

KAT Newsletter

LIVE YOUR BEST LIFE

AUGUST 2013

UPCOMING EVENTS

8/10 Ninja Kids 2
Premiere

8/9:CKTKD Test

8/11 Instructor Test

8/17 Western Wel-
come Week Parade

8/23/24 Focus Camp

9/2 CLOSED

9/7 Aurora Test and
Bad Movie Night

9/9: CKTKD Pictures

9/11: Glow
Nunchucks (Aurora)

10/7-8 Aurora Pho-
tos

10/19: CTA Mile
High Open

10/26 Afterschool
Test and Halloween
Party

11/9: Elementary
School Fall Champi-
onships

Nationals and Worlds

Congrats to all the KAT students for their results in recent major tournaments! In the USAT Nationals, we earned 6 medals from 7 students. Sir Salonis was seconds away from medaling in the hardest division (adult black belt sparring) but suffered an injury that left him unable to spar. In forms, Anthony H won gold, and Taylor A and Josiah D won bronze. In sparring, CJ C, Josh K, and Alondra G all took silver medals.

KAT also attended the World Taekwondo Champi-

onships in Puebla, Mexico. It was a great experience to face against the best in the world, even though other national teams had a large funding disparity over our athletes. Ahmed A was told by the Iraqi Federation that he had to cut down to another division right before the tournament. He was defeating Italy but lost in the third round. Khusrav G was winning until 12 seconds left against Australia, but surrendered a last sec-



ond head shot. Alisher G lost in overtime against Egypt, who is the current African champion. Although the results weren't great, it was an amazing experience and all the athletes signed many auto-graphs and took many pictures! See full details at www.coloradomanews.com

Colorado MA Awards

Next year Colorado Martial Arts News will launch the first ever CO Martial Arts Awards. We will rent out a high school auditorium and award things like "Kick of the Year" or "Form of the Year." Entries will be via youtube and the

winners will be selected by voting. There will be up to 5 finalists per category. We already have a few sponsors lined up. To see the full category list, visit

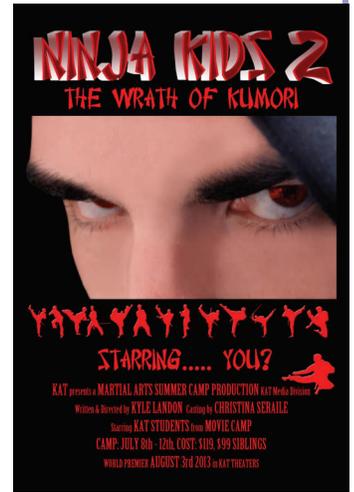
www.coloradomanews.com/colorado-martial-arts-awards/



Ninja Kids 2 Red Carpet World Premiere

The World Premiere of *Ninja Kids 2: The Wrath of Kumori* will be on August 10th (NOT the third). Win tickets in class. Each ticket allows a student to bring a friend with them for FREE. Actors and actresses in the

film should dress up and parents are allowed to bring flowers or other small gifts.



“When Chuck Norris jumps into a pool, he doesn’t get wet. The Water get’s Chuck Norris’ed.”



Other Notes

- Go to www.kattaekwondo.com/app to get the new KAT smartphone ap. It works on all phones. On iPhones click the arrow in the rectangle and add to home screen. It is now updated to version 2.0
- Don’t forget we offer class through the Community College of Aurora (CCA) sign up for fall class today!
- KAT now has a ‘video newsletter’ which is available on our official youtube channel.
- Master Kamil and Ins Ahmed both had the honor of bearing the flags of their countries at worlds!

New Conditioning/TKD Class

. We are starting a new class on Tuesday and Thursday mornings in Aurora. From 11:00 to 11:45 we will have conditioning/fitness (P90X, Insanity, etc) and then from 11:45 to 12:30 we will have Taekwondo. This class is also cross-listed with CCA. Come work out with Master Bill and Master

Katie! Non-students may attend for a \$8 drop-in fee.

Dragon Boat Festival

KAT rocked the Dragon Boat Festival this past weekend with two performances from the Demo Team. Our team was one of the only martial arts schools invited to perform on the main stage. For next year they have also asked us to perform up to

four different times in four areas of the festival. The dragon boat festival has dozens of martial arts schools performing, so it gives us a really good check on the skills of our students compared to other schools.



Word of the Month: Harmony

Harmony is a very important word for your martial arts training. The definition of harmony is all things working together for the whole. In music, harmony refers to separate tones that combine to form chords. The tones have to have certain ratios. Otherwise, they will just combine to form noise.

Harmony is critically important

for martial arts, because we often need several components of a technique to work together to gain the maximum effect. For instance, when focusing on chambering, beginners will often neglect their stances. Having everything working together is not possible until you have mastered the individual components.

Harmony not only focuses on your technique, but on your life as well. Some students love martial arts so much that they train hours every day, but this can leave other areas of their life lacking. A true martial artist will train and spar better when all areas of life are in balance. Being a great kicker but having a terrible report card or marriage is not the recipe for happiness in life.

"All war is deception."

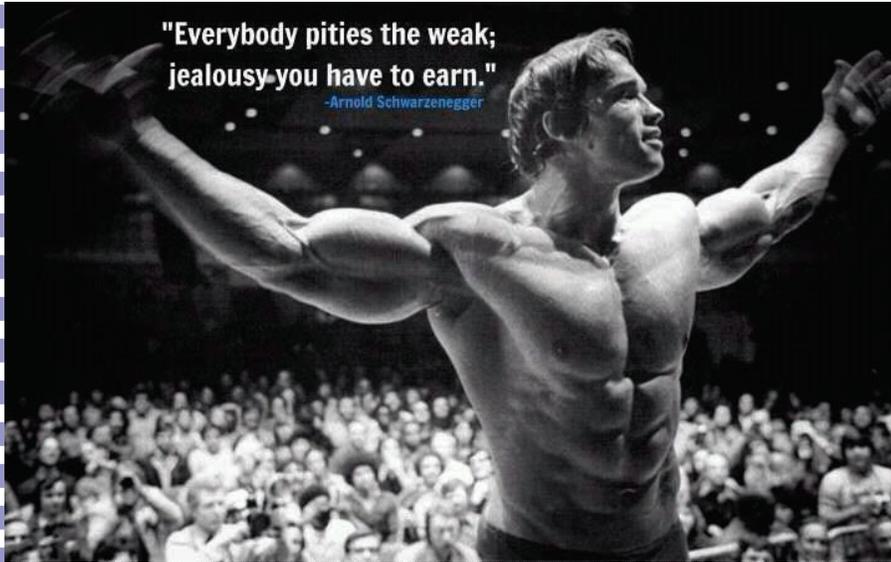
Sun Tzu

Western Welcome Week and CO Trials!

On Saturday, Aug 17th we will march in the Western Welcome Week Parade in Littleton from 10 to 12. This is a really fun time and a great way to promote the school! All students should try to attend,

unless you are going to the CO State Team Trials, which will also be the same day. Stay tuned for more information on both!





Don't forget, refer a friend who signs up at KAT and receive a \$25 gift certificate. There is no limit to the number of people

you can refer, however

Science Alert: Live 4 years longer!



. The Washington Post reported that people who exercised daily lived about 4 years longer on average. They studied the records

of 5000 people and matched how long they lived to how much they exercised. The data was analyzed from a study that followed everyone in a MA town over forty years.

This study shows that you

can take an active role in your life and your health. Just come to class regularly, and you too can be living longer! You can read the full study at:

<http://www.washingtonpost.com/wp-dyn/content/article/2005/11/14/AR2005111401051.html>

It is also linked on the KAT website under Taekwondo

and Scientific proof benefits.