



Newsletter

Volume 2, Issue 1

Winter: Jan/Feb/Mar 2019

Upcoming Events

- 3/30 — Kansas State Championships at 68 Inside Sports Lenexa, KS
- 4/5 - 4/6 Lewis Institute of Tae Park Taekwondo Seminar in Paducah, KY
- 4/13 — Next Colored Belt Test 10:00am

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December and February Testing Events

Despite bad weather the past couple of months, a core group of students (and their parents) have been diligent in braving the less-than-ideal weather and road conditions to get to classes to continue their taekwondo training. These students have been rewarded by passing their belt rank tests and earning their next colored belts.



December 2018 Testing

The majority of the candidates at these two testing events were from our Grand Master Kim's Taekwondo Little Dragons Program (4-7 year olds), who most of which do a great job

of attending classes an average of twice a week.

For regular taekwondo students that haven't been

to class in a while or are not coming at least twice a week, it's time to get back to a regular class routine of twice a week and prepare for the next colored belt Testing Event at 10:00am on April 13, 2019.



February 2019 Testing

As a reminder, Monday classes are always Poomsae (forms); Tuesday classes are Self-Defense Techniques (odd months) and Poomsae (even months); Wednesday classes are Poomsae (odd months) and Self-Defense (even months); Saturday classes are Self-Defense, and Olympic Style Sparring.

Sparring is required as part of the Belt Rank Test at Green Belt and above.

Taekwondo Philosophy and Birth of the Taekwondo Spirit

How did the philosophy of Taekwondo come about?

We must first examine the history of the Korean traditional way of thinking in order to explain the ideological aspects of Taekwondo.

Ancestors of the Han

Ancestors of the Han (Koreans) experienced many frustrations as a result of natural disasters and the inherent circumstances of everyday life. They relied heavily on the spirituality of nature's powers (heaven, rain, clouds, sun, moon, trees, rocks, etc.) to guide them in overcoming their difficult situation.

As the tribal and agricultural community was firmly established, the Han people arrived at a unified way of thinking, "seon" (meaning impeccable virtuousness) became the basis of Koreans' philosophical thought.

Buddhism and Confucianism had reigned over the Han for a long time, predisposing individuals to devote themselves to the nation and society first and foremost, and without falling victim to personal avarice. The Han were equally perseverant in cultivating their minds and bodies.

Three-Kingdoms Age

Taekwondo techniques certainly take root in man's instincts to survive by means of protecting himself from outside threat with bare-hand fighting skills. The art was developed into a systematized martial art during the three-kingdom era. The three kingdoms: Silla (founded in 57BC), Koguryo (37BC) and Paekje(18BC), were all fighting among themselves in their respective hopes to achieve national unification on the Korean Peninsula. As a matter of

practicality, they also had to defend themselves from foreign aggressors from China and Japan. Each kingdom tried to consolidate national unity, first stressing the spirit of national defense among the people. Then, cultivating patriotism through the seon philosophy .

Silla's hwarangdo (youth warrior's corps) inherited this spirit, integrating Buddhistic and Confucian ideas. The newly developed "hwarangdo" spirit, was characterized by the three virtues: loyalty, filial piety and reliability; five disciplines; and three virtues of conduct: modesty, frugality and restraint.

The courageous principles of "no retreat from fighting" was another virtue that stemmed from that spirit. A third virtue was their practical thought of ethics, with which they pledged not to commit any ethical faults and never to betray their social obligations. Ultimately, these principles enabled the hwarangs of Silla to defend their kingdom and helped it conquer other two kingdoms, unifying the entire peninsula.

Birth of the Taekwondo Spirit

The hwarangdo spirit incorporated seon philosophy and



gave birth to the modern Taekwondo spirit well before it had been named. This philosophy behind the martial art of Taekwondo, shaped by more peaceful influences and handed down to the present Koreans, aims not only to acquire power and skill for self-defense but to perfect oneself with the character of devoting one's life to the safeguard of justice, of respecting the responsibilities and of embodying the thought of universal equality.

Today, the Taekwondo spirit can be better summarized by the philosophy of Hongik Ingan, a peace-loving spirit, and a spirit of integrity with which to protect righteousness and a strong sense of responsibility.

Lewis Institute of Tae Park Mid-South Taekwondo 17th Annual Seminar

Junior Grand Master Dennis Lewis, President of the Lewis Institute of Tae Park Mid-South Taekwondo Association and Master Terry Warmath, President of the Warmath Institute, will again be hosting the 2019 edition of the Lewis Institute of Tae Park Mid-South Taekwondo Association National Seminar, Color Belt, and Black Belt Testing.

This is the 17th consecutive year for the event that will be held this year on April 5th & 6th in Paducah, KY. Junior Grand Master Lewis has graciously invited us to participate again this year.

This year's theme is Taking Tae Park Tae Kwon Do into The Next Decade. Grand Master Park is a good friend of Grand Master Kim and we are honored to be

invited to their school's annual training and testing event.

Mr. Mathew will be attending on behalf of Grand Master Kim's Taekwondo Instructors and will be participating with any interested students during the daily activities. At least one parent or guardian of any students under the age of 18 will need to travel with their child to the event.

The seminar package has a registration fee of \$70 in addition to your travel and lodging expenses. It is a great value and is highly recommended. Grand Master Kim (who often attends, although I have not heard if he has confirmed yet for this year's event), Master Grimm, and Mr. Putman, have all attended the event on multiple occasions and it

packs a lot of training into the two days.

Any students that would like to test for their next colored belt at The Lewis Institute Tae Park Seminar are also welcome. Please see a Mr. Putman, Mr. Mathew, or Ms. Wickwire to be cleared as eligible and ready to test in advance of making the trip to Kentucky and so that we can contact Master Betty Henderson to get your name on the testing list.

A packet of detailed information was emailed to current students (or their parents) on February 27th to supplement the various emails and in-class announcements that instructors have made regarding this highly rewarding opportunity.



2018 Lewis Institute – Friday Morning Warmups

Grand Master Kim's Taekwondo

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WE ARE FIT — WE ARE FAMILY

Who Are We?

Grand Master Kim's Taekwondo was founded in 1988 in Olathe, KS by an incredible martial arts grandmaster, Nam Souk Kim. Under the direction of Master Rick Grimm, Grand Master Kim's Taekwondo moved to Bonner Springs in 2010. Grand Master Kim and his student Masters have trained thousands of students, dozens of whom have become Senior and Master Instructors themselves.

In 2015, Grand Master Kim's Taekwondo partnered with the Bonner Springs Family YMCA to provide Taekwondo classes, a valuable martial arts addition, to their already robust class offerings.

Over the years, Grand Master Kim has inspired the growth of an old fashioned notion, that exercise and diet are the keys to healthy living and happiness.

We are fit. We are family.

Website and Social Media Resources

Grand Master Kim's Taekwondo has resources available on the web and through social media. The GMKTKD.COM website has information regarding class times, monthly pricing, current news and events, next testing dates, and much more. For current students, website accounts have been created to allow you to view your requirements for each belt rank and the reference pages, contain videos for Self-Defense Techniques, Hashinsool and Poomsae. From the "Main Menu,"

click on "Student Reference" after you have logged in with your username (student's firstname.lastname) and password. If you need your password reset, simply click on the forgot password link and instructions will be emailed to you regarding how to reset it.

Instructors will place information that is more time sensitive, like weather cancellations, on the Grand Master Kim's Facebook page: <https://facebook.com/gmktkd>. Like and follow us to make sure that you receive all relevant information about the school.



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TAEKWONDO**

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Now Accepting New Students!

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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Taekwondo Training Designed For ALL Ages

Our TKD programs are designed for all ages and levels of experience. Whether you're a beginner, a black belt or anywhere in between, choose an option and get started today!

Children learn balance and self-control. Teens build muscle and confidence. Adults reclaim flexibility and get the ultimate stress relief.

