

The Ki Hap

Introduction of New Black Belts

Congratulations to new 2nd Dans Angela and Joseph Jury, and new 1st Dans Tony, Jayden, and Brendan Wong. They all passed Grand Master Kim's Black Belt promotion test held in Portland on January 7th.



For the past few years they have been working for this moment. And, because they had a clear goal and kept working towards it, they have now achieved their goal. Tae Kwon Do helps us learn how to set and achieve difficult goals, and earning your Black Belt, or advanced degree, is one of those goals.

We are very proud of the Jury and Wong families. Please take a moment to congratulate them on their achievement the next time you see them!

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July Tournament Date is Set!

Please be sure to mark your calendar now. We have set the date for our annual Friendship Tournament. It is Saturday, July 21st at the Renton Community Center. As we do each year, we highly encourage all students to participate in this educational event. And, we will host our annual picnic in the park immediately following the tournament. See you there!

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3 Goals of Tae Kwon Do

- **Progress:** Making today better than yesterday, and tomorrow better than today.
- **Peace:** Finding ways to resolve problems and conflicts without violence
- **Love:** Treating people fair and equal regardless of how much you have in common with them

Upcoming Events

Saturday, February 11th - Promotion Test in Renton

Saturday, February 11th - Friendship Tournament in Vernonia, Oregon

Saturday, March 17th - Boise Championship Tournament

Saturday, April 14th - Promotion Test in Renton

We are also tossing the idea around of holding another medicine ball seminar/workout. Anyone interested? If so, see Master Henkel, and we will get it scheduled!



Know a business that would like to cross promote with us? Please let us know, and we will be happy to put them in our newsletter. We just ask that they put some of our school information in their business as well. Please see Master Henkel for more information.

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

"Remember that not getting what you want is sometimes a wonderful stroke of luck."

~ Dalai Lama

There are many times in our lives that we want something really badly, and for whatever reason we don't get it. That may be because there is something better for us out there that we don't even know about yet. Or, it may be that we are not ready to have what we want, and need to work a bit more to get ready for it. These words remind us that hard work and patience usually pave our path.



Happy Anniversary!

The following students began Tae Kwon Do in February of the year listed:

Jordan Daly (2005)

Jessica Petrov (2006)

Stuart Teramoto (2008)

Kobe Teramoto (2008)

Sean Nguyen (2009)

Eduard Beloiu (2011)

Adam Rapoport (2011)

Kaiden Ong (2011)



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!

Kim's Tae Kwon Do



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Welcome New Students!

Patrick Blaha	Zion Johnson
Nahom Daniel	Jase Eiler
Jaleh Kupai	Brooke Mlasko
Steven Wilkos	Tyler Wilkos
Karen Smith	

Happy Birthday

Adam Rapoport	Alfonso Orellana
Beth Mathison	Chris Nelson
Evan Jensen	Jim Greivell
Jenny Nguyen	Louise Cassell
Michael Miller	Nick Phan
Nick Reeves	Tara Bigbee
Zechariah Smith	

Student of the Month: Mariah Bigbee

We have chosen 1st Degree Candidate Mariah Bigbee as Student of the Month for February. Right now, Mariah is focused on one thing: preparing for her Black Belt test. She is working hard each and every time she comes to class, trying to perfect her technique to do the best job possible at the test.

What most people don't know, though, is that Mariah has quit Tae Kwon Do multiple times during the past number of years. Each time she returned she would have to re-learn her forms and hand & feet techniques. The last time she returned, she really set the goal to become a Black Belt, and she is very close to reaching that goal.

Mariah has shown us that even if you have road blocks along the way, you can still achieve your goals if you want to. The only person who can stop you from reaching your goals is you.

Please congratulate Mariah on earning this month's Student of the Month Award!



1st Degree Candidate, Mariah Bigbee