



SEPTEMBER, 2009



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CONGRATULATIONS!!

We were a very busy school last month with our 76th testing complete! First, we would like to give a well-deserved congratulations to our everyone that tested for their new belt. Grand Master Kim and Master Markman was very impressed with everyone's Black Belt Spirit! Great job!

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

Green Belts: Mikka Zenger, Christian Wood, Ashley Luu, Colton Alcorn, Cayden Wood, Michael Wrigley, Franz Ottenberger, Haley Alcorn, Kahlin Shotorbani, Celeste Gearhart, Alina Riquelme, Antonio Antonelli.

High-Brown Belts: Will Flynn, Grant Flynn, Hunter Ensign, Katie Howarth, Hunter Forbes.

Deputy I Belts: Connor Neff, Parker Neff, Jackson Gray, Jakob Tillotson, Allissa Montierth, Nathon Hodson, Brian Tillotson.

Deputy IV Belts: Nicholas Robertson, Julia Turner, Jonathan Lee.

Black Belt Recommended for 2nd Degree:
1st: Anna Macknight, Greg Bowen. **4th:** Christian Grow. **1st Recommended for 3rd Degree:** Claire Larsen. **1st Recommended for 4rd Degree:** Ian Staley, Derek Markman.

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 September 21st and end on September 26th.

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).

For more updates join KATKD on Facebook Search for Kim's Academy of Sandy.

Upcoming Events

- 9/5-7 Closed for Labor Day.
- 9/11 Demo Team Practice at 6:30pm.
- 9/21-26 Buddy Week (Bring friends!)
- 10/10 Black Belt Testing
- 10/17- 77th Color Belt Testing!
- 10/30 KATKD Annual Halloween Party!!

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**WINNER
 BEST OF STATE**



UTAH 2009

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P A G E 2

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.



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.



HOW TO MOTIVATE KIDS TO EXERCISE

Video games. School vending machines. Internet surfing. It' s all helping create a new generation of unhealthier, more sedentary youth. Experts partly blame low participation in sports, cuts in physical education and less walking and biking to school. There are so many distractions found in new television, computer and video game technology, without strong motivation adolescents are at risk of becoming inactive. So what motivates teens to exercise and stay healthy? Two new studies in Archives of Pediatrics & Adolescent Medicine explore the reasoning behind kids' and teens' choices about exercise and dieting. Researchers at the State University of New York at Albany surveyed 200 middle school students on their motivations for exercising. They discovered that both boys and girls were most likely to say that personal enjoyment or wanting to be fit was their main motivation to exercise, a finding that surprised lead researcher, Katie Haverly, M.S. " You might expect that adolescent girls would be motivated to be physically active for the purposes of weight loss or weight maintenance, but we did not find that to be true." Haverly stated that the students who were motivated by personal enjoyment exercised or played sports because it felt good, to be healthy and to improve their skills. " We were just surprised that adolescents would report that they felt that way about physical activity." But the researchers also found that a child' s motivations changed depending on their abilities. Students who felt they weren' t skilled at sports were less likely to be motivated by personal enjoyment than those who were more athletic. Haverly suggests that stressing the health aspects of physical activity, instead of athleticism and competition, could encourage participation by kids who feel less confident in their abilities. " These students would be most motivated to be active if they could improve their skills while being active, if the activity is enjoyable and if the activity improves their health and fitness," Haverly says. In addition to requiring physical education in schools, Haverly recommends that administrators promote a wide variety of fun, skill-building activities. " An environment that offers different choices or ways to be active would be helpful, because not all adolescents will find the same activities fun, rewarding or motivating." Research has also shown that a child' s parents have an effect on the way they think about exercise and dieting. Children not only imitate their parents' habits, good or bad, but also respond to what they believe is important to their parents. In a second study in the same issue of Archives of Pediatrics & Adolescent Medicine, researchers questioned over 9,000 teens and their mothers about weight and dieting. They found that girls were much more likely to think about being thinner if they thought it was important to their mothers. Interestingly enough, whether or not a mother actually wanted her daughter to be thinner had less of an impact than the daughter' s perception of her mother' s opinion. The researchers also noticed an association between a mother' s repeated attempts at weight loss and her daughter' s dieting. Mothers were found to have less of an effect on their sons' ideas about weight. Only sons who correctly guessed that their mothers thought weight loss was important were more likely to think about being thinner. The study' s lead author, Alison E. Field, Sc.D., of Harvard Medical School, warns that parents should be careful when talking to their children about weight issues. " Parents are justified in not wanting their adolescents to be overweight. However, it is essential to strike a balance between promoting a healthy weight and not placing too much emphasis on the importance of weight." The researchers suggested that parents should be role models to their children by incorporating exercise and healthy eating into their everyday lives, rather than imposing these strategies on their kids. Doctors who treat overweight adolescents should be sure to promote exercise for benefits other than weight loss, such as improving self-esteem.

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“Helping Build a Better Community
One Black Belt at a Time
for over 14 years”

I LOVE TKD
I LOVE TKD
I LOVE TKD
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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 Hillary Wilkins.



Master Hillary Wilkins started Taekwondo in 1996 at the age of 14 at Kim's Academy of Taekwondo, Centerville under Grandmaster Kim. In June 2008 she passed her test and earned her 4th Dan black belt and the title of Junior Master. She continues to train to make herself the strong both mind and body, both inside the studio and out.

She has taught at Kim's Academy of Taekwondo, Centerville for 8 years and the last couple were spent as head instructor. She loves working with students and helping them to do their best and succeed at all both in Taekwondo and in their life. She has been apart of many demonstration teams and performed in a variety of venues such as parades, the Asian Festival, and University of Utah Foreign Student Fair. She has also been involved with the Korean student athlete exchange program and developed and performed in the demonstration during the Korean national team visit last Summer. She has competed in many tournament, is a USA-Taekwondo level 1 referee, and completed the Kukkiwon special Poomse seminar. In February, she went to the special Kukkiwon

Dan test that was in conjunction with the U.S. Open in Las Vegas, Nevada. She tested in front of Kukkiwon judges in both sparring and forms and just recently received her 4th Dan Kukkiwon certification. She also trains in the Korean sword art and is a 1st Dan black belt in Haidong Gumdo and in 2004 she competed in the World Haidong Gumdo Championship. Along with her martial arts training she was also in the marching band at Viewmont High School 3 years, University of Utah for 7 years and played in the Olympics Spirit Band for the 2002 Winter Olympics. She earned her B.S. Degree from the University of Utah in Exercise and Sport Science and is currently working on her Masters degree in Sport Psychology. She also likes to scuba dive, go hiking, camping, running, and hanging out with family and friends. She has accomplished a great deal in Taekwondo and through it has learned perseverance, leadership, confidence, respect for others, respect for self, and an I can attitude. Master Wilkins is a life long student and continues to learn and strengthen her Taekwondo skills. Through her experiences she hopes to pass on what she learned to her students and continue to teach the skills of Taekwondo, both mental and physical. She is excited to teach the students of Kim's Academy of Sandy and pass on her knowledge to them. Once a Taekwondo black belt always a Taekwondo black belt. We are proud and honored to have Master Wilkins instruct at KATKD! Students, always give Master Wilkins a big bow when you see her. It will put a big smile on her face.

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!!

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Back to School Black Belt Spirit

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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.



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:

When Chuck Norris falls in water, Chuck Norris doesn't get wet. Water gets Chuck Norris.

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

Chuck Norris' house has no doors, only walls that he walks through.

How much wood would a woodchuck chuck if a woodchuck could Chuck Norris? ...All of it.

Chuck Norris doesn't actually write books, the words assemble themselves out of fear.

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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