



Newsletter

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March 2018

Special points of interest:

- 3/31— Kansas State Taekwondo Championships
- 4/28 — Next Colored Belt Testing 10:00am
- 7/14 — Sunflower State Games Martial Arts Competition

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Kansas State Taekwondo Championships

Last year the USA Taekwondo (USAT) National Championships were held in Detroit, MI with over 4000 athletes competing from around the country. This marked the largest National Championships in USA Taekwondo history.

This year, USAT hopes to keep momentum moving forward, with the 2018 Senior National Team headed to the Pan Am Championships and the Junior National Team headed to the Junior World Championships. USAT is set to see some of their best results yet with an exciting group of young, talented athletes ready to unleash their potential at these global competitions.

The Kansas Taekwondo Association (KTA) is looking for the top poomsae and sparring athletes in Kansas, along with their masters and coaches, to compete for the State of Kansas TKD Team at local, national, and international competitions throughout 2018.

This is the first step to qualify for the 2018 National Championships in Salt Lake City, UT to be held in early July.

The 2018 Kansas State Qualifier will be held this Saturday, March 31, 2018 at 68's Inside Sports, located at 11301 W 88th St Overland Park, KS 66214.

Grand Master Kim's has two athletes competing in



The competition rings at 68 Inside Sports await this Saturday's Taekwondo competitors.

the Poomsae (Forms) competition. We hope that you will come out and support our students.

Practice Poomsae at Home

Grand Master Kim's instructors take particular care in teaching Poomsae (forms) to our students. We teach forms with three phases in mind: memorization, learning correct technique, and making power. Students must demonstrate all three

to successfully perform a form and be recommended for testing and earn promotion to the next colored belt rank.

After our instructors initially teach students a form, students must practice individually, outside of

class, to memorize the form. In most cases, this takes a week or two.

Instructors may then, focus class time on teaching correct technique and making power, rather than repeated instruction to students of the form itself.



Come kick with us!

Taekwondo Little Dragons Program

In March Grand Master Kim’s revived the Little Dragons Program.

Children aged four (4) to six (6) years enjoy learning to kick, punch, and block without falling down.

Little Dragons grow their balance, self-control and attention spans in fun filled, forty-minute sessions.

Classes are a structured and safe way for kids to burn energy while building coordination and critical motor skills.

Several current students in the regular Taekwondo Program started in Little Dragons.

Classes are held weekly:

Monday 5:30p – 6:10p
 Wednesday 5:30p – 6:10p

“Steady and regular Taekwondo workouts can ultimately result in substantial and healthy weight loss.”

Physical Benefits of Taekwondo

Taekwondo, offers more than self-defense and mental health benefits. Regular training offers students of all ages a broad range of health benefits, contributing to a better overall lifestyle, including:

Cardio and circulation— engages all muscle groups for a good cardio workout

Fat loss— steady and regular workouts burn calories, resulting in substantial, healthy, weight loss

Muscle Toning— regular training tones muscles as they become more active

Increased flexibility— Over time, stretching at the start of each class increases

flexibility, in turn, it prevents pulling muscles and hurting joints during daily routines.

Improved stamina— as muscles become stronger and the heart more active, overall stamina levels will increase

Stress relief— diminishes muscle tension, headaches and chronic pain



March 2018 Belt Promotions and Instructors

Successful March Testing

Congratulations to all students who successfully tested and earned their next colored belt rank on their individual journey toward Black Belt.

Keep working hard!

The next colored belt testing will be held April 28, 2018 at 10:00am.

Please arrive by 9:30am to practice and warm up. Instructors will be available starting at 9:00am for questions.

If you are not testing this month, please plan to attend (especially Black Belts) and support your fellow students.

Get Ready for the Sunflower State Games

The 2018 Sunflower State Games (SSG) are set to take place July 14 at the Kansas Expocentre in Topeka. The registration fee is only \$30 and includes all five (5) events. Everyone that registers prior to July 1 also will receive a commemorative t-shirt.

Competitions will be held in traditional forms,

freestyle forms, team forms, sparring, and weapons. (however, our school does not train in weapons)

Over the next few months, we will offer additional instruction during or immediately after regular classes for those students wanting to compete in this year's SSG. If there is interest in team

competition from our student competitors, additional training times may be necessary to adequately prepare for that event.

Additional information and online registration is available on the [Martial Arts page](#) of the 2018 [Sunflower State Games website](#).



2018 Sunflower State Games

Grand Master Kim Planning To Visit This Summer



Grand Master Kim and Mr. Putman after testing

Master Grimm and Mr. Putman are currently working out the details for Grand Master Kim's visit to the school this summer.

As soon as the date for his visit has been selected, we will let students and parents know.

During past visits, Grand Master Kim has added,

and personally taught, special classes on Friday evening before presiding over the scheduled testing event on Saturday morning.

These additional classes are an unbelievable opportunity to learn directly from the 9th Degree Black Belt founder of our school.

Stay tuned for more info...

"During past visits, Grand Master Kim has added, and personally taught, special classes on Friday evening..."

Use Website Resources to Supplement Practice

Colored Belt and Little Dragons Testing Forms are available on the [Grand Master Kim's website](#) in the Student Reference Section to assist students to prepare for tests.

These Testing Forms include every item the student will be tested over during the belt promotion

test. Simply choose Student Reference from the Main Menu.

Videos of forms, self-defense and wrist escape techniques, Korean Taekwondo terminology, as well as downloadable turn-by-turn instructions for forms, are also available for each belt rank.

Select the student's current belt rank from the Student Reference sub-menu.

The website is password protected to prevent other schools from linking directly to our resources.

Please see an instructor in class for a handout that includes the password and instructions.



Poomsae Practice

Grand Master Kim's Taekwondo

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Who Are We?

Grand Master Kim's Taekwondo is a group founded in 1988 by an incredible martial arts grandmaster, named Nam Souk Kim. Over the years he inspired the growth of an old fashioned notion, that exercise and diet are the keys to health and happiness. We are successful entrepreneurs, world-class athletes, computer programmers, designers, HVAC experts, square dancers, mothers and fathers, students and teachers, leaders in our communities.

We offer modern martial arts built on a 2000 year history. Our students learn from the best instructors in a safe, supportive environment with a focus on positive reinforcement.

Become part of a team that encourages individual achievements and builds self-confidence and self-control.

How to Tie Your Colored Taekwondo Belt

1. Fold the belt exactly in half to find the center.
2. Place the center of the belt two inches below your belly button with the logo label on the right side.
3. Wrap the two ends around your waist, and back to the front. Make sure that the left side (new right) is crossed over the right in the back. You will need to switch hands behind your back. Be careful not to twist the belt.
4. Hold both sides of the belt in front of you and make sure that they are the same length.
5. Cross the right over the left.



Practice makes perfect in tying your belt evenly and quickly.

6. Tuck the right side under both layers of belt and pull. Make sure this tie is snug, but you are still able to breathe comfortably. Again, make sure not to twist the belt.
7. Cross the left over the right. Reach through and pull the left through. Pull

both sides to secure the knot. Again, be careful not to twist the belt in the knot. This is known as maintaining the integrity of the knot. Pull it tight, up and down.

You should now have a triangle-shaped knot top, bottom, and side that opens to the left and resembles a fortune cookie. The knot symbolizes the coming together of mind, body and spirit at your center.

For additional instruction, consult the video, "How to Tie Your Belt" found on the GMKTKD.COM website. From the "Main Menu," click on "Student Reference" or see an instructor in class.