

The Ki Hap

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100 and 50 Club

Last month we told you about a new challenge called the 100 and 50 Club. Many of you asked what it was all about. This group will be people who want to change their physique, their self-discipline, and their ability to set and achieve goals.

You can become a member of this elite club if you commit and complete at least 100,000 sit ups and 50,000 push ups during the year of 2012. If you just thought to yourself "I can't do that" you are right. If you thought "I can do that" you are also right.

The question is, are you up to it? If so, see Mr. West or Master Henkel to get signed up. We already have 9 people registered, including Mr. West, and both Mr. and Mrs. Henkel. Are you willing to join them?

It won't be easy, but the benefit and satisfaction of setting and reaching this goal, along with being part of this club of leaders will make it worth it.

So, what are you waiting for?

Upcoming Events

December 2nd — Holiday Catalog Orders Due

December 3rd — Women's Self-Defense Class, 11:30am—2:00pm

December 10th — Promotion Test, 10:00am (no Saturday class will be held)

December 17th — Parents' Last Shopping Day, 12:00—4:00pm

December 23rd—26th — School closed for Christmas

December 31st — New Year's Eve Class, 11:30pm—12:15am (please register)

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Tournament Wrap-Up

A big congratulations to all students who attended the 2011 Tae Kwon Do Championship Tournament in Portland, Oregon. We are very proud of how well everyone represented our school. You should be very proud of your accomplishment. We have posted some of the photos we took on our website - www.rentontaekwondo.com. When you have a chance, take a look!



Help Us Support These Local Businesses

These local businesses have agreed to promote our business by keeping one of our boxes or guest passes at their establishment. In return, we hope all of you will consider doing business with them:

Vince's Coffee (4th Street)

Classic Cleaners (Sunset Blvd)

The UPS Store (4th Street)

Los Jalapeños (4th Street)

Lube Rite (Sunset Blvd)

Chuck's Donuts (NE 4th Street)

Goodyear (Sunset Blvd)

TMF Cuts (4th Street)

Great Cuts (Sunset Blvd)

La Chiquita (Union Ave)

El Taqueria (Sunset Blvd)

Keppler Feed Renton/Issaquah Road)

La Fuente (Sunset Blvd)

Hot Iron (4th Street)

Kim Phuong Vietnamese Restaurant (next to Blockbuster)

I Luv Teriyaki (next to Blockbuster)

KC's Seafood Restaurant (4th Street)

Greg's Japanese Auto (Sunset Blvd)

***\$30 off any \$100 service with this newsletter*

Busy Bee Cleaners (Sunset Blvd)

Tienda Latina (Harrington Ave)

Renton Seafood Restaurant (4th St. Next to Safeway)

Blockbuster (NE Sunset Blvd)

***Come try their new Combo pass for 50% off!*

If you know of any other business that would like to cross-promote with us, please let us know. We will list them in our newsletter and display their business information, too.

Quote of the Month

The dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you're willing to pay the price.

—*Vince Lombardi*

Not really much to say about this quote, as it is self-explanatory. However, as you are sitting down to write your goals out for the year 2012, just remember that in order to reach those goals, you must put in some hard work. If you are willing to do that, you really can accomplish anything!

If you need help setting or working toward reaching your goals, let us know. We are always here to help!

Refer a Friend, Earn \$50



You probably know someone who would like to try Tae Kwon Do. That is why we have a referral program. Here's how it works — introduce someone to our school, and when they sign up to become a student we will give you a \$50 gift certificate to your choice of Best Buy, Outback Steakhouse, Olive Garden, The Cheesecake Factory or Vince's Coffee. The best part is there is no limit to the number of certificates you can earn.

We appreciate all of our students, and a referral is the best compliment we can receive from you. Thank you!

Happy Anniversary!

The following people began their training in December of the year listed:

Doug Kusumi (1999)	Du Nguyen (2006)	Ryan Nguyen (2006)
Owen Helland (2010)	Becca Helland (2010)	Heather Gow (2010)
Parker Nolan (2010)	Aaron Cassell (2010)	Jenna Helland (2010)

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Welcome New Students!

Cassius Sardari	Marvin Delos Reyes
Jullian Delos Reyes	Brady Anderson
Zechariah Smith	Samuel Smith
Evan Jensen	Logan Manning
Matt Chantry	

Happy Birthday!

Kean Gani	Angela Jury
Brendon Kenney	Connor Mesceda
Koby Morris	Kai Ozeki
Mike Teramoto	Devin Teramoto

December Student of the Month: Christian Filer

This month we have chosen Blue Belt Christian Filer as the Student of the Month. We enjoy watching the progress that Christian is making in class, and how he commits to working on improvement each time he is in class.



Right now he is preparing for his Purple Stripe test, and as most of you know that includes a board break. Instead of procrastinating, Christian has been practicing regularly, both at home and at the school. He is practicing his kick on a target at home, and he practices the required break either before or after class each time he comes.

This hard work and dedication to reaching a goal will pay off. We know he will have a successful break at his test. And, his hard work has also earned him this month's Student of the Month Award. Congratulations, Christian!