

OCTOBER, 2009



10510 So. 1300 E. SANDY, UT. 84094

801-553-1464

www.KATKD.com

KICKIN

Newsletter

77TH BELT TESTING THIS MONTH!!

FALL IS IN THE AIR! We hope everyone is gearing up for our upcoming color belt testing on Saturday, **OCTOBER 17th**. 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 10th!** 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 10th. Thank you for your cooperation and support! I really helps us prepare and stay on time when we know exactly how many students will be testing in each group.

KATKD Halloween Party!!

Our Annual Halloween Party is gearing up to be one of the best ever. Tons of fun games, LIVE BAND!, costume contest, and lots of ghoulishly delicious food! Don't miss the fun on Friday October 30th from 7-9pm.

You can see all the pictures from last year by clicking

<http://photobucket.com/2008halloweenparty>



Upcoming Events

- 10/3 Closed for Fall Break.
- 10/6 Demo Team Practice at 7:30pm.
- 10/10 Black Belt Testing
- 10/10 Testing Applications Due
- 10/17- 77th Color Belt Testing!
- 10/19-24 Buddy Week (Bring friends!)
- 10/30 Annual Halloween Party!! (7-9pm)

Stay tuned for our FALL TOURNAMENT!

(Details coming soon!)

contents

P2 An Overview Of The White Belt Rituals.

Gotta Birthday Coming Up? It's time to PARTY!

P3 Instructor Spotlight: Mr. Ian Staley

Know Someone in Your Local PTA??

P4 Delta Airlines Tickets!
Student Nathan Moos
Chuck Norris Fun Facts of the Month.

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>

facebook

WINNER BEST OF STATE



UTAH 2009

t a e k w o n d o

태 권 도

Be safe This Halloween



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.



AN OVERVIEW OF WHITE BELT RITUALS

In martial arts traditional training, many rituals that a white belt might not understand are performed. You are asked to remove your shoes and bow at the door before entering the dojang (and before going in or out of any other door in the dojang). You are asked to take your turn at sweeping or vacuuming the floor before practice and you are asked to bow to Master, instructors and other students.

True, when you signed up for martial arts traditional training you didn't sign up to be housekeeper for the school, but as with any martial arts traditional training, there is always a deeper meaning to any action or request.

Let's take a look at the act of bowing. When you enter a dojang (martial arts school), you are asked to bow. In general, bowing is a sign of respect. It is like shaking hands or saying "thank you." You bow to your Master, instructors and fellow students to show respect as well. It isn't just harassing the new white belt student; there's actual meaning and respect behind the action.

As a white belt, you are expected to do what your instructors tell you to do and do it without question (within reason, of course). When your instructors first started their martial arts traditional training, they had to do their fair share of sweeping floors and dusting trophy shelves.

The obvious reason for this is to show pride in your dojang and keep it clean. The second is a little more philosophical. Each day before class starts, the floor is swept. Sweeping is a reminder that we must also clear the debris from our minds before we practice. Now is not the time to be thinking about deadlines, tomorrow's report or yesterday's supplies that should have been ordered. You need "musang" -- an empty mind.

But the things you learn as a white belt -- and beyond -- aren't meant to stay in the dojang. Martial arts history and tradition are meant for everyday life as well. The combative arts aren't simply another exercise program. They never have been.

The things you learn as a student of the martial arts will aid you throughout your life and help you achieve goals you had previously only dreamt. It's not easy, but it is satisfying.

The simple things may seem simple, but if you can get past that and truly master each lesson learnt as a white belt, you will be on your way to being a true martial artist. Never simply assume that you know enough, either.

Any of the martial arts traditional teachings will tell you that life is a lesson that never ends. So look forward to earning your next belt, because with it, comes all new lessons.

by Mike Selvon

"Helping Build a Better Community One Black Belt at a Time for Over 14 years"



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. Ian Staley our head instructor.



In his own words, " 5'10", athletic, I like long walks on the beach...just kidding... we dont have beaches here. I started Taekwondo when I was 9. I've been In Taekwondo for 12 years, and practicing it for 10. I started tournaments when I was around 12 years old and doing them ever since. My first tournament I got a silver in forms and gold in breaking, and the first tournament I ever sparred in I got gold. I have been state champion at least 3 years in a row and held an international champion rank (Vegas). I got my blackbelt 2003. and am 3rd Dan now. Currently a student at Salt Lake Community College. Just started learning jiu jitsu a few months ago."

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 October 19th and end on the 24th.

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 September.

FREE BLACK BELT COMICS

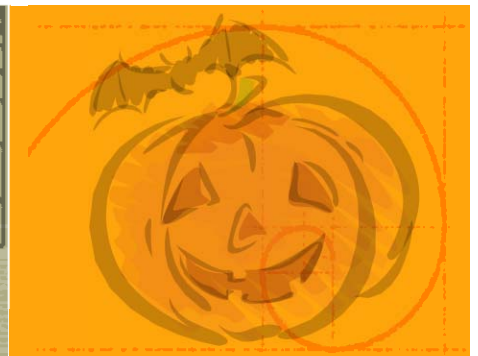
We've added a new feature to our website and monthly newsletter called **Black Belt Comics**. Designed professionally to help keep your young student excited about Martial Arts. Featuring Martial Arts Comics, puzzles, and education. Print as few or as many as you need. Look forward to new issues each 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. Dutson if you can help. You can email us at info@katkd.com Our staff and Demo Team thanks you!!



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.



CONGRATS TO NATHAN MOOS!!!!

We always try to recognize our student' s achievements outside of the dojang when we hear about them. Nathan Moos has embarked on a community crusade that is changing the way parents think about the environment around school pick up/drop off zones. He was featured on KSL and Nickelodeon for his ground breaking idea that has become a State law. He was one of 11 students world wide that were chosen as environmental student leaders in their community. You can see the video clips of Nathan here on our website main page:

<http://www.KATKD.com>

Everyone at KATKD is proud of your achievement! Good job Nathan!!!!

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 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!

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

