



# Newsletter

Volume 1, Issue 3

Summer: June/July/ August 2018

## Upcoming Events

- 8/11  
Master Grimm Visit  
Special Black Belt Class  
12:00p–1:00P
- 8/18 — Next Colored Belt Test  
10:00am
- 8/25  
Tiblow Days Parade
- 9/1 & 9/3  
No Classes:  
Labor Day Weekend
- 10/20 Tentative Grand  
Master Kim Visit, Colored &  
Black Belt Testing 10:00am

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## 2018 Sunflower State Games

On Saturday July 14th, several students and instructors participated in the 2018 Sunflower State Games in Topeka. Competitions were held in forms and sparring. This tournament currently combines Taekwondo, Karate and Kung Fu disciplines into a single Martial Arts competition. The sparring rules more closely follow Karate Kumite than Olympic Style Taekwondo. Breaks were called after each point, during one two-minute round, controlled punches and backfists to the face and back of the head were allowed and all techniques scored one point. Further, partial blocks where a sidekick or roundhouse kick connected after contact



Some 2018 Sunflower State Games Participants

with a blocking arm were not scored. Despite these large deviations to our expectations of format and judging criteria, our students and instructors did really well, bringing home nine medals:

### Forms:

- \*Breanna Wuerzberger\*  
Gold — Traditional Intermediate
- \*Aubrey Villarreal\*  
Gold — Freestyle Advanced  
Silver — Traditional Advanced

- \*Rose Bilyeu\*  
Silver — Freestyle Advanced

### Sparring:

- \*Jacob Provost\*  
Bronze — Intermediate
- \*Eliana Rich\*  
Bronze — Intermediate
- \*Breanna Wuerzberger\*  
Gold — Intermediate
- \*Aubrey Villarreal\*  
Silver — Advanced
- \*Mark Putman\*  
Silver — 50+ Black Belt

## Guest Master Instructor & Special Black Belt Class August 11th

Master Rick Grimm, 5th Dan Kukkiwon, will be visiting the school to teach classes on Saturday, August 11<sup>th</sup>, 2018. This is a great opportunity for all students to meet and learn from one of our current senior instructors' teachers.

Please arrive early (9:45a — 10:00a) to ensure you have time to put on gear, meet Master Grimm and be ready to start class on-time, promptly at 10:30a.

Following the regular Saturday self-defense and sparring class, Master

Grimm will teach an additional special Black Belt class for Grand Master Kim's black belt students and instructors from noon — 1:00p.

Please make every effort to attend this special event!

## The Five Tenets of Taekwondo

### **Courtesy** 예의 (Ye Ui)

Enduring respect for and consideration of self and others. Politeness. Humility.

### **Integrity** 염치 (Yom Chi)

Steadfast adherence to a strict moral and ethical code. Honesty. Loyalty.

### **Perseverance** 인내 (In Nae)

To persist in an endeavor or undertaking in spite of counterinfluences, opposition or discouragement. Dedication.

### **Self-Control** 극기 (Guk Gi)

The ability of a person to exert their will over the inhibitions, impulses, emotions or desires of their body or self. Patience. Discipline.

### **Indomitable Spirit** 백절불굴

(Baekjul Boolgool)

Having the right attitude and maintaining inner strength regardless of winning or losing. Not allowing one's principles to be broken, defeated, or conquered. Bravery. Courage.

## Little Dragons Class Growing

We currently have six students enrolled in the Little Dragons classes that meet Monday and Wednesday evenings.

Children aged 4-6 years enjoy learning Taekwondo in a modified program, designed specifically for younger minds and bodies.

Little Dragons learn balance and self control while growing their attention spans in 40-minute sessions.

The curriculum is designed around

kicking, punching, blocking, and the memorization and execution of poomsae (forms). Classes are structured in a safe, controlled environment that teaches students how to build coordination and develop critical motor skills in preparation for advancement to the Future Black Belt Program.

Capacity for this class is ten (10) students. Please share this information with interested friends, neighbors, or younger siblings.



## Successful June 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 August 18, 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.

## Tiblow Days Parade

Grand Master Kim's Taekwondo will again be walking/kicking/etc. in the Bonner Springs Tiblow Days Parade on August 25, 2018. Please arrive or drop your children at Lyons Park (2 blocks west of Nettleton on Morse) between 8:45 and 9:00. Instructors will be there to coordinate the walk.

The parade begins at 9:30

and goes until about 11:00. Our group usually goes fairly early in the parade lineup and we finish the route around 10:15–10:30. Please make arrangements to pick up your child at the end of the parade route at the southwest corner of Oak and Front Streets (across from Dairy Queen).

We will not be having class

that day at the YMCA, so once our group has completed the parade route, students are free to go with their parents.

If you need to make any transportation arrangements, please contact one of the Instructors prior to the day of the parade.



*Throwback Pic: 2011 Tiblow Days Demo Team Performance*

## Sparring Gear Reminder



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

Having your own sparring gear ensures a proper fit and protection for sparring practice/testing. As a reminder, sparring is a part of the testing process beginning at purple belt and is recommended for all students participating in sparring activities during Saturday classes.

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

## Grand Master Kim's Visit Delayed Until October

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.

Master Grimm and Mr. Putman are currently working out the details for Grand Master Kim's visit to the school, tentatively in October.

As soon as the date for his visit has been selected, we

will let students and parents know as we will want to include as many colored belts as possible in the testing that month. The event will also include a Black Belt test for any eligible candidates.



## 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.

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