



MARCH, 2009

10510 So. 1300 E. SANDY, UT. 84094
 801-553-1464
www.KATKD.com

CONGRATULATIONS!!

From Black Belt Testing in Centerville to our own 73rd Belt Testing in February, we were a very busy school last month! First, we would like to give a well-deserved congratulations to our everyone that tested for their new belt. Grand Master Kim was very impressed with everyone's Black Belt Spirit! Great job!

Congratulations to the following students that tested for their Black Belts:

1st Degree Black Belts: Trace Robbins, Krystal Haefeli, Anthony Magliocchino, and Alex Merrill.

2nd Degree Black Belts: Claire Larsen

Special congratulations goes out to Master Gene Riggs who tested for 4th Degree. Years of hard work and dedication paid off. Master Riggs teaches TKD classes on Saturdays and also teaches Kumdo (Korean Sword).

Congratulations to the following trophy winners at our Color Belt Testing:

Green Belts: Katie Howarth, Hunter Forbes, Andy Alegre, AJ Cipully, Ethan McWillis, Zoe Heffernan, Sofia Chieco, Joseph Jung, Adam Jung, Spencer Fife, Hunter Ensign, Will Flynn, Grant Flynn.

High-Brown Belts: Cheyanne Lee, Maria Bustos, Nathan Hodson, Chuck Russell, Jackson Gray, Mason Stone, Andre Bustos, Griffin Kennedy, Koleman Kennedy, Todd Davis, Conner Neff, Parker Neff, James Thacker.

Deputy I Belts: Kai Markman, Jaen Anderson, Aubie Anderson, Taimoor Haq, Benjamin Andrus, Christian Jouvin.

Deputy IV Belts: Mitch Orr, Faith Glover, David Larson, Kiani Ellingson, Danielle Halversen, Samantha Wapner.

KATKD In House Tournament !!

Finally, the event you've been waiting for: On March 28th we will be hosting Kim's Academy of Sandy's In House Tournament! Applications due by the 21st. The tournament will include Forms Competition and Sparring. Students can enter one or both categories to compete in. The divisions will be divided up into 3 people per division. Divisions will be setup by same rank, age, size. You can pick up a registration form at the office or you can download and print the form from our website at <http://katkd.com/registration.pdf>

Everyone will get the chance to place in the top 3 for each division since there will only be 3 people per division. *Continued on page 2....*

Upcoming Events

- 3/14 USAT State Championships at UVU in Orem.
- 3/17 St. Patrick's Day
- 3/20 Spring Begins!!
- 3/21 Deadline for KATKD Tournament Applications!
- 3/28 KATKD InHouse Tournament

Stay tuned for our upcoming Summer Camp News



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Random Fact of the Month.

t a e k w o n d o

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

P A G E 2

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Please rest assured that our tournament will be safe, fun and a great opportunity for the students to grow in not only TKD skills, but grow mentally as well.

Dr. Jill Tracey, an expert in sport psychology at Wilfred Laurier University, says " There are indications that TKD competition really does enhance concentration, self-control, and self-discipline in young students. Some children may also benefit from improved self-esteem, reduced aggressiveness, decreased anxiety, and increased independence. I think everyone needs to learn competition and we should all be exposed to it through various ways; competition is healthy."

We expect our tournament to be a great boost and help to your student's growth and development. Please make sure you are registered by March 21st so that we know how many competitors will be participating. A late fee of \$5 will be assessed after the 21st.

The registration fees for the tournament are as follows:

If you are registering for 1 event (sparring OR forms) the fee is \$25. To register for 2 events (sparring AND forms BOTH) the fee is \$35. Medals will be given out to each participant in each division for each event.

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.



DR. MIYA'S CORNER - VIDEO GAMES, TAEKWONDO & A.D.D

Video games. Love them or hate them? Built-in babysitter and brain stimulator? At a cost. New research from New York has borne out what many of us parents already knew and feared. In a study of boys ages 11-14, those who had a lot of experience playing video games also experienced the most frustration and impatience in the shortest amount of time! Sound like anything familiar? There have already been studies linking our hectic lifestyle and multi-tasking to adult Attention Deficit Disorder (ADD). Can video games create ADD? Most likely, NO. Can video games exacerbate ADD? This research indicates, YES. Why? The control and instant gratification provided by video games make players more impulsive! Before you pull your Playstations and X-Boxes out of the wall more research needs to be done to see what came first, the chicken or the egg. It may be that the kids with lower frustration tolerance, who are more impulsive, are drawn to video games because of the control that it offers.

On the other hand, TKD as a behavioral treatment for ADD can be very useful as it does not require the child to sit still for large increments of time. On the contrary, in order to learn and refine the elements of TKD, the child must be active. The child is learning during active movement and using their surplus of energy. In addition, research has found that TKD can have a positive influence on self-esteem and self-concept while providing an outlet for aggression.

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.

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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. Kameron Hadlock one of our 3rd Degree instructors.



Mr. Hadlock is 17 years old and attends school at Jordan High. Kameron has been a student at KATKD since he was 10 years old, and has been teaching TKD for 5 years now. Kameron loves sparring and has competed in traditional forms and Olympic sparring for many years. He won a silver medal at the 2005 World Martial Arts Championships in Las Vegas. He is also a Utah State champion. Mr. Hadlock plans to go to college and study business. He loves his students and claims to get teased a lot by Mr. Staley. Kameron also likes spicy food.

We are proud to have Kameron 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. Dutton 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

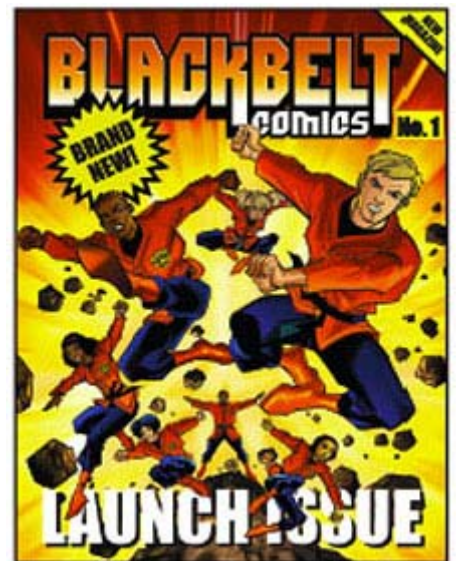
We are now offering a new Yoga class every other Thursday evening from 7:45-9:00. The cost is \$6 per person per class. The class is led by Nicolle Bangerter a registered yoga teacher with over 300 hours of Yoga training. She is an International Master Teacher Trainer for YogaFit. Nicolle has been practicing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



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.



Kim' s Academy of Taekwondo
10510 So 1300 E.
Sandy, Ut. 84094
Ph: 801-553-1464
Info@katkd.com
www.KATKD.com