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<p>Calendar</p> <p>Jan 21st: Sport Poomsae Event, and glow nunchucks seminar.</p>	<p>Glow Nunchucks Seminar</p> <p>The next glow-nunchucks seminar will be Jan 21st from 6-8:00 pm. There will also be an adults only session from 8:00-8:30 PM. The cost is \$25, or \$15 if you already have your own pair of nunchucks from last time. Sign up in the dojang to reserve your spot.</p>
<p>Jan 27th: Beginners Test</p> <p>Jan 28th: Sparring Scrimmage</p> <p>Feb 11th: A Team Tournament</p>	<p>KAT Smartphone AP</p> <p>KAT has released its first ever smartphone ap. The ap contains schedules, free trial info, videos of all the curriculum, updates, calendars, history, and more. The ap is available for Android by pointing your phone browser to http://dpma.mobi/5Y6ZA and will be available in the Apple Ap Store shortly.</p>
<p>Feb 18th: Afterschool Programs Test</p> <p>Feb 23-26: US Open</p>	<p>White Tiger Championships</p> <p>The next version of KAT's popular tournament will be April 21st, 2012 at Metro State College. We will continue our tradition of offering several cool prizes. More information will be available soon.</p>

<p>March 10th: 125th Promo Test</p>	<p style="text-align: center;">Tiger Cubs Class</p> <p>KAT is continuing our Tiger Cubs (2-3 year olds with parents) class. The tuition is significantly less expensive than for the regular classes. See more info at: www.kattaekwondo.com/tigercubs.html</p>
<p>March 31st: CO State Championships</p>	
<p>April 14th: Black Belts Test part 1 (essays and all applications must be turned in)</p>	<p style="text-align: center;">Sparring Scrimmage</p> <p>Master Kamil will be hosting a sparring scrimmage with other schools on Jan 28th. For more information see the flyers in the dojang.</p>
<p>April 21st: White Tiger Championships (Metro)</p>	<p style="text-align: center;">Sport Poomsae Extravaganza</p> <p>Instructors Mitch and Shannon will be hosting the Sport Poomsae Extravaganza on Jan 21st. There are three parts – training for forms, forms critique, and forms competition. See the flyers in the dojang for more information.</p>
<p>May 5th: Black Belts Test Part 2</p>	<p style="text-align: center;">2011 Year in Review</p> <p>Check out a summary of all the awesome things that happened during 2011 at http://www.kattaekwondo.com/files/2011YIR.pdf</p>
<p>June 29th-July 4th: US Nationals</p>	<p style="text-align: center;">Men of KAT Charity Calendar</p> <p>The Men of KAT Charity calendar has already raised over \$500 for Children’s hospital. We still have calendars left, though, so pick yours up today. The cost is just \$15, and \$10 of that goes to charity.</p>
<p>July 1-3: MAIA Supershow</p> <p><i>Whether you think you can or you think you can’t, you’re probably right!</i></p>	<p style="text-align: center;">2011 Yearbooks</p> <p>The 2011 yearbooks are almost done and should be here soon. Fill out an order sheet to make sure and reserve your copy. Everyone who got their first KAT black belt this year has their own page.</p>
<p><i>Dream Big. Work Hard. Believe Always Succeed Well.</i></p>	<p style="text-align: center;">Improvements</p> <p>There will be many improvements coming to the dojang at the beginning of the year. Most of it is internal, but we are upgrading all of our systems to ensure the best possible service to our students. As part of this you no longer have to scan your ID cards, and you can take them home if you want.</p>

Tradition

Tradition refers to beliefs or customs handed down over time. A tradition cannot start immediately; it must have some time before it becomes a true tradition. Tradition is important in martial arts because we have to respect what our instructors have accomplished before us. Although the world is different now than it was many years ago, we still have much to learn from people who spent their entire lives studying martial arts principles.

Traditional practices such as forms, one step sparring, and protocol (bowing, shaking hands, etc) link us to the past. There is a tendency, especially in our culture today, to think that the latest newfangled thing is automatically the best. Although we do live in a modern age where science and technology have risen to unparalleled levels, human nature has not changed much in the last few thousand years. We gain much by listening to the wisdom of people who have come before us.

Traditions will not survive if they do not work to meet the needs of the people who hold them. If a tradition has been around for a long time, this doesn't mean that it is automatically right, but that there is something in it that has held value for many people in the past.

To Do:

The KAT motto is "With a mind in the future and a heart in the past." Explain this in your own words.

What are some traditions that your family holds

Signature _____ **Date** _____

