



# KIM'S ACADEMY OF SANDY N-HOUSE TOURNAMENT



## November 21st 2009



**Who:** Open to all Yellow-Black Belt KATKD Students.

**What:** Register for Different events (Forms and/or Sparring competition)

**When:** Saturday Nov. 21st starting at 10:00 am.

Registration deadline is Nov. 19th. A late fee of \$5 will be assessed after this date.

A Special TKD demonstration will be performed by our own Hwarang Demo Team!

### Registration Fees:

**One Event: \$25**

**Two Events: \$35**

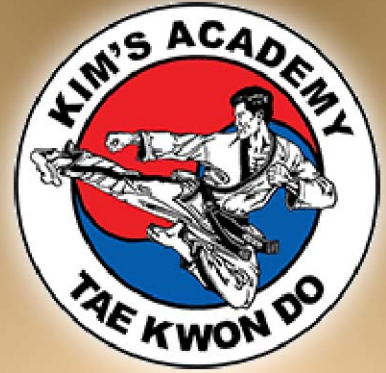
Registration forms can be downloaded at [www.KATKD.com](http://www.KATKD.com) or pick one up at the office.



Each divisions will be made up of 3 students. Divisions will be setup by same rank, age, size. Medals will be given out to each participant in each division for each event. Students can perform the form of their previous belt or the belt they are working on.



NOVEMBER, 2009



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[www.KATKD.com](http://www.KATKD.com)

**CONGRATULATIONS!!**

From Black Belt Testing in Centerville to our own 77th Belt Testing in October to our annual Halloween Party, 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! Also, Congratulations to the following trophy winners:

**Green Belts:** Jameson Hart, TJ Landrum, Lewis Lin, Roger Lin, Kevin MacKnight, Winter Bay.

**High-Brown Belts:** Brendan Whittam, Hunter Cox, Bo Motzkus, Clahan Tran, Bryan Luu, Tyler Anderson, Jonathan Klingler, James Olsen, Drew Zarbock, Sofia Chieco, Billy Martin, Andy Alegre.

**Deputy I Belts:** Baylee Dutson, James Thacker, Sean Garrick, Ian Tsai, Harmonjot Shirgill, Brian Garrick, Mackenzie Hamann, Carlos Phouthavongsay, James Schirle, cont..

Griffin Kennedy, Ryan Russell, Todd Davis, Koleman Kennedy, Mack Stone, Andre Bustos, Morgan Stone, Shannon Wixom, Chuck Russell, Maria Bustos, Nate Wixom. **Deputy IV Belts:** Clayton Zarbock, Baily Luck, Annabel Lee, Graydon Russell, Jordan Perry, Jacob Harter. **Black Belt Recommended for 2nd Degree:** **1st:** Justice Bleiweiss, Anne Riggs, Mitch Orr. **3rd:** Joshua Bleiweiss. **4th:** Jackson Jennings.

**CONGRATULATIONS!!**

To those that tested for **Black Belt in October:**

**1st Degree:** Joshua Ockey, Matthew Ockey, Travis Ockey, Erik Mellmer, Julia Turner, Jacob Turner, Kiani Ellingson, Jonathan Lee, Justin Waldron, David Larson, Samantha Wapner, John Wapner.

**2nd Degree:** Daiden Dutson, Aaron Davidson, Christian Grow, Michael Hodson, Taylor Hodson.

**3rd Degree:** Mr. Joshua Nelson.

**KATKD NOW ON FACEBOOK!**

Please join our Facebook group to keep up on the latest KATKD updates! Click below:

<http://www.facebook.com/group.php?gid=49969730909>



**Upcoming Events**

- 11/9-11/14 Buddy Week (Bring friends!)
- 11/17 Tournament Applications Due!
- 11/21 Annual Fall Tournament
- 11/26-11/29 Closed for Thanksgiving
- 11/30 Classes Resume
- 12/12 Testing Applications Due!
- 12/19 78th Belt Testing

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**WINNER  
BEST OF STATE**



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# KIM'S ACADEMY OF SANDY FALL TOURNAMENT



November 21, 2009

## 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](mailto: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 PARTY

## 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.



## CHANGE OF SEASON, CHANGE OF MOOD?

We' ve all just turned back our clocks and for many, that also means turning down our moods. Seasonal Affective Disorder (SAD) or " seasonal depression" occurs in many due to the extra hours of darkness associated with Fall and Winter (probably all of the holiday stress doesn' t help, either). Research through the years has found that normally, the pineal gland releases the hormone, melatonin in the absence of light. Daily, this flood of melatonin (along with other chemicals) is essential for bringing on sleep and many of the other cyclical processes going on when you sleep such as, lowering your body temperature, blood pressure, kidney, heart, respiratory and mental functioning. That' s why melatonin is sold as a" natural" sleep aid in health food stores. In the AM, with sunrise, the presence of natural light signals the pineal gland to shut down production of melatonin, leading to wakeful wakefulness. In SAD, the pineal gland, fooled in some people by fall and winter' s darkness, continues to produce melatonin into the day, with a resulting inability to shake off the PM' s normal, nightly depression of all body systems. Because one of the byproducts of carbohydrate breakdown is serotonin (5-HT) and because 5-HT is one of the neurotransmitters that dampens depression, one of the additional symptoms of SAD is the craving of carbs, your brain' s attempt to help itself. Eating small amounts of pasta and potatoes and waiting for the 5-HT surge to kick in while sitting in front of either bright lights or in the sun for about 2 hours upon waking, should result in the resetting of the body clock and a return to a normal mood.

*Dr. Dorene Miya received her Ph.D. in Neuroscience and was a full-time Professor of Developmental Psychology, Brain & Behavior and Abnormal Psychology, Scientist, mother of 3 and Master Markman' s wife, of course!*

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# Helping Build a Better Community One Black Belt at a Time for Over 14 Years..

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## STUDENT SPOTLIGHT

We would like to take this opportunity and spotlight Aaron Davidson, who is one of our amazing students that tested for his 2nd Degree Black Belt in October. Grand Master Kim awarded him the "Best Essay" sword and so we want to share with you his essay titled, "How Becoming a Black Belt has Made Me a Leader:"

"When I became a black belt two years ago it made me a leader by making me believe in myself more and have more self-courage to do what I believe is right and what I believe should be done. Whenever I want to do something and put my mind to it, there's nobody that has the ability to stop me other than myself. I know that when I am put in charge, the people that are following me have faith in what I am doing and put their trust in me to guide them to the finish for the victory. They know that I will do whatever it takes to help them not only win but better themselves along the way. Being a black belt has opened my eyes and made me much more patient with things. Nothing has to be right here right now. I have realized that the fastest isn't always the best. Sometimes you have to take it slow to win. When I am frustrated I have the patience to calm myself down before acting so I don't do something I will regret later or to even wait for the problem to sort itself out without having the whole thing blow up. It's like people say, patience is a virtue. Courage is a great thing to have. Being a black belt has given me just that. Becoming a black belt was such a long and difficult challenge that in the end, I knew that I would be able to take on harder things without being afraid. I am not afraid to jump for things that might be out of my reach. I am not afraid to try and do something that may never work. I know that even if I take a really big leap and fall, I will get right back up again. In order to lead something you must have the courage to do it, or else, it won't work. You can't go half way. If you're going to do it, then you have to go big or go home. If you get mad at someone for an honest mistake, where do you end up? Nowhere. Being able to control your anger is important to being a leader because you have to let the little mistakes go and focus on the big picture, the main thing. If someone on your team falls, don't get mad at them, help them up. Since becoming a black belt I have done my best to not get mad at little pointless things that in the end, just don't affect me or the people I love and care about. Discipline can save your life. If you're in a bad situation, sometimes the best thing to do is to not do anything to get you into more trouble than what you are in. You have to be able to make decisions that help you. It is important to know superiority because you should never talk back to someone superior to you. Having the discipline to know when you have the right has made me a better leader. Having people look up to you and follow the things that you do is a great feeling. Knowing that I can make a difference in one person's life when I set the example for them is truly amazing. I can hardly believe that my peers follow my examples and try and learn from some of the things that I do. I am very proud and happy about starting taekwon do 5 years ago and becoming a black belt 2 years ago because it has taught me so many valuable qualities that will stay with me for the rest of my life. I am proud to become a second degree black belt today because, to me it symbolizes dedication. I am so dedicated that I have furthered the journey of becoming a black belt and made it more important and more special than just having a belt that may be black. It has given me so many skills and qualities that usually take a lifetime to acquire in just 2 short years. It also means something to me. When I look at my belt I see more than just the color of it, I see the hard work that I put in and the belt symbolizes the final product, the reward for all of your hard work."

Great job Aaron! KATKD couldn't be more proud!

## 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 November 9th and end on the 14th.

During this time students are allowed to bring friends 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, please do not bring buddies in conjunction with a birthday party).

## 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 a limited number of

BBC members through the end of the year.

## 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](http://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. Dutson if you can help. You can email us at [info@katkd.com](mailto:info@katkd.com) Our staff and Demo Team thanks you!!

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### T-SHIRTS ARE GOING FAST!

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 gift for only **\$39**. Sparring gear can also 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 that are going fast! T-Shirts are **\$15** while supplies last. 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.



### KATKD Halloween Party!!

Our Annual Halloween Party was one of the best ever. Tons of fun games, LIVE BAND!, costume contest, and lots of ghoulishly delicious food, and who could forget the SPOOK ALLEY! Thanks for your support. We hope everyone had a great time! You can see some of the pictures of the party by clicking on this little link below:

<http://e487.photobucket.com/albums/n283/0ma/academyofTaekwondo/2009%20Halloween%20Party/>



### CHUCK NORRIS FUN FACTS OF THE MONTH:

Chuck Norris CAN believe it's not butter.

Scientists have estimated that the energy given off during the Big Bang is roughly equal to 1CNRhK (Chuck Norris Roundhouse Kick)

Chuck Norris always knows the EXACT location of Carmen SanDiego.

In the beginning there was nothing, then Chuck Norris Roundhouse kicked that nothing in the face and said "Get a job". That is the story of the universe.

Chuck Norris has 12 moons. One of those moons is the Earth.

### 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](mailto: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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