



JANUARY, 2009



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CHRISTMAS CAME EARLY TO KIM'S ACADEMY!

CONGRATULATIONS!!

Kim's Academy of Sandy's 72nd Belt Testing in December was a great success! Grand Master Kim was very impressed with the Black Belt Spirit of our students. He was especially impressed with the adult students who tested. We would like to give a well-deserved congratulations to our everyone that tested for their new belt. Great job! Also, Congratulations to the following trophy winners: **Green Belts:** Juan Carlos Maravi, Mason Hayes, Cooper Uy, Isabella Harter, Bailey Norris, Taylor Maxfield, Michael Xiong, Greydon Unfried, Hunter Cox, Bryce Heffernan, Lucia Heffernan, Shehnoor Grewal, Dave Latour.

High-Brown Belts: Sean Burke, Allissa Montierth, Zak Thaxton, Emily Burke, Mack Stone, Morgan Stone, Jakob Tillotson, Brian Tillotson, Judith Turner. *Continued on next column.....*

Deputy I Belts: Anthony Deustachio

Deputy IV Belts: Joshua Ockey, Travis Ockey, Matthew Ockey, Katie Ohara, Spencer Norris, Jacob Turner.

2nd Dan Black Belt Recommends: Ammar Haq, Andre Isidro, Aaron Davidson, Roberto Unzaga, Linda Unzaga, Michael Tyler, Michael Hodson, Taylor Hodson, Clair Larsen.

"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



Upcoming Events

- 1/3 Korean Sword Class 12pm
- 1/10 Korean Sword Class 12pm
- 1/24 Korean Sword Class 12pm
- 2/7 Black Belt Testing
- 2/21 Color Belt Testing

*Say tuned for our upcoming in-house TOURNAMENT in March!
 (Details coming soon...)*



c o n t e n t s

- P2** Message of the Month - Parents - Get Kickin!
 Don't forget to check out our new \$50 gift certificate referral program! Details on page 2.
- P3** Instructor Spotlight: Daiden Dutson.
 Black Belt Club Program Details!
- P4** KATKD WebCam is here!
 How to Properly Reward Kids.

t a e k w o n d o

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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 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.



MESSAGE OF THE MONTH - GET KICKING!

Have you been watching the kids have fun in their martial arts class and wish you could join? It may sound scary, especially when you see a group of 14 year-old brown belts, but the nice thing about martial arts is you are never too old to begin. Physical activity and an active lifestyle can make you feel and look younger, and the emotional rewards are as beneficial as the physical. Activity boosts your blood circulation, which may give you quicker reflexes and increase your mental acuity. So what is stopping you or a friend from becoming a white belt? Martial arts vary allowing you to pick and choose. You can choose a class that teaches a fast or slow paced style, high kicks or fancy handwork. Talk to the instructors, because they want you to succeed as much as you do. Try a few different classes and talk to the instructors and students. Remember, if you don' t like it, you won' t do it. Arrive early and have ample time for warm-ups and stretching.

Can' t touch your toes? Don' t. Know your limitations and work with them, because you are competing with yourself, not the rest of the class. Warm up and stretch every day, even when you don' t have a class scheduled. Flexibility is great for your joints, bones and muscles, and will make life easier as you age. If you see the black belts doing impressive kicks, punches and falls, don' t let it scare you. They didn' t start out doing those feats. Look at the white belt class, because you will be starting with their skills. If you' re the oldest don' t let it bother you. Age is respected in martial arts, and you are also setting the example you are never too old to try something new.

We have a great group of parents and adults that train in our Adult Classes, so come in and check out a class if you' re curious. We encourage you to see for yourself what the Adult Classes are all about.

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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 Daiden Dutson, one of our 1st Degree assistant instructors and son of Mr. Dutson.



Daiden started Taekwondo at the age of 4 and has been training for over 6 years now. Daiden is currently preparing to test for his 2nd Degree next month. He has been an avid competitor in forms, breaking and sparring. 2 time Utah Beehive Open Gold Medallist in Forms, Breaking, and Olympic Sparring. 3 time Utah State Champion in Traditional forms and Sparring. World Martial Arts Championships Gold Medalist in Traditional Forms, Gold Medalist in Olympic Style Sparring. Daiden's other interests are Basketball, Football, drawing, and loves anything with legos. We are proud to have him assisting 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 running a special **New Years discount** for new BBC members through the end of January.

NEW YOGA CLASS FOR ADULTS

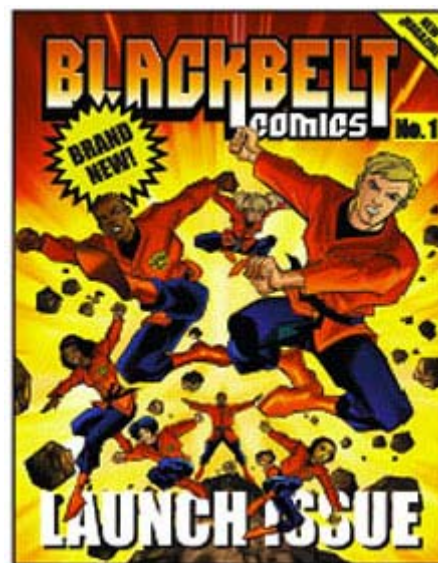
We are now offering a new Yoga class every other Thursday evening from 7:45-9:00 beginning in January. The cost is \$6 per person per class. The class is led by Nicolle Bangerter a registered yoga teacher with over 300 hours of Yoga training. She is an International Master Teacher Trainer for YogaFit. 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.

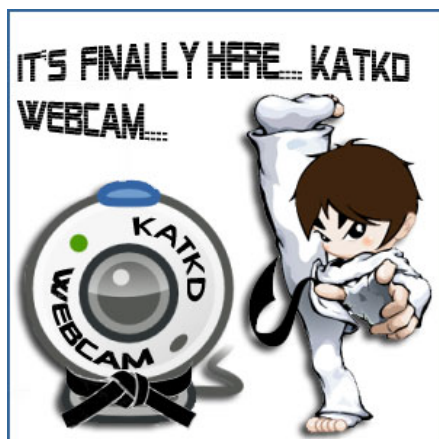
You can download it FREE from our website- www.KATKD.com/comics.htm





**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.)



**HOW TO PROPERLY
REWARD KIDS**

Anyone who has ever taken care of a child knows you can get kids to do virtually anything if there is a reward involved, but it is crucial to good parenting to make sure the reward is appropriate. While junk food and money can occasionally act as rewards, positive feedback is often a more appropriate and certainly less expensive reward. Something as simple as a high five or positive encouragement when children do something right can be all the reward they need.

Offering children rewards can be a great way to help them reach their goals, and the best reward you can give your children is spending time with them. It is important to make time for your children, even with a busy schedule. Try including them in your daily life by asking them to help you with something you have to do like cooking dinner, and make it fun by letting them pick their favorite meal or dessert. These rewards benefit both parent and child. You also

want to send the message they can have anything they want as long as they work for it. No matter what the reward is, it will seem much more fulfilling if they know they have earned it. And remember, you don' t have to say " no" all the time. Instead of denying requests, allow them with a condition. If a child wants dessert, let them have it as long as they have eaten their vegetables. If there is a toy a child has been asking for, get them to put their toys away everyday for a month before buying it for them. Because of the initial reward, eventually these tasks will turn into habits. Age-appropriate rewarding can apply to older children as well. As children grow, their " toys" get more and more expensive. However, there are ways to say " no" without actually saying it. You can compromise by suggesting your child may have an item when he earns enough money to buy it. If the child has to earn the money himself, it is more likely he will reconsider buying the item because he knows how much he worked to raise the money. Children appreciate rewards more if they really earn them. Though rewards shouldn't be used so often that a child comes to expect one every time they do something they think is acknowledgeable, they are a great way to develop healthy habits for the future, like follow-through, goal setting and hard work.

By Solomon Brenner author of Black Belt Parenting.

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