



Newsletter

Volume 1, Issue 4

Autumn: Sept/Oct/Nov 2018

Upcoming Events

- 10/31, 11/21, 11/24, 12/24–26, 12/31–1/1
No Classes for Halloween, Thanksgiving, Christmas and New Year's
- 12/1 – Next Colored Belt Test 10:00am

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Highlights from the October 20th Black Belt and Colored Belt Testing

On Saturday October 20th Grand Master Nam Souk Kim, Grand Master Tae Zee Park, Senior Master William Tetro, Master Rick Grimm, and Master Stan Niedecker presided over the testing event.

Eight colored belt students tested and were successful in receiving their next colored belt rank. Two students, Rose and Logan Bilyeu, received their First Poom and Third Poom ranks respectively. Rose was the 25th Black Belt awarded by Grand Master Kim since Master Grimm moved the school to Bonner Springs from Olathe in 2010.

We are very blessed to have such an esteemed ambassador of Taekwondo as the founder of our Taekwondo school. Grand Master Kim is one of the original members of the Chung Do Kwan, founded in 1944 and one of only a handful of 9th Dan, Grand Masters still living. It is a rare honor to have him visit and instruct at our school.

At the testing event, Grand Master Kim shared some important words with those in attendance.



Testing Event Participants with Grand Master Kim

He stated that “doing something is better than nothing,” referencing the benefits of exercise and mobility that Taekwondo training provides. He also emphasized the importance of earning a Black Belt, noting that it is not, and should not be, easy to attain. “It requires the blood and the sweat... [to be successful]” Grand Master Kim was pleased with the training that our students are receiving from Ms. Wickwire, Mr. Putman, and Mr. Mathew and told Mr. Putman that we need to “continue to spread the message of Taekwondo and

attract new White Belt” [students].

Grand Master Park and Senior Master Tetro from World Class Taekwondo (<http://taeparktaekwondo.org/>) indicated that they were also pleased with the level of training that our students are receiving. We want to thank them both for their participation as judges at the event.

Grand Master Kim expressed his gratitude to Master Grimm and Mr. Putman for their hospitality during his visit and indicated his desire to return again next year for another Black Belt testing.

A Brief History of Taekwondo

The Origin of Taekwondo

Taekwondo traces back to ancient times in the land now known as Korea. The first record of Taekwondo practice is dated around 50 B.C. in mural paintings on the royal tombs of the Koguryo dynasty. Its history can be followed through the Silla dynasty and Paekche dynasty periods in sculptures and documents of their times.

During the Silla period a select group of warriors known as the Hwarang received training in a martial art style called Taek Kyon, an early form of Taekwondo, from the Koguryo. The Hwarang gained a reputation of strength and spread the practice of the martial art across the (Korean) peninsula. The Hwarang joined forces with the soldiers of the Koguryo kingdom to defend the land from Japanese pirates, who constantly pressured for control of the peninsula.

The Hwarang-do was formalized for teaching Taek Kyon and adopted a set of five codes of human conduct as a basis for developing its students. These five codes or tenets were written by a scholar and have endured the test of time. They stand today as the five tenets of Taekwondo.

The Modern Taekwondo Era

In modern times, the Japanese ruled the Korean peninsula from 1917 to 1944, when it was liberated toward the end of World War II. During the time of occupation, the Japanese forbade the practice of martial arts by the native people. Defiance would be met by the Japanese with a severe penalty, for fear of an uprising or

revolt by the native Koreans. As such, the Korean martial arts masters fled the peninsula to pursue training in other countries like China, Japan and Okinawa.

Among them was Won Kuk Lee, who traveled to Japan where he studied Karate under Gichin Funakoshi for many years. Through this continued study and practice, Lee grew his mastery of the martial arts. In 1944 when the Japanese rule in Korea ended, Lee returned. In September 1944, he opened the Chung Do Kwan school of Taekwondo where he began teaching modern Taekwondo with his influences from the Karate style.

Later in 1944 and 1945, four other modern Taekwondo schools were formed in Korea by masters that had studied abroad during the Japanese occupation. In 1965 the name Taekwondo was chosen to represent the Korean martial art. In an effort to unify the standards of practice, their masters agreed to

form the World Taekwondo Headquarters in the Kukkiwon, a large training facility that was completed in 1972. In 1973 the World Taekwondo Federation was established and the first World Taekwondo Championships were held later that year.

Taekwondo and the Olympics

Taekwondo received recognition by the International Olympic Committee in 1980, was a demonstration event at the 1988 Summer Games held in Seoul, Korea, and adopted as an official Olympic event in 2000.

Grandmaster Kim's Taekwondo is a proud affiliate of the Chung Do Kwan, World Taekwondo Federation and Kukkiwon. Its instructors and students enjoy membership and accreditation in all three organizations.



Chung Do Kwan in 26 May, 1946. Lee is seated in the middle of the photo.

The Importance of Stretching

Stretching is one of the most important things to do while participating in any physical activity. Stretching not only warms up the muscles in your body, but it helps prevent pain, pulling muscles and helps with flexibility and motion. Proper performance of Taekwondo techniques requires daily practice and daily stretching.

Taekwondo stretching focuses on stretching the muscle itself as well as stretching where the tendons and muscles connect, increasing flexibility. Various Taekwondo kicks require the body to rotate dynamically and to be

able to kick at the height of someone's head. Over time, stretching increases flexibility and range of motion in the body, resulting in higher kicks.

Stretching should be gentle and relaxing, not straining and painful. Stretching not only relaxes your body, but also your mind. If done correctly, stretching allows the muscles to relax, letting them release and eventually grow longer.

If you stretch too long or too intensely you can experience pain in your muscles. While stretching you should feel moderate



resistance, but there should not be any form of pain or severe discomfort, especially if you are trying to become more mobile and increase your flexibility.

Stay Healthy This Holiday Season

Cooler weather has arrived in KC. Halloween marks the start of the "eating" holidays that will be here before we know it. Here are a few tips to ensure you are staying healthy as we head into the coming holiday season.

1. Stay active.

Although family gatherings are a must and you may have a busy schedule, keeping on your workout plan is a must. Don't put your fitness on the back burner with all of the shopping and planning going on.

2. Snacks are your friend.

New Years is right around the corner, so this year have a snack before the partying. Having a healthy snack before going out will help curb your appetite.

3. Keep track of what you eat.

Keeping a food diary can be helpful to know what you are putting into your body. During the holidays, people tend to lose track of their eating habits and snack more often.

4. Stock healthy snacks at work.

Keeping healthy snacks within reach at work will curb the temptation of eating less healthy office treats and snacks.

5. Manage portions.

With all of the extra parties and gatherings, over stuffing your plate at mealtime is not going to help. If you manage your portions at the dinner table, you are more likely to leave a little room for those extra calories that you'll consume afterward.

6. Have a "cheat" day.

With all of the food, parties and goodies, it's okay to have a cheat day every once in a while. Use this day to indulge a little and eat those extra treats. Just remember to stay on track the rest of the week.

By following a few of these simple tips, you will stay healthier this holiday season.

If you are a parent, sibling, or friend of an existing Grand Master Kim's student that is looking to get back into the groove of exercising and need a fun way to burn some extra calories, come and try a class for free. You might just like it enough to train with us full-time and earn your Black Belt.

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.