

# KAT Newsletter

LIVE YOUR BEST LIFE

NOVEMBER 2013

## UPCOMING EVENTS

11/8 Black Belt Test Part I

11/9 Elementary School Fall Championships

11/15:CKTKD Test

11/16 Colorado Cup Tournament

11/23 Black Belt Test

11/28-29 CLOSED

12/1-2 Holiday Sale

12/7: Test and COSTA forms tournament

12/24/25/31 and 1/1 Closed

12/26-30 Modified Schedule

3/1-2: Lone Wolf Classic

## Lone Wolf Classic Date Announced

The date for the Lone Wolf Classic has officially been announced. The tournament will be held March 1st and 2nd at Metro State University.

You can now get the third piece to your medal to create one 'super medal' There are more events than ever, and this year we have made the tournament TWO days. Sparring and Grappling will be on Sunday, March 2nd, while all other events will be on Saturday, March 1st. This

will also be a time for the elementary schools to see who will win the 2013-2014 league championships.

We have several improvements from previous years, including automatically confirming registrations are correct and the new 'junk weapons' division.

See the tournament page [http://](http://www.kattaekwondo.com/tournament.htm)

[www.kattaekwondo.com/tournament.htm](http://www.kattaekwondo.com/tournament.htm) soon.

**Lone Wolf Classic**  
 Sat March 1st: Most Events  
 Sun March 2nd: Sparring and Grappling  
 Metro State University

Championship Rings!  
 \$45 for 1 event  
 + \$10 each additional event  
 Register now at [www.kattaekwondo.com/tournament.htm](http://www.kattaekwondo.com/tournament.htm)  
 Custom interlocking Medals (from this tournament and other KAT tournaments!)  
 \*Sparring \*Forms \*Grappling \*Breaking \*Creative/Group Forms  
 \*Trick Kick Battle \*Weapons \*Demo \*Blaster Pad \*Hardest Strike

## 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/](http://www.coloradomanews.com/colorado-martial-arts-awards/)



## CPR/First Aid Certification

KAT is proud to now offer certification in CPR and First Aid! The CPR Certification is through the Red Cross and is Pediatric/Adult/AED.

This is highly recom-



## American Red Cross

mended and thus we will be holding multiple seminars. You do NOT need to be a KAT student! The next seminar will be Sunday, November 10th at KAT Aurora at 10 am. Speak to Ins. Laron for more info.

## Other Notes

- Go to [www.kattaekwondo.com/app](http://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
- Congrats to all the state team members for forms and sparring!
- KAT now has a 'video newsletter' which is available on our official youtube channel.
- Watch **Ninja Kids 2** and read **Super Tiger Force** at: [www.kattaekwondo.com/camp.htm](http://www.kattaekwondo.com/camp.htm)

## Master Katie's Book

- Master Katie's book, *Warrior Path: Cloud Lands Saga Book 1* was one of only 4 books selected by Elechor Publishing House (out of hundreds of submissions) to be awarded a traditional publishing contract. The book won't be out until Nov 2014, but if you send an email to [billandkatiepottle-subscribe@yahoo.com](mailto:billandkatiepottle-subscribe@yahoo.com) You will get a free copy of the "Lynn's Dragon Ranch" short story when it becomes available.

"Everyone strives for perfection. Perfection strives to be Chuck Norris."



## Holiday Sale—Dec 1 and 2

KAT will once again hold our holiday sale the Monday and Tuesday after Thanksgiving. Don't miss this opportunity to stock up on KAT merchandise, sparring gear, belt racks, etc. Everything is 10% off and KAT School Handbooks are 50% off! You

can get a holiday catalog in class or view Century's gear online at:

<http://>

[www.centurymartialarts.com/Default.aspx?tabid=156](http://www.centurymartialarts.com/Default.aspx?tabid=156)



"All war is deception."  
Sun Tzu

## Word of the Month: Cooperation

Cooperation simply means working together. Why is learning how to cooperate so important? It's simple. You will never accomplish as much alone as you could by cooperating with others. For example, many great scientific discoveries in the past came through single innovative scientists. However, now most great breakthroughs

come through entire institutes with hundreds of people working together.

If cooperation is so powerful, why don't more people do it? The reason is that it's often difficult to work with other people. First of all, you must have similar goals in

what you want to accomplish. Secondly, you must subjugate yourself and compromise. You have to accept that you won't always be in control, and you have to have consideration for your partners' needs and wants. You have to have humility, but at the same time, know when to argue for your point of view when you think things could be better.

## Elementary School Championships

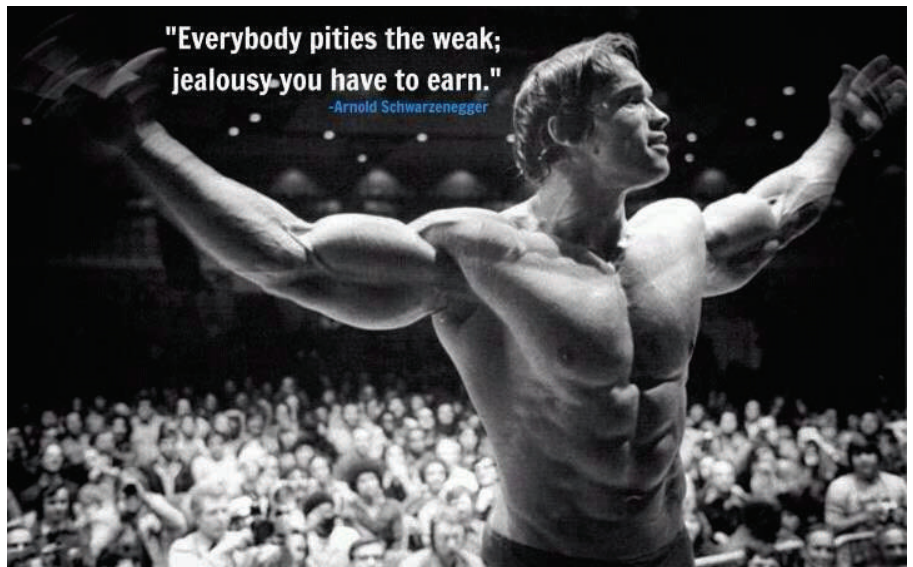
The fall Elementary School Championships are approaching on November 9th! Come test your skills and earn points for your school. Last year GVA emerged as the champions. Let's see what hap-

pens this year! For more information on the league in general, visit [www.kattaekwondo.com/elementary.html](http://www.kattaekwondo.com/elementary.html)

For news coverage of last

season, visit [www.coloradomanews.com](http://www.coloradomanews.com)

**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 family members aren't eligible.**



## KAT Wins: Best Aurora Martial Arts School

. Thanks to everyone who voted for us for the Aurora Macaroni Kid's *Family Choice Awards!* We are pleased to announce that KAT came out on top.

This will go on our website next to our other awards from *Parenthood Magazine*, Channel 9 News, and the Colorado State Taekwondo Association.

