schedule as possible but it is impossible to predict in advance, when a student will need extra support and time during the " Big Day" !! Please turn in all testing applications and testing fees no later than Friday, February 13th so that we can prepare in advance. A late fee of \$5 will be assessed for applications turned in after the 13th. PARENTS please, please, please fill out the Testing Applications completely. The feedback you give us on the progress of your student outside of the school is very important. It helps us to know what areas of improvement are needed. Good-Luck to all testing for Black Belt and Color belts this month....Do your best and Have Fun!!!!

CONGRATS TO THE KATKD DEMO TEAM!

Our demo team performed 2 very exiting demonstrations this month, one at Summit Academy in Draper, and one that the Utah Cultural Celebration Center for the Chinese New Year Celebration. Over 1000 people watched our team perform. Thanks to the Nguyen family and Jennifer Mangelson for inviting us. If you would like our demo team to perform at your school or event, please talk to Mr. Dutson, or email him at info@katkd.com

"BREAKING" NEWS!

Master Markman and Mr. Dutson, along with our staff are looking forward to the upcoming year. We have many new and exciting events and changes scheduled for the year. Over the holiday break we worked feverishly to expand the back part of the school to create a new room for Taekwondo classes and other events. We will be hosting summer camps, in-house tournaments, birthday parties, parents night out events, charity fund raisers, assistant instructor programs, and other exciting programs that we are working on to implement over the next few months. We are very excited about the direction we are headed for the new year. New details are coming soon. To see a video of Master Markman, Mr. Dutson, and Mr. Staley kicking down a wall over the holiday break... click below.

www.katkd.com/expansion.htm



Click to see the fun!

FEBRUARY, 2009



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Upcoming Events

- 2/7 Black Belt Testing
- 2/13 Testing Applications Due
(*\$5 Late Fee After the 13th.*)
Testing Times Will Be Posted After All Apps Are In.)
- 2/21 Color Belt Testing
- 3/21 KATKD In-House Tourney
(*more details to come!!!!*)

MARTIAL ARTS



Happy Valentine's Day

contents

- P2** Message of the Month - Enthusiasm: The Key to Success
Don't forget to check out our new \$50 gift certificate referral program!
- P3** Instructor Spotlight: Mr. Derek Markman.
Black Belt Club Program Details!
- P4** KATKD Family Business Network Program!
Laughing Your Way to Fitness.

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

P A G E 2

KIM' S ACADEMY' S NEW REFERRAL PROGRAM..

Parents and students...as you know...there are many, many benefits of learning Taekwondo, so to show our appreciation for spreading the word about Kim' s Academy with your friends and family....we would like to reward you for it and offer you a **\$50 Gift Certificate** (good for credit toward sparring gear, DVDs, testing fees, tuition, etc.) for each person referred to our school that joins!

Please tell everyone you know about us and be rewarded with a **\$50 Gift Certificate** if they join our Taekwondo family! This offer is not valid with any other offers or promotions.

Always know that our staff always appreciates your enthusiasm and Black Belt Spirit at Kim' s Academy. Thank you for being a part of our Taekwondo family! Your support keeps us going and we appreciate all that parents and students do to help make our school the best it can be!!

WE' RE LOOKING FOR TESTIMONIALS!

We would like to post some 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!!

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.



MESSAGE OF THE MONTH - ENTHUSIASM: THE KEY TO SUCCESS

What differentiates the top martial artists from the rest? Take a closer look the next time you watch them in action. It' s evident that they are passionate about what they do. It is their enthusiasm that keeps them pressing on towards their goal when others quit because they' re tired and weary.

They are heroes to many because they are able to find that extra drive to be the best. Their enthusiasm enables them to invest one hundred percent effort, and, as a result, they enjoy what they are doing.

Enthusiasm is a state of mind that inspires you to complete the task at hand, regardless of the difficulty of the challenge. Ralph Waldo Emerson once said, " Nothing great was ever achieved without enthusiasm." Enthusiasm can be likened to steam that fuels a locomotive. It is the vital catalyst that compels a person into action. Without it, the locomotive can go nowhere, but with it, it can climb any mountain. Success in any part of your life depends greatly on how enthusiastic you are about learning new things, achieving your goals, progressing to higher levels and improving yourself in every way. To achieve success in your life, it is key to have an inner voice that says over and over, " I can do it!" when others shout, " No, you can' t!"

Beyond being vital to your success, your enthusiasm can affect the success of others, because enthusiasm is contagious! When you have enthusiasm, everyone around you feels it too. Choose today to display enthusiasm in every part of your life, and watch the effect it has on you and your family, friends and all of those around you.

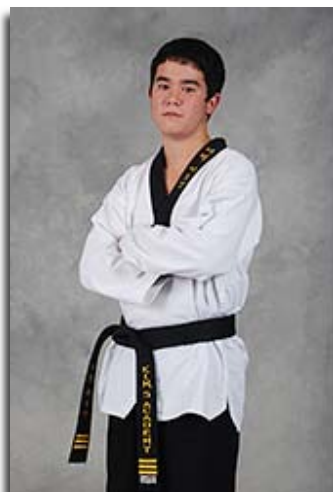
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INSTRUCTOR SPOTLIGHT

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. Derek Markman, one of our 3rd Degree instructors and son of Master Markman.



Derek was born in New York, NY and started TKD at age 5. He has been instructing at KATKD for 5 years now. Derek is a member of our Hwarang Demonstration Team and has perfected his 540 degree spinning board break. He has a passion for bass guitar and plays in his band every chance he gets. Derek also teaches guitar on the other side of the school at Dr. Miya's School of Music. He's always in search of new students to teach. Derek has a love for good Japanese food and enjoys being teased by Mr. Dutson on a daily basis :)

We are proud to have Derek 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 beginning in February. 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.

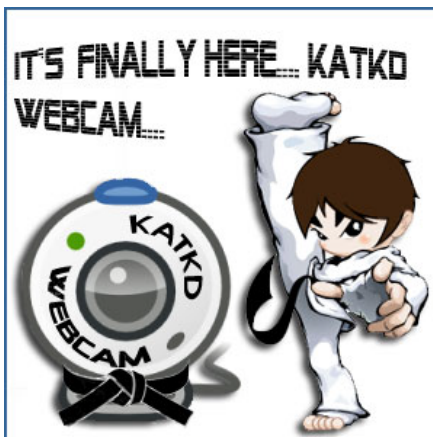
You can download it FREE from our website- www.KATKD.com/comics.htm





**OUR BELT TESTING
WEBCAM IS UP AND
RUNNING!**

We have finally put the finishing touches on our KATKD webcam so that parents or grandparents that are out of town or live out of the area can logon to our system and watch our testings streaming LIVE over the Internet through our website. If you are interested in this, please talk to Mr. Dutson or email us at info@katkd.com and we can send you the link to access the webcam on our next testing on February 21st. Webcam access will only be available on testing days.



**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.)



**RANDOM FACT OF THE
MONTH: LAUGHING YOUR
WAY TO FITNESS**

It' s proven that exercise and a healthy lifestyle positively impacts your mood, but did you know that your mood can positively impact your health? Laughing can do more than put a smile on your face. it can improve your health as well. One study conducted at Vanderbilt University Medical Center in Nashville found that laughing out loud increased metabolism by 20%, and 10 to 15 minutes of laughter burned 10 to 40 calories, about the equivalent of one Hershey' s Kisses chocolate. While this obviously doesn' t mean that it' s okay to ditch your martial arts class for a Three Stooges marathon, it is proof that having a healthy sense of humor truly is healthy for you.

**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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