




Quick Links

- www.youtube.com/kattkd *Recent Highlights Videos
- www.kattaekwondo.com/sbn *KAT Blog, Terminology Story
- www.kattaekwondo.com/intramurals.htm *Intramurals Results and Standings
- www.kattaekwondo.com/Calendar.pdf *All events for next year planned out.
- www.wikidrills.com *Hundreds of drills and techniques.
- www.facebook.com/kattkd *KAT Facebook

<p>Calendar</p>	<p>KAT in <i>Wall Street Journal</i> KAT was featured in the <i>Wall Street Journal</i> on May 17th in an article about older students training martial arts. See the article</p>
<p>June 29-July 4: USA Nationals</p>	<p>Competition Team Headed to Nationals</p>
<p>July 3rd: Summer Renovations</p> <p>July 9-10: Last Airbender Demo</p>	<p>The KAT competition team will send its largest team to nationals in many years. Students who have been on the team are also welcome to come to Master Bill's house for a sendoff BBQ on Friday at 6:30. There will be no competition team practice during July. Saturday will be regular sparring class, Friday will be nothing, Wed and Monday will be used to practice for the July 31 Demo.</p> <p>July 3rd: No Class- Summer Cleaning/Rennoations</p>
<p>July 17th: Mountain Training-Torres Peak</p>	<p>On Saturday, July 3rd, we will have NO CLASS in order to renovate our dojang and clean everything thoroughly. Let's get it ready for Grandmaster Chung's visit!</p>
<p>July 23: Beginners Test</p> <p>July 25th: Instructors Pictures</p>	<p>Last Airbender Demo</p> <p>We will do a demonstration at Metrolux 14 theaters in Loveland on July 9 and 10 for the Last Airbender Movie. As with the Karate Kid, everyone who helps with the demo gets to see the movie for free!</p>



<p>July 26-30: Summer Camp 2</p> <p>July 31: Outlaws demo @invesco field. /Grandmaster Chung visit.</p> <p>August 7th: Colorado Team Trials.</p> <p>August 28th: Summer Festival</p> <p>September 11th: 119th Promotion Test.</p> <p>September 22-23: Pictures</p> <p>September 25th: (Tentative) Lone Wolf Classic.</p> <p><i>Whether you think you can or you think you can't, you're probably right!</i></p> <p><i>Dream Big. Work Hard. Believe Always Succeed Well.</i></p>	<p style="text-align: center;">Pictures</p> <p>Pictures will be September 22-23, and Instructors only will have a special pictures session on July 25th at Red Rocks. This year, look for higher quality, less price, and faster turnarounds! Plus, this year we will also use the pictures taken to create a KAT yearbook due out by the middle of October.</p> <hr/> <p style="text-align: center;">Mountain Training – Torres Peak</p> <p>We will have our mountain training on Sat July 17th. We will hand out a sheet with details soon. In the meantime, see pictures from previous outings. http://www.kattaekwondo.com/mountain.htm</p> <hr/> <p style="text-align: center;">Denver Outlaws Demo @ Invesco Field</p> <div style="display: flex; align-items: center;">  <p>KAT will be performing a demonstration for the Denver Outlaws pro lacrosse team on July 31st as part of their martial arts night. We'll be on Invesco Field and students can also give high fives to the players as they are introduced. More information is coming soon.</p> </div> <hr/> <p style="text-align: center;">Grandmaster Chung Visit</p> <p>Grandmaster Chung will be coming back to Denver this summer! He will be attending his son's wedding, and we will put on a special demo for him. This will also be the last weekend in July.</p> <hr/> <p style="text-align: center;">Summer Camp</p> <p>The first summer camp was a great success! See www.facebook.com/kattkd for pictures (coming soon). The next session is the week of July 26th!</p> <hr/> <p style="text-align: center;">2nd Annual Summer Festival</p> <p>The Summer Festival is set for Aug 28th, 2010! Come be a part of paintfoot sparring, sword sparring, mascot battles, longest and highest kicks, and more! Proceeds benefit the TKD sports Association. See last year's highlights: http://www.youtube.com/watch?v=8oJJ494CY8g</p> <hr/> <p style="text-align: center;">Featured Student</p> <p>Jody Johnson is the featured student for June. Be sure to give him a big "chook ha hahm nida" when you see him!</p>
--	--

Catalyst

In chemistry, a catalyst is a substance that participates in a chemical reaction without being one of the chemicals either used up or produced. For instance, chemical A might mix with chemical B to form chemical C. However, if you inserted the catalyst, the same reaction would occur, just at a much faster rate. Catalysts act by making the conditions more favorable (better environment, bringing molecules closer, etc) for the reaction. In biology, most enzymes are catalysts.

How does this relate to our training? A certain technique could act as a catalyst by causing everything else to fall into place. For instance, adding a back kick to your sparring game could stop your partner from rushing in to you. That would enable you to set the tempo of the match, conserve your energy, and keep your partner off guard.

Certain players often act as catalysts in team sports. For instance, one player might join the team and get one gold medal. But if he causes everyone around him to work harder, then his value to the team will be much more than the one medal he wins. One person can often fire a team up and inspire them. These people act as catalysts for their team.

To Do:

Name a player who has had a catalytic effect on a team you are on:

What was it about this person that caused the rest of the team to change into something better?