



## Special points of interest:

- 5/19 — Next Colored Belt Testing 10:00am
- 5/26 & 5/28 No Classes: Memorial Day
- 7/14 — Sunflower State Games Martial Arts Competition

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# Newsletter

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## Tae Park Taekwondo | Lewis Institute Seminar

On April 6th and 7th, Mr. Putman and Aubrey Villarreal attended the Annual Lewis Institute Seminar of Tae Park Taekwondo in Paducah, KY. Grandmaster Tae Zee Park is a good friend of Grand Master Kim. We are honored to be invited to this special event every year.

The seminar is a great opportunity to gain additional training from some of the best Grandmasters (8th & 9th Dan), Junior Grandmasters (7th Dan), Senior Masters (6th Dan) and Masters (4th & 5th Dan) from another Chung Do Kwan school. This year's event included approximately 25 such high Dan instructors and well over 100 students ranging



Grand Master Lynn Bernard teaching basics at the Seminar.

from white belt to 3rd Dan black belt attended.

Individualized sessions taught by Grandmasters and Junior Grandmasters included special advanced instruction on gun and knife attack defense, advanced two-on-one fighting defense, exercise free-fighting for control and power, knife-hand board breaking, roundhouse kicking for power, and basic taekwondo techniques.

Since this event is held every year, start making plans to attend next year's seminar to be held again in Paducah, KY in early April.

Grandmaster Kim was also in attendance and he expressed his desire for more students from our school to attend. He also said that he is looking forward to his visit to our school for a testing event and teaching later this summer.

## Reminder: You MUST 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

during the form and to be recommended for testing. Only then, can a student be successful at 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.



Congratulations to Aubrey Villarreal and Lexi Lister, who both medaled in their respective age divisions in Poomsae (forms) at the USA Taekwondo Kansas State Championships held March 31st in Overland Park, Kansas.



Please keep our training area safe and remember to remove your shoes before stepping onto the mats at the dojang!

### Korean Terminology for Taekwondo

Ready Stance —	Choon Be	Instructor —	Sa Bum Nim
Attention Stance —	Cha Ryut	Asst. Instructor —	Po Sa Bum Nim
Return To Last —	Paro	Head Student —	Sun Bae Nim
Bow —	Kyung Ye	School —	Dojang
Relax —	Shiuuh	Uniform —	Dobok
Turn Around —	Dwi Uro Dorah	Belt —	Dee
Face The Flags —	Geuki Ke	How Are You? —	An Yeong Ha Say Oh
Master —	Kwan Jang Nim	Thank you —	Kamsa Hamnida
Assistant Master —	Po Kwan Jang Nim	You're Welcome —	Chun Muneyo



### Successful April Testing

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

Keep working hard!

The next colored belt testing will be held May 19, 2018 at 10:00am.

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

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

# Register for the 2018 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 two 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.



2018 Sunflower State Games

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

## **Sparring Gear A Must for Purple Belts & Up**



Sparring Gear Available for Purchase Through  
Grand Master Kim's Taekwondo

If you are a purple belt or higher and do not yet have your own equipment, please see Mr. Putman to order your equipment through our supplier, Kwon. There are several equipment and price options available.

Having your own sparring gear ensures a proper fit and protection for sparring practice/testing. Sparring is a part of the testing process beginning at purple belt. We will either be selling the used loaner hogus (chest protectors) still in usable condition for \$10. The remaining equipment will be retired over the next several months. See one of the instructors to purchase used equipment.

# Grand Master Kim's T-Shirts Available

As we head into summer, the dojang heats up and we allow t-shirts to be worn for all classes, not just for Saturday sparring. From Memorial Day to Labor Day, any Grand Master Kim's T-Shirt or YMCA T-Shirt may be worn to class.

We are placing an order on  
May 15th for newly

designed 2018 shirts.  
These can be purchased  
for students, parents,  
grandparents, siblings,  
spouses, etc.

So that we have the correct size(s) available for you and to keep inventory expenses down, we are asking you to pre-order and pre-pay for your shirt(s).

The cost is \$20/shirt  
and sizes range from  
youth small to adult  
extra large.

An order form was included in the body of the monthly Newsletter email to parents and students and we have posted an additional order form next to the belt rack at the dojang with pictures of the design.



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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 [GMKTD.COM](http://GMKTD.COM) website. From the "Main Menu," click on "Student Reference" or see an instructor in class.