

# The Ki Hap

Volume 20, Issue 2

February, 2017

## Friendship Tournament

*5 tenets of  
Tae Kwon Do*

- Courtesy
- Integrity
- Perseverance
- Self-Control
- Indomitable Spirit

Do you practice these on a daily basis?

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The next tournament will be held on Saturday, February 18th in Vernonia, Oregon. This is a Friendship Tournament, which means that there is no Grand Champion for the men's and women's fighting division. These tournaments tend to be a little smaller, and the focus is really on improving your Tae Kwon Do skills while competing against other students within the Kim's Tae Kwon Do organization.

All students are eligible to participate in this tournament, and it does count towards the requirement of three tournament competitions in order to be eligible for Black Belt Promotion.

Upcoming tournaments include March 25th in Boise, Idaho, and August 5th will be the date for our annual Renton Tournament held at the Renton Community Center. We look forward to seeing everyone at one or more of these educational and fun events!

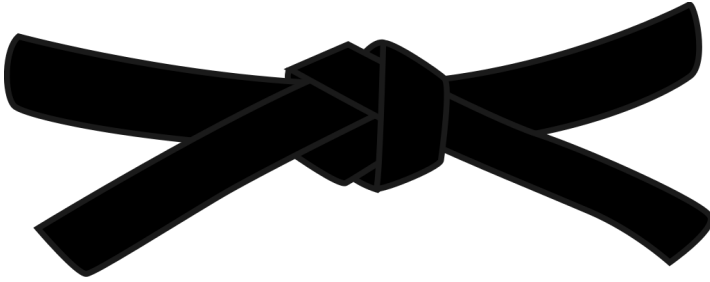
## Student Facebook Group

Facebook... It seems everyone spends a good part of their day there, doesn't it? We have decided to start a "Student's Only" Facebook page. A place for our members to ask questions, be engaged with other members of our school, and keep up to date with events.

Please take a moment to look it up and ask to be added. Search for Kim's TKD of Renton Students and you should find it. We look forward to connecting with everyone there!

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# Belt Sizes



We are working through the information we have on all students, and would appreciate it if everyone could let us know what size of belt they wear. Especially for color belts, when we order belts for promotion test, we want to make sure we get the right size. A belt that is too big, or too small is never comfortable, for many reasons. We appreciate everyone taking a moment to let us know what size you prefer. You can email us, or tell us when you are in class. Thank you!



Come in and see what Cage Fitness is all about

If you are interested in getting in better shape, but don't really want to learn martial arts, Cage Fitness is the class for you. It is a 30 minute strength and cardio workout, based around the principles of a mixed martial arts workout. The best thing? There are no partners and no contact. Just a 30 minute strength and cardio blast! Come in and try out a class and see what Cage Fitness is all about!

## TKD Anniversaries

The following people began training with us in February of the year listed. Congratulations!

Stuart Teramoto (2008)

Kobe Teramoto (2008)

Sean Nguyen (2009)

Lucas Franklin (2012)

Dennis Fay (2013)

Mark Gonzalez (2013)

Logan Le (2013)

Dave Waters (2013)

Tevin Geong (2014)

Drew Beckley (2014)

Billton Pham (2014)

Vanshika Sindhu (2014)

Trenton Pham (2015)

Andrew Ibarra (2015)

Shirley Elkan (2015)

Luke Samuel (2015)

Andrew Long (2015)

Evan Long (2015)

Luke Carlson (2015)

Toby Sjolie (2015)

Julius Sjolie (2015)

Ariane Chabot (2016)

Julia Blanchet (2015)

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# Upcoming Events

**Saturday, February 11th** -- Promotion Test in Renton

**Saturday, February 18th** -- Friendship Tournament in Vernonia, OR

**Monday, February 20th** -- No class in Renton (President's Day)

**Saturday, March 4th** -- Black Belt Test in Renton (Paperwork due by Feb 17th)

**Saturday, March 25th** -- **Championship Tournament in Boise, ID**

**Saturday, April 8th** -- Promotion Test in Renton

**Saturday, August 5th** -- Friendship Tournament in Renton

## Happy February Birthday!

Ben Rolls

Andrew Schacht

Helaena Filart

Taylor Will

Alfonso Orellana

Dane Peterson

Yvonne Nguyen

Jim Greivell

Trevor Dundas

Sid Singh

Kaden Chung

Brenda Bruxel

Samuel Miller

Gurleen Kailay

Jackson Updyke

Zefanya Sihotang

Luke Carlson

Gaurav Suresh

## 100 & 50 Club Participants

You are now 1/12th of the way through the year. That means for all those involved in the 100 & 50 challenge, you should have completed 8333 sit ups, and 4166 push ups. Remember it is not an easy task, but by taking it day by day, you can make it! If you miss a day, don't wait too long to make up those sit ups and push ups. They will add up after only a few days off, so stay on top of it! Good luck!

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

*Success Starts Here*



**Welcome New Students!**

Jayanth Piratla

Yashwanth Piralta

Venkata Piratla

Dylan Dao

Nichole West

Andrew Schacht

## Academic Recognition

We would like to encourage all school age students to do their best in school. That is part of the reason why Grand Master Kim developed the Academic Recognition program. By using your Tae Kwon Do discipline in school, you can reach any goal you set, and can be both a leader and an ambassador in your classroom.

In order to be eligible for an Academic Certificate from Grand Master Kim as student must be at least a Blue Stripe (7th Kup) or above, and achieve a GPA of 3.0 or higher. All grade levels are eligible. If a student receives number grades instead of the A, B, C used in higher grades, we can still transfer that to a GPA.

If you haven't done so yet, take a minute to turn in your last report card to your instructor. We will happily submit it for you for recognition. This is just one small way that you can use the discipline taught in Tae Kwon Do in your daily life. We look forward to presenting everyone a certificate soon!