

The Ki Hap

Volume 20, Issue 1

January 2017

*3 goals of Tae
Kwon Do*

- Progress
- Peace
- Love

How can you use these three things in your every day life?

Inside this issue:

Testing Results	2
TKD Anniversaries	3
Cage Fitness	3
Referral Program	3
New Students	4
Student Birthdays	4
Upcoming Events	4

2017 - What's Your Theme?

When you set a goal for the year or make a resolution, it often means that you have to stop doing things you want to do, or it means you have to start doing things you don't want to do.

In 2017, we challenge you instead to give your year a theme. Think of a positive idea or mindset that you want to achieve. It can be a single word like "fitness" or "patience" or a phrase like "take more risks" or "be more productive."

The great thing about a theme is that you always have another chance if something doesn't work out. Say your theme is "take more risks" and your skydiving trip gets cancelled. Doing something else that takes you out of your comfort zone still falls within your theme. You still succeed!

As you go through the year, ask yourself how your actions are helping you live out your theme. If they aren't, change your actions!

Class Schedule Changes

To better serve our members, we are making some changes to our class schedule beginning January 3, 2017. They are as follows:

Monday we will be cancelling our 7:15pm Cage Fitness class, and moving our adult class to 6:30pm. This will give a 15 minute gap between each class, allowing a little bit more one on one time with an instructor for any extra help that may be needed earning a stripe, and will give a little time to let the parking lot clear out before the next class arrives.

Friday we will be cancelling our 4pm Forms class, and adding a 4:15 - 5:00pm White/Yellow belt class in its place. We are finding that some of our White/Yellow Belt classes are getting to crowded, so need to add another class.

Testing Results

Below is a list of the results from December's promotion test. Congratulations to those that earned a new rank. The next promotion test will be held on Saturday, February 11, 2017.

9th Kup -- Yellow Stripe

Kelvin Nguyen
Cole Nguyen
Gaurav Suresh
Momoko Kirsch
Christian Smotts
Elijah Parker
Alexis Nguyen
Ridhima Gupta
Duy Tran
Trent Dundas
Kaden Chung
Tatum Will
Kristine Nguyen
Oliver Parsons
Tavian Phanivong
Nava Carlyle
Jerry Kirsch
Eva Hudah
Anthon Pham
Neha Suresh
Suresh Sarma
Jose Jose
Eriko Kirsch
Vu Nguyen
Trevor Dundas
Dea Church
Nick Kirsch
Taylor Will
Lisa Eaton
Garima Gupta
Brooklynn James
Kelsie Luong
Lilani Romero
William Crain
Alex Chinowsky
Donata Biernat

8th Kup -- Yellow Belt

Eknoor Rihal
Wyatt Henderson
Miles Nguyen
Sehaj Gill
Ava Sim
Abdirahman Ali
Vera Henderson
Daniel Henderson
Finn Klones
Emiline Braun
Nichole Henderson
Aoife Brady
Ishaan Singh
Alexander Romero
Maria Romero
Jazmin Paulson
Diwan Singh
Gabriela Romero
Lucia Olt

7th Kup -- Blue Stripe

Anthony Mangus
Joshua Law

6th Kup -- Blue Belt

Aly Procaccini
Jayden Terry
Phong Nguyen
Kayla Ford
Trillian Haulley
Dan Nguyen
Mizan Shepherd
Levi Olt
Lars Olt
Julia Blanchet
Ariane Chabot

5th Kup -- Purple Stripe

Natalia Lyon
Alfred Zhen
Dalhia Taylor
Jude Miko
Colin Faletto
Aiden Reeves

4th Kup -- Purple Belt

Erica Bergmann
Evan Rossman
Adalynne Van Der Kolk
Kimberlee Van Der Kolk
Lars Guy
Magnus Guy
Phil Guy
Krista Reeves
Joshua Kraman

3rd Kup -- Brown Stripe

Taneth Van
Matthew Ahearn
Tanah Van
Tessie Bunnell

2nd Kup -- Brown Belt

Kelbin Luong
JP Solano

1st Kup -- Black Stripe

Ken Nguyen

1st Dan Pre-Test

Aidan Holstrom
Sid Singh
Julius Sjolie
Isaac Peregrino
Pratyush Nair
Eliana Peregrino
Andrew Ibarra
Sean Nguyen
Nolan Peloquin
Allen Gashkayan
Orion Cassell
Steven Nguyen

TKD Anniversaries

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

Rick West (1999)

Kira Kusumi (2004)

Brendon Kenney (2007)

Art Jury (2007)

Arthur Jury (2007)

Jase Eiler (2012)

Karen Smith (2012)

Michael Buono (2015)

Tanah Van (2015)

Taneth Van (2015)

Philip Guy (2015)

Magnus Guy (2015)

Lars Guy (2015)

Paul Farrow (2016)

Evan Rossman (2016)

Esteban Torres (2016)

Ramon Torres (2016)

Kevin Torres (2016)

Ahron Torres (2016)



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!

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 just about anywhere you would like. 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

4602 NE Sunset Blvd
Renton, WA 98059

Phone: (425) 254-3526
E-mail: kimstkd@att.net
www.rentontaekwondo.com

www.rentontaekwondo.com

Success Starts Here



Welcome New Students!

Krish Chidambaranathan

Aden Chen

Anson Chen

Axel Heinrich

Happy Birthday!

Suresh Sarma

Dave Waters

Ashley Morales

Mark Gonzalez

Trent Dundas

Tyler Luong

Nicole Henderson

Jude Miko

Rick West

Jazmin Paulson

Luisa Graham

Kira Kusumi

Margaret Moilien

Ryder Klein

Upcoming Events

Monday, January 2 - No class for New Year's Day

Monday, January 16th - No class, MLK Jr. Day

Saturday, February 11th - Promotion Test in Renton (Instructor must recommend for the test)

Saturday, February 18th - Friendship Tournament in Vernonia, Oregon (all students eligible to participate)

Monday, February 20th - No class, President's Day

Saturday, March 25th - Championship Tournament in Boise, Idaho