

KICKIN



BACK
TO
SCHOOL

N e w s | e t t e r



AUGUST, 2009



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www.KATKD.com

76TH BELT TESTING THIS MONTH!!

We hope everyone is gearing up for our upcoming color belt testing on Saturday, **August 15th**. 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 8th!** 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 8th. Thank you for your cooperation and support! It really helps us prepare and stay on time when we know exactly how many students will be testing in each group.

c o n t e n t s

P2 The Journey of A Martial Artist - by Nathaniel Peat
.....
Gotta Birthday Coming Up? It's time to PARTY!

P3 Instructor Spotlight:
Hanna Larsen
Know Someone in Your Local PTA??

P4 Delta Airlines Tickets!

Chuck Norris Fun Facts of the Month.

Summer Camp a HUGE Success!

Master Markman, Mr. Dutson and all the camp counselors would like to thank all the parents and campers that made our 2009 summer camp a blast! Tons of activities, art projects and of course TKD classes were enjoyed by all. Those of you that missed this year, we hope you are able to attend in 2010.

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 August 17th and end on August 22nd.

During this time students are allowed to bring a friend 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, but only one buddy per class).

Upcoming Events

- 8/7 Demo Team Practice at 6:30pm.
- 8/8 Testing Applications Due Date
- 8/15 76th Color Belt Testing! (Schedule will be posted as soon as all apps are in).
- 8/17-22 Buddy Week (Bring a friend)
- 8/28 Demo Team Practice at 6:30pm.



**WINNER
BEST OF STATE**



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SUMMER CAMP

Was a Huge Success!

We Hope all the campers had a blast!



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.



BIRTHDAY PARTIES

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.



THE JOURNEY OF A MARTIAL ARTIST - BY NATHANIEL PEAT

The path of the warrior is a continuous journey, begins in the body through training and then ends in the mind. Many strive to attain belts and ranks as their aim and objective but this focus is so wrong. It is far better to focus on how to get there than to focus on the destination. For if we have both eyes fixed on the destination, we have no eyes left to find the way. Our discipline should be on prolonging our journey and not rushing matters a great deal, for discipline is the bridge between goals and accomplishment. The patience you learn from your extended journey enables you to be wise and slow to anger, Anger makes you smaller, while the forgiveness you learn along your path enables you to grow beyond what you were before. The attitude you have on your journey is also of extreme importance, to be submissive in nature, humble, honest, meek, kind but yet confident and ambitious. The attitude will defiantly determine the altitude. If you would live your life with ease we should really do what we ought, not what we please. It's like the famous scholar Charles Swindoll said "attitude is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think, say or do. It is more important than appearance, gift, or skill. It will make or break a home." The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you, we are in charge of our attitudes. Our attitude will determine our success, our attitude will also determine our altitude. My instructor once taught me this he said.. "Nathaniel, remember that success is doing the things that others are not willing to do." this statement has helped me over the years continue to strive for the attainment of knowledge in various different things and the search to reach ones fullest potential simply through faith and dedication. Self belief, faith and trust is the first secret of success. So believe in and trust yourself. If you want to get somewhere, you have to know where you want to go and how you are going to get there. The objective needs to be at the forefront of your mind. If there is no real objective how can you plan your route. It's like you going on a journey without a map, you simply would not do it, you would get lost otherwise. Once you have found your objective start on your road, but despite the obstacles you meet on the way never, never, never give up. The secret of life isn't really what happens to you, but what you do with what happens to you. If you help other people to cope with their problems then your own will be easier to cope with (this is learning through action). Take out of your vocabulary words like "I cant, thats hard, its impossible" never use these words seriously again. How you think about a problem is more important than the problem itself therefore always think positively. Another one of my teachers always use to say to me "There is never a problem, only an opportunity" so see your obstacles as a point where you can overcome. Stand up to your obstacles, do something about them. You will find that they haven't half the strength you think. Your mental happiness increases as you give happiness out, and decreases as you try to keep all the joy for yourself. In giving it out, you will accumulate a deposit of joy greater than you ever believed possible. Remember the only mountains that exist in you, are the ones in the mind. Once you remove those, "then its all good." Give life all you have got. And life will give all it has to you. And remember that attitude determines altitude.

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INSTRUCTOR SPOTLIGHT

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 Master Jack Markman our Head Master.



Master Markman has been at KATKD for over 14 years now. He came to Utah as the regional manager of all the Kim's Academies. He has been practicing Taewondo for most of his life. Master Markman's background is extensive.

- * Over 20 years combined training and managing TaeKwonDo Schools in several States.
- * 10 Years formal training at Chung Do Kwan, Master J.B. Changs, TaeKwonDo school in Madison, WI.
- * 2 years managing 2 TaeKwonDo schools in Philadelphia, PA.
- * 14 years managing and teaching at Kim's Academy of TaeKwonDo Sandy.

Master Markman has poured his heart and soul into his teaching and has touched many people's lives in doing so. He loves teaching and training his 3 children Derek, Gena, & Kai as well. Master Markman is married to Dr. Dorene Miya who writes helpful articles in our newsletter and is the brains behind our summer camp. Master Markman is an avid musician. He plays piano and has played guitar since age 13. He has written recorded several songs over the years. He runs the Dr. Miya's School of Music in the back of the school, where voice, guitar, keyboard & drum lessons are taught. We are very proud to have Master Markman as our Head Master Instructor! Thank you for all you do to help everyone at KATKD to achieve greatness! Kyungnae....

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 a limited number of BBC members through the end of June.

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



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. Dutton if you can help. You can email us at info@katkd.com Our staff and Demo Team thanks you!!



Back to School Black Belt Spirit

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T-SHIRTS ARE IN!

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 also have new inventory of 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!

Keep cool and look cool with a Kim' s Academy T-Shirt! Get them while you can. Supply is limited.



CHUCK NORRIS FUN FACTS OF THE MONTH:

If you have five dollars and Chuck Norris has five dollars, Chuck Norris has more money than you.

There is no 'ctrl' button on Chuck Norris's computer. Chuck Norris is always in control.

Apple pays Chuck Norris 99 cents every time he listens to a song.

Chuck Norris can sneeze with his eyes open.

Chuck Norris can eat just one Lay's potato chip.

Chuck Norris is suing Myspace for taking the name of what he calls everything around you.

Chuck Norris destroyed the periodic table, because he only recognizes the element of surprise.

Chuck Norris can kill two stones with one bird.

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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