

The Ki Hap

JANUARY 2012

KIM'S TAE KWON DO



2011 Black Belt Stats

- 58 new 1st Dans
- 28 new 2nd Dans
- 9 new 3rd Dans
- 3 new 4th Dans
- 4 new 5th Dans
- 6 new 6th Dans
- 1 new 7th Dan

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Grand Master Kim's New Year Message

Each year, Grand Master Kim writes a New Year Message to all members of our organization. Here it is:

In the year 2011, we had many great achievements of Tae Kwon Do events. We had 3 Tae Kwon Do Championships, 3 Friendship Tournaments, numerous Tae Kwon Do demonstrations, and a Tae Kwon Do teacher's clinic. We also produced 58 new Black Belts, 28 new 2nd Dans, 9 new 3rd Dans, 3 new 4th Dans, 4 new 5th Dans, 6 new 6th Dans, and one new 7th Dan. I am very proud of all those outstanding instructors, their precious assistant instructors, and prospective students who have always been a good example and dedicated to this traditional non-contact Tae Kwon Do with their burning desire of "I CAN DO" toward the perfect techniques in its philosophy of Progress, Peace and Love. I sincerely give my compliment for all of your achievements. Let's have a prosperous year of 2012. All members of Kim's Tae Kwon Do will become the rules and victors throughout the whole year of 2012. Merry X-mas and happy and enjoyable New Year to you and yours. May God bless you!

100 & 50 Club

It is not too late to join us! Over 20 members of our school have set a goal to complete 100,000 sit ups and 50,000 push ups during the year of 2012. A big challenge, but the hardest part is not completing them, it is really having the discipline to do them every day. If you are interested in joining us on this challenging yet rewarding goal, see Master Henkel or Mr. West.

31 in 31!



In November, when Master Henkel was in Orlando for some training, there was a challenge set by one of the directors of the Martial Arts Industry Association (MAIA). It was this - can you enroll 31 new members in 31 days? He does not think that the schools could do it, so many of us wanted to try and prove him wrong. Would you be willing to help us reach the goal of 31 new members in the month of January? You can help by referring some of your friends to our school, placing ad cards in some of the local businesses, or by a variety of other ways. What is in it for you? The school that enrolls the most new members will have a pizza party for the **WHOLE SCHOOL**, paid for by MAIA. We would love it if you could help us out.

Nine Fitness Rules to Follow in 2012

1. Train according to your goals: set your fitness goals and target your workouts to help you achieve those goals.
2. Fuel your body before exercise: eat a couple of hours before you workout so that you have energy and be sure and refuel afterward and stay hydrated.
3. Warm up before intense training: don't jump into intense activity until you've sufficiently warmed up your muscles or you risk injury.
4. Continually challenge your muscles: don't just go through the motions—push yourself at every workout.
5. Train with proper form: train your muscles to perform techniques correctly so that you don't have to relearn them.
6. Rest after intense training: your muscles need recovery time after tough workouts.
7. Get on a training schedule: make exercise a priority by scheduling it into your routine.
8. Vary your routine: doing the exact same workout day after day is boring for your head and your muscles—alter your workout for maximum results.
9. Know the major muscle groups: check out an anatomy book and get to know which muscles you are working on.

Quote of the Month

“A rehearsal of the skill before competition commences fixes in the athlete’s neuromuscular coordinating system the exact nature of the impending task.”

—Bruce Lee

What does this sound like to you? To us, it sounds like Bruce Lee is telling you how important it is to practice things over and over again before a promotion test or a tournament. When practicing, do techniques as if you are at the test or tournament, because you will perform just like you practiced. If you practice with low energy or incorrect form, you will demonstrate that way when the pressure is on. Your muscles will remember how you practiced, so make your muscles memory the best it can be.



2012 Breakathon

We have been asked once again to join the 2012 Renton River Days Break-a-thon, which will raise money for Community in Schools of Renton. Last year we helped raise over \$15,000 for their organization. We are looking for a few people who would like to assist in organizing the fundraiser this year. You don’t have to be a Black Belt, just someone with an interest in helping our community. For more information, please see Master Henkel.

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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**DEDICATED TO
PROGRESS, PEACE & LOVE**

Welcome New Students:

Chuck Dovey	Nickolas Cole
Ryan Cain	Tyler Corrington
Drew Spier	Naira Jain

Happy Birthday!

Ashley Morales	Kira Kusumi
Margaret Moilien	Parker Nolan
Rick West	Ryan Cain
William Phan	

Happy Anniversary!

Dustin Dacuan (1996)	Chris Cao (1997)	Rick West (1999)
Kira Kusumi (2004)	Vincent Chen (2006)	Ian Page (2007)
Brendon Kenney (2007)	Art Jury (2007)	Arthur Jury (2007)
Christian Filer (2011)	Jason Hwang (2011)	Dori Humphrey (2011)

January Student of the Month: Robby Richards

We have chosen Purple Stripe Robby Richards as the January Student of the Month. Robby is a relatively quiet boy, and if you don't really pay attention, you may not even notice that he is in class. This is only because he doesn't make a lot of noise, and he comes in and starts his practicing right away without causing disruption.

Another thing we have noticed is that Robby is never afraid to walk up to a Black Belt and ask for help, either with his form, hand and feet techniques, or anything else. We often mention to people that they should take the time to ask these Black Belts for help, but Robby actually does it.

We appreciate how Robby is setting the example of working hard, listening well, and following the advice of his instructors. He is definitely on the path to becoming a Black Belt.



Purple Stripe, Robby Richards

Congratulations, Robby, on earning this month's Student of the Month award. Please take a moment to congratulate him the next time you see him.