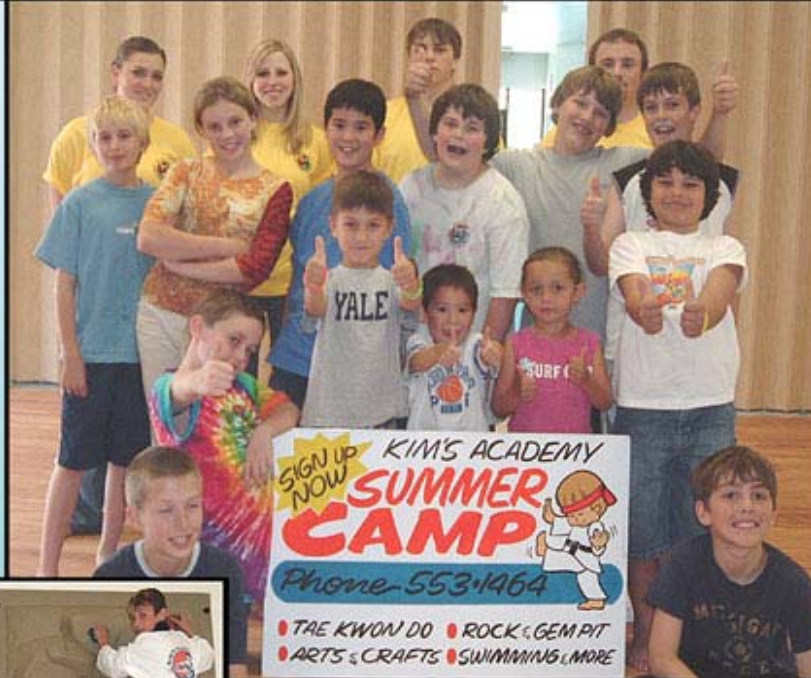


SUMMER CAMP



**DONT DELAY
SLOTS ARE
FILLING FAST**



YOUR SUMMER FUN IS HERE!!

**3 WEEKS OF EXCITING MARTIAL ARTS, FUN GAMES,
COOL PROJECTS & ARTS AND CRAFTS!**

**Starting Dates: Session 1 - June 15, Session 2 - July 6,
Session 3 - July 27. 10am- 3pm Mon-Fri.
Early drop off/pick up available.**

**We are only accepting 20 students per session,
So sign up TODAY!**



MAY, 2009

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

CONGRATULATIONS!!

First, we would like to give a well-deserved congratulations to our everyone that tested for their new belt at Kim's Academy's 74th Belt Testing. Grand Master Kim was very impressed with everyone's Black Belt Spirit! Great job!

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

Green Belts: James Olsen, Kara Komarnitsky, Nick Komarnitsky, Tyler Anderson, Jon Klingler, Bryan Luu, Billy Martin, Clahan Tran, Jaydon Kirch, Drew Zarbock, Caleb Riley, Brett Hayes.

High-Brown Belts: Brandon Glover, Baylee Dutton, James Schirle, Mackenzie Hamann, Brian Garrick, Carlos Phouthavongsay, Boston Uy, Sean Garrick, Sachin Sundar, Ian Tsai, Harmanjot Shergill, Shannon Wixom, Nathan Wixom.

Deputy I Belts: Serena Neel, Gavin Wixom, Caden Alcorn, Preston Stepp, Joshua Gardner, Olivia Dale, Nathan Moos.

Deputy IV Belts: John Wapner, Hollis Hunt, Nicolas Brown.

You can view some of the pictures that were sent in of the testing by going here: http://katkd.com/photos_april2009.htm If you have more pictures of the testing, please email them to info@katkd.com and we will add them to our website.

2009 Best of State Winner!

BREAKING NEWS!! We just found out that Kim's Academy of Sandy has been honored with the distinction of being voted the Best Martial Arts School in Utah by the Best of State organization. We are deeply honored to be voted the top school in the state. We couldn't have done it without the outstanding leadership of Master Markman and our wealth of great instructors. Most importantly we couldn't have done it without the support of all the parents and students. You'll never know how much we appreciate your support and loyalty to our school over the years. Being voted Best of State is humbling and comes with great responsibility. It inspires us to be even better instructors in the development of all of our students and to help build a better community around us. Thank you!!!!

**WINNER
BEST OF STATE**



UTAH 2009

Upcoming Events

- 5/10 Mother's Day!
- 5/23 - 5/25 Closed for Memorial Day Weekend.
- 5/26 Open for regular classes.
- New 3 Week Summer Camp Dates:**
- Session 1: June 15. Session 2: July 6
- Session 3: July 27 (Details on page 2!)

Happy Spring



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IT'S HERE!!

SUMMER CAMP

3 WEEKS OF EXCITING MARTIAL ARTS, FUN GAMES, COOL PROJECTS & ARTS AND CRAFTS!

**We are only accepting 20 students per session,
So sign up TODAY!!**

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 10:00 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! Go here for more info: <http://www.katkd.com/camps.htm>

- 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. Slots are already filling up fast. 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 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.



MASTER MARKMAN' S CORNER - HOW MANY YEARS DOES IT TAKE TO GET MY BLACK BELT?.

First of all, there are no definitive answers to the above question, since dedication, skill and age vary, but on the average, it takes a minimum of 3 years. As you probably know, each student needs to receive 5 stripes on his/her belt before they qualify to test for their next belt. Only Master Markman can give stripes, and yes, he can take them away for misbehavior. Parents always have the last say, as to whether or not their child can test, the 5 stripes simply indicate that the student has qualified in terms of skill needed. Stripes are usually given out in the following order: Blue? Mental Training; Red? Board Breaking Technique; Yellow? 1-Step Sparring; Green? Form; Black-Shows proficiency in all of the above and ready to test. Once a student reaches Black Belt, they are eligible every 4 months minimum (versus every 2 months on all other belts), to test for their 1st Recommended. There are 4 Recommendeds and at each testing, the Black Belt student must demonstrate a new Black Belt form. Again, it does vary, but in general, it takes a minimum of 2 more years to test for the 2nd degree Black Belt, 3 more years for the 3rd degree Black Belt, and 4 more years for the 4th degree Black Belt when they are given the title of " Master" . " Grand Master" is a title given with the 7th degree Black Belt.

*"Helping build a better community one
Black Belt at a time for over 14 years."*

P A G E 3

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. Erik Robinson, 3rd Degree Black Belt Instructor.



Erik has been doing Tae Kwon Do for about eight years, and has taught for about six years since he got his black belt at age 13. He has also enjoyed TKD with his father, Spencer, who has trained for about six years. One of Erik's strengths is in forms, which has helped him to be a two-time AAU state champion. One of his other hobbies is artwork, specifically drawing with pencil or colored pencil, or just anything he can create a lot of detail with. His artwork has won awards and has been displayed in the Springville Art Museum. He plans to return to BYU when he returns home from his LDS mission, and has considered minoring in art. He leaves on June 3 to serve his mission in the Belgium Brussels/Netherlands

Mission, speaking Dutch and serving in the native country of his mother who grew up in the Netherlands. He has been to the Netherlands, also known as Holland, many times already to visit family there, and is close to fluent in Dutch. He has been waiting his whole life to serve a mission for his church and will be gone for two full years doing what he loves.

We are proud to have Mr. Robinson teaching at Kim's Academy, and we wish him the best of luck on his mission and a safe return. We'll miss you.

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 May.

NEW YOGA CLASS FOR ADULTS

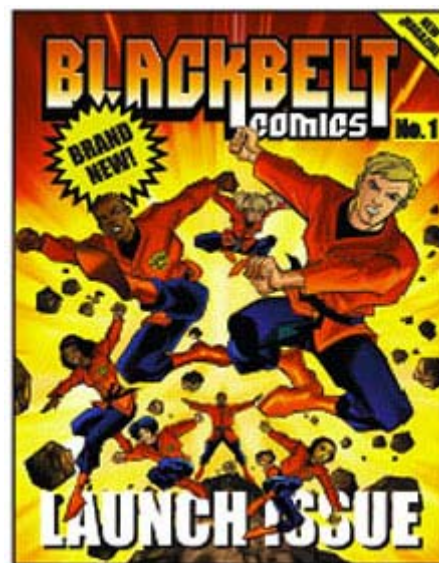
We are now offering a new Yoga class every other Thursday evening from 7:45-9:00. The cost is \$6 per person per class. The class is led by Nicolle Bangerter a registered yoga teacher with over 300 hours of Yoga training. She is an International Master Teacher Trainer for YogaFit. Nicolle has been practicing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



t a e k w o n d o

태 권 도



MOON

Tae Kwon Do

FOR LIFE!

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:

Close Range Kicking Techniques:
Successful short-range kicking doesn' t use a lengthy wind-up or require lots of distance, but requires awareness and control of your chambering movement. Likewise, you must be able to judge the range of your kicks and the distance of your target. All kicks done in close range, necessitate that you raise your leg to the chambered position. The farther you cock your foot back, the more acceleration you can achieve, and more acceleration adds up to a more powerful kick. Upper level kicks require a higher and tighter close-to-the-body chamber. As your high and tight chamber improves, so does your capacity to hit your target with power and control.

Another short-range kicking technique is power management. In general terms, power management is the ability to measure and manage the acceleration you achieve when moving your foot from the chambered position to the target. It' s important to understand that you don' t need to kick really hard; you just need to be precise.
- Master Jack Markman

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.



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