



THE KI HAP

March 2010

KIM'S TAE KWON DO

Volume 13, Issue 3

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Do of Renton" on
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2010 SNEAK PEEK:

- ◆ Capoeira Seminar
- ◆ Formation of Demo Team
- ◆ Summer Black Belt Retreat
- ◆ Formation of Bo Class

Vernonia Friendship Tournament



Congratulations to the following students who competed in Master Tesdal's Friendship Tournament in Vernonia, Oregon on February 20th:

Dustin Dacuan Olivia Henkel Dar-Ci Calhoun (UW)
Dustin Chiang (UW) Nick and Emily Huber (Maple Valley)

Check the bulletin board to see the complete results.

Your next tournament opportunity is in Boise, Idaho, at Master Knife's annual Championship Tournament on March 20th. There is a group of students going to the tournament—please let Master Henkel know if you would like more information.

And, DON'T FORGET: the annual Renton Friendship Tournament on **Saturday, July 17th**. Please mark your calendar today and plan to attend this tournament. It's only a few miles away and is sponsored by our studio.

Breaking Class

Be among the first to test out our **NEW** free-standing board holder. This state-of-the-art board holder is an exciting new addition to our school. Class is Friday, March 12th at 5pm. Cost is \$15 and includes 5 boards.

There will be no regular 5pm class that evening.

Collecting Classes

Most students know that we host an annual awards banquet for all students who attend a minimum of 100 classes throughout the year. That many classes means you attended on average two classes per week for the entire year. Although we recommend on average 3 classes per week to reach your full potential, we would also like to remind people that it is actually possible to come to too many classes.

We will never tell someone that they come to class too much, but sometimes we notice people trying to attend multiple classes in a day, or at least one class every day of the week, and they cannot give their full focus to the second class or the classes towards the end of the week. This poses a risk to themselves as well as their training partners, not to mention the bad habits that can be created. If someone is too tired to focus fully, it is probably better that they take that day off to rest and try again another day.

In short, the number of classes attended is not as important as the quality of the classes. As the saying goes - One sharp knife is better than 100 dull knives. We could change it to say something like this - One productive class is better than 100 unproductive classes. Rather than worrying about how many classes we have, let's improve the quality of each class and work on reaching our ultimate goal - becoming an honorable person with near perfect character and physical condition.



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)

Number 1 Nail Pro (Sunset Blvd)

Cash Advance (4th Street)

I Luv Teriyaki (next to Blockbuster)

Lube Rite (Sunset Blvd)

Sunny Teriyaki (4th Street)

King Buffet (SW 7th)

Busy Bee Cleaners (Sunset Blvd)

Toshi's Teriyaki (Sunset Blvd)

La Chiquita (Union Ave)

El Taqueria (Sunset Blvd)

Schucks Auto Supply (4th Street)

KC's Seafood Restaurant (4th Street)

Taco Del Mar (4th Street)

Torchy's Sub Shop (next to Blockbuster)

Kim Phuong Vietnamese Restaurant (next to Blockbuster)

The UPS Store (4th Street)

The Whole Pet Shop (Duvall Ave)

Greg's Japanese Auto (Sunset Blvd)

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

Toreros (4th Street)

Great Cuts (Sunset Blvd)

Tienda Latina (Harrington Ave)

Herfy's Burgers (Sunset Blvd)

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

Famous Ezell's Chicken (4th Street)

Los Jalapeños (4th Street)

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.

Philosophy of the Month: Enthusiasm

“Study the unusually successful people you know, and you will find them imbued with enthusiasm, which is contagious. Not only are they themselves excited about what they are doing, but they also get you excited.” – Paul W. Ivey

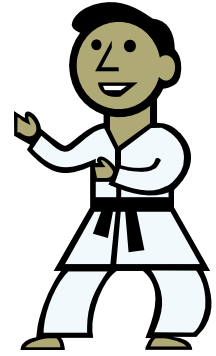
How often have you been successful at something without being enthusiastic about it? If you are like most people, not very often. Excitement about a goal, task, or cause keeps our motivation high, even when there are challenges. Enthusiasm will also strengthen your commitment to whatever you are trying to accomplish.

Martial arts is no exception. Enthusiasm creates a more rewarding and meaningful experience. It keeps you coming back to class and drives you to excel in areas of your training. When you are excited about learning something new or developing a new skill, you want to do your best.

Enthusiasm is also contagious. Once you have it, it won't be long before others catch it. This helps keep everyone motivated. When you are doing something with others, you are excited, and it is more fun and rewarding. Very rarely can someone be around people who are enthusiastic about their goals or purpose and not become excited as well.

Henry Ford, the founder of Ford Motor Company, stated, “Enthusiasm is at the bottom of all progress. With it there is accomplishment. Without it there are only alibis.” Enthusiasm will keep you focused on achieving your personal goals and eliminate the need for excuses for not accomplishing them.

If you find your enthusiasm for your martial arts training is waning, spend time with someone you know is enthusiastic. Or, you could spend time helping a new student develop his or her skills. Both of these actions will re-energize your enthusiasm and keep you engaged.



**“WITHOUT
ENTHUSIASM,
THERE ARE
ONLY ALIBIS.”**

Capoeira Seminar !

We are excited to announce we are hosting a Capoeira seminar on Saturday, April 24th. The seminar will be taught by Professor Jaba, who teaches the Capoeira class on Monday and Wednesday nights. Cost for the seminar is \$39 and it is limited to 20 participants. See Master Henkel to sign up!



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Happy March Birthday

Jeannie Ahn

Scott Greivell

Andreina Hernandez

Du Nguyen

Alex Pappas

Jasmin Roy

Brianna Wei

Timothy Wesley

Jayden Wong

Tony Wong

Welcome New Students

Conor Nickel

Isiah Carpenter

Marissa Wong

Leanne Nishi-Wong

Richard Li

David Babayan

Andreina Hernandez Francisco Hernandez

Jonathan Hernandez Daniela Hernandez

James Alberson

Indiah Lockett

Ashley Inge (Welcome Back!)

Happy TKD Anniversary

Laure Tribble (2009)

Alex Pappas (2007)

Antoinette Fang (2009)

Derek Fang (2009)

Aaron Solis (2009)

Caroline Dunlap (2009)

Vic Bloomfield (2007)

Jordan Moyer-Woods (2008)

Student of the Month: Brandon Wei

This month we have chosen Yellow Stripe Brandon Wei as the Student of the Month. Brandon is 7 years old. Most students at this age respond to instructors with a "yeah, I got it," or an "okay." Not Brandon. When you see an instructor talk to him, he answer with a respectful "yes, sir."

Tae Kwon Do helps people increase their fitness and learn self-defense, but it also teaches people to be more respectful and courteous to others. Answering instructors appropriately is one way we show that respect and courtesy. It is nice to see someone Brandon's age showing everyone the correct way to act at the studio.

Next time you see Brandon, please congratulate him on earning this month's Student of the Month Award!

Congratulations, Brandon!



Yellow Stripe, Brandon Wei