



Newsletter

Volume 2, Issue 2

Winter: Apr/May/Jun 2019

Upcoming Events

- July 13 — Sunflower State Games
- August 22 — Tiblow Days Parade & Demo Team Performance
- TBD — Next Colored Belt Test 10:00am

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April & June Testing Event Pictures and Summer Class Information

Grand Master Kim's colored belts continue their training and progress toward Black Belt.

For the summer, we will be training again this year in the high school wrestling room. Monday classes are always Poomsae (forms); Tuesday and Wednesday classes are Self-Defense Techniques or Poomsae depending on the month. Saturday classes are Self-Defense techniques, and Olympic Style Sparring.

As a reminder, sparring is required as part of the Belt



April 2019 Testing

Test at Purple Belt and above and equipment must be purchased for your safety.

Also, full dobok (uniform) tops are optional during the summer. Grand Master

Kim's Taekwondo T-shirts, other tournament t-shirts or YMCA T-shirts are acceptable to wear with your dobok pants and belt.

We will be ordering t-shirts during the month of June. Orders will be accepted through June 21st. Ask your instructor to see the order sheet or email your size and quantity to:

gmktd@gmail.com



June 2019 Testing

Five Reasons Kids Should Practice Martial Arts

1. Building the Skills to Make New Friends.

The bond between martial artists is stronger than most other sports. Martial arts are physical, and they require physical confrontation. When confronted with someone of similar size, strength, and skill, students develop a sense of respect for one another. They realize they are capable, and so are others. Out of healthy respect for themselves and others, long-lasting and rewarding relationships develop.

2. Learning Better Human Relation Skills

During martial arts training, students need to learn the concept of physical space, how physical contact is both an invasion and invasive. The sport literally and figuratively breaks down barriers. Students will confront people of all types and abilities during martial arts training. This kind of exposure helps to prepare them for a dynamic and diverse social environment.

3. Learning New Coping Skills.

Your kids deal with a world unlike anything we've seen before. The pressures of a social network, expectations, and a world full of need and change are overwhelming for children with no experience to handle it.

Martial arts are an outlet. The physicality of the sport promotes physical fitness, which balances the body physiologically and emotionally. But it also emboldens kids with a warrior's mentality of gratitude, humility, respect, and self-confidence.

The world is full of confrontation. We'll teach your kids how to thrive with it.

4. Developing Better Focus and Concentration

Practicing martial arts requires patience and persistence. Not everyone is at the same level of skill, but kids need to know that they can change and grow. A body is the one thing that everyone has that they can always improve. When you show kids that they can get better when they focus on improving their strengths and weaknesses, you provide them with hope that their dreams are possible.

The rewards carry over into every aspect of their lives, like better studying and better behavior at school.

5. Developing Better Respect for Authorities.

In martial arts, as in life, there is always a teacher and a student, and nothing can replace the value of mentorship. Martial arts, more so

than other activities, emphasize discipline and respect for authority.

Kids need to learn that they'll go far on their own, but they'll go the furthest with the help of others. A teacher's wisdom is the most valuable kind of guidance. A martial arts teacher sets a standard that helps kids relate better to other figures of authority in their lives, like teachers and parents.

Continued success comes with continued practice and regular class attendance.



My Kukkiwon and Taekwondowon Visit

By Mark Putman, 3rd Dan

This May I had the opportunity to tack on a few days to a family vacation in Japan and visit two very special places for Taekwondo practitioners around the world.



planted in honor of important Grand Masters that have passed and a colorfully painted gazebo in honor of the ancestry of the martial art. The Kukkiwon Demo Team performs a 60-minute show most evenings.

The first is the Kukkiwon World Taekwondo Headquarters in Seoul, Korea. It's really an amazing place set in a parklike area about 10 minutes walk from the vibrant Gangnam district known for its shopping and nightlife. Seoul is a large Asian city of over 10 million people, so the neighborhood where the Kukkiwon is located is quite the contrast to the skyscrapers, hustle and bustle and underground shops located just minutes away.

The otherwise diminutive building is surrounded by a very peaceful atmosphere, with trees



The Taekwondowon is about four hours away by car and is set into the beautiful backdrop of the

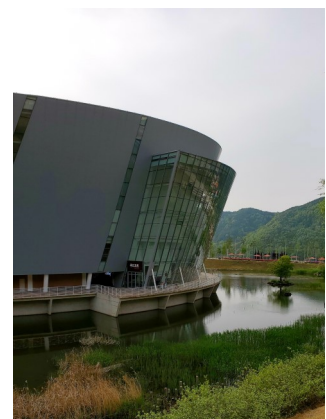


Muju Gucheondong Valley within the Deogyusan National Park. There are over 600 acres of gardens, a massive arena, dormitories for program trainees and various training facilities on the property. I wish I could have spent more time here. The



Taekwondo museum was fascinating, featuring the essence of Taekwondo as Korea's representative cultural sport through various displays showing the history of Taekwondo's development, various training and sparring equipment, poomsae, promotion certificates and other Taekwondo-related historical information.

The interactive Experience Center has nearly 50 training and hands-on experience programs are offered under the themes of experience, training, rest, and interest. The programs are open to anyone who is interested in training the mind and the body through taekwondo, including local and international taekwondo practitioners, business groups, students, and general public.



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.

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.