



Newsletter

Volume 3, Issue 1

Winter: Dec/Jan/Feb 2019-2020

Upcoming Events

- Feb 22 — Next Colored Belt Test 9:00am
- Mar 28 — Kansas Taekwondo State Championships, Inside 68 Sports, Overland Park, KS
- Apr (dates TBD) — Lewis Institute of Tae Park Mid-South Taekwondo Paducah, KY

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November Testing Event — Nine Successful Belt Promotions

Here are some pictures from the Testing event, held last November.

As a reminder: Testing eligibility is at the sole discretion of the instructors, who will recommend students for belt promotion testing. The following minimum training times at each belt (assuming a minimum of two classes per week) have been established by the Chung Do Kwan:

White	2 months
Yellow	2 months
Orange	2 months
Green	2 months
Purple	3 months
Blue	4 months
Blue/White	4 months
Red	6 months



November 2019 Testing

Brown	6 months	classes are Self-Defense,
Brown/Black	6 months	and Olympic Style Sparring.

These times may be extended by instructors at their discretion, based on student's attendance, progress, and testing readiness. About 50% of students take longer than these times.

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



Daniel — Reverse Punch



Davianna—Roundhouse Kick

Class schedule:
 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

Top Five Reasons to Practice Taekwondo

1. Make New Friends

The bond between martial artists is stronger than most other sports. Taekwondo is physical, and as students progress and engage in sparring, it requires physical confrontation. When confronted with someone of similar size, strength, and skill, students develop a sense of respect for one another. We realize we are capable, and so are others. Out of healthy respect for ourselves and others, long-lasting and rewarding relationships develop.



2. Learn Better Human Relation Skills

During Taekwondo 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 us for a dynamic and diverse social environment.

3. Learn New Coping Skills

We're having to deal with a world unlike anything we've seen before. The pressures of social networks, expectations, and a world full of need and change can be overwhelming at times.

Taekwondo is an outlet. Its physicality trains physical fitness, which balances the body physiologically and emotionally. But it also emboldens us with a warrior's mentality of gratitude,

humility, respect, and self-confidence. The world is full of confrontation. We'll teach you how to thrive with it.

4. Develop Better Focus and Concentration

Practicing Taekwondo requires patience and persistence. Not everyone is at the same level of skill, but we all need to know that we can continue to change and grow. A body is the one thing that everyone has that we can always improve. Understanding that we can always get better when focusing on improving strengths and weaknesses, reinforces hope that dreams and goals are possible and within our reach.

The rewards carry over into every aspect of our lives, like better studying, better behavior at school, stronger relationships at home, and higher performance at work.

5. Develop Better Respect and Etiquette for Interacting with Authorities and Superiors

In Taekwondo, as in life, there is always a teacher and a student, and nothing can replace the value of mentorship. Taekwondo, more so than other activities, emphasize discipline and respect for authority.

We all need to be reminded from time to time that although we can go far on our own, we go the furthest with the help of others. A teacher's wisdom is the most valuable kind of guidance. A Taekwondo teacher sets a standard that helps students relate better to other figures of authority in their lives, like teachers, parents and supervisors.

Of course, we also need to be mindful of the Five Tenants of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit that guide these other five reasons to practice Taekwondo.

Kansas Taekwondo State Championships

The Kansas Taekwondo Association has announced the date for the 2020 Kansas State Championships. They will be held Saturday, March 28th at Will Shield's 68 Inside Sports in Overland Park, Kansas. In the past, this event has been a qualifier for the USA Taekwondo National Championships that this year, will be held July 1-7 at the Alamodome in San Antonio, Texas. Registration information has not yet been posted to the USA Taekwondo website. Please watch your email over the next month for updates regarding the state championship event.

All students (and if applicable, their parents) wishing to compete in the 2020 Kansas State Championships should meet with an instructor before signing up for the event to discuss their readiness to complete and at which level and poomsae they should prepare as the tournament only has six (6) belt ranks and we promote using a ten belt system. In addition to event registration fees for poomsae, sparring, breaking, or team poomsae, all competitors must also become members of USA Taekwondo at the HangAStar website. Annual fee is \$50.00.



Master Rick Grimm and several colored belt competitors from other schools at the 2013 Kansas State Championships

The Importance of Stances

Movement, balance, and range are crucial parts of sparring and training in Taekwondo. These things are all tied into stances. Without the correct stance, you cannot move correctly, position yourself for strikes, or use your range most effectively.

When we discuss the importance of stance with our students, we take extra time to review it thoroughly. During basic exercise or poomsae practice we tell students, "Watch your stance!"

Horseback Stance

What we say: "Stand with your feet a shoulder width apart and bend your knees as if sitting in the saddle on a horse."

The missing details: You can tell this stance is incorrect when you are not sitting low enough in your stance. It is incorrect if your knees will barely be bent, and your hips are not pushed back.

Front Stance

What we often say: "Stand with one leg forward, three lengths of your foot in front and the knee bent so that you cannot see your toes. The rear leg should be kept straight."

The missing details: The details of this stance in poomsae and sparring are crucial. A small but critical detail to note is that we should sink down a complete head-height lower, and our legs should be as wide as our shoulders to help maintain

stability. This will help to keep us from falling over if pushed.

Back Stance

What we say: "Stand with one leg forward, the leading foot pointed directly forward, the rear foot at a 90 degree angle from the front foot. Turn your torso so that the front shoulder faces forward."

The missing details: You should have 65% of your weight on the rear leg and 35% on the front leg. The front foot is about one stride (two and a half foot lengths) in front of the rear foot, so that the heel of the front foot points back directly to the heel of the rear foot. Both legs are bent at the knees, and both feet are flat on the floor.

Grand Master Kim's Taekwondo

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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 website. From the "Main Menu," click on "Student Reference" or see an instructor in class.