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<b>Calendar</b>	<b>6 Students Win Spots on State Team</b>
<b>August 21<sup>st</sup>:</b> Summer Festival	Six KAT students won spots on the Colorado State Team at the Aug 7 <sup>th</sup> Team Trials competition. This was the first year that KAT won the most spots of any dojang in Colorado. Congrats to Tyler Kane, June Lee, Sarah Mast, Joe Law, Instructor Beth Lopez, and Master Kamil. Moriah G and Iman D won silver in bronze in their division as well.
<b>August 28<sup>th</sup>:</b> Corn Roast Festival (Loveland)	
<b>September 4-5:</b> Rocky Mountain Open	<b>Comp Team Wins Medals at Nationals, will meet Mayor Tauer</b>
<b>September 6:</b> Memorial Day (Closed)	The KAT competition team won 9 medals (7 sparring, 2 forms) at the US National Taekwondo Championships. It was the most sparring medals won by any school in Colorado. If you missed the full results in the <i>Denver Post</i> , you can see them at: <a href="http://denver.yourhub.com/Aurora/Stories/Sports/Recreational/Story~833213.aspx">http://denver.yourhub.com/Aurora/Stories/Sports/Recreational/Story~833213.aspx</a> . They will meet the mayor of Aurora on 9/8.
<b>September 10<sup>th</sup>:</b> Beginners Test 4:30	<b>Demo Team Rocks Invesco Field</b>
<b>September 11<sup>th</sup>:</b> 119 <sup>th</sup> Promotion Test. – Funfest Demo	The demo team put on a great show at Invesco field for the Denver Outlaws. See the video at <a href="http://www.youtube.com/watch?v=N-uGFkL7Eek">http://www.youtube.com/watch?v=N-uGFkL7Eek</a>
	<b>Summer Festival</b>
	The Summer Festival is coming up on Saturday, Aug 21 <sup>st</sup> from 10 am to 2 pm. See <a href="http://www.kattaekwondo.com/festival.html">http://www.kattaekwondo.com/festival.html</a> for info.

<p><b>September 18th:</b> Taste of Nations Demo</p> <p><b>September 22-23:</b> Pictures</p>	<p style="text-align: center;"><b>Pictures</b></p> <p>Pictures will be September 22-23. 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>
<p><b>September 25<sup>th</sup>:</b> Lone Wolf Classic.</p> <p><b>November 6<sup>th</sup>:</b> Master Angel Tourney</p>	<p style="text-align: center;"><b>Channel 7 News Contest</b></p> <p>KAT is currently locked in a fierce battle in the online poll for Colorado's best martial arts school. Go to <a href="http://www.thedenverchannel.com/alist">www.thedenverchannel.com/alist</a> to vote for us. Each person in your family can vote.</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;"><b>Instructors Steven and David on the Radio</b></p> <p>The Street Defense instructors will be on FM 101.5 The Truth tonight (Thursday) at 10 pm to talk about self defense, legal issues, and emergency preparedness. We'll try to get a recording later.</p> <p style="text-align: center;"><b>Upcoming Demonstrations</b></p> <p>We will be performing at Queen of Peace Funfest (September 11<sup>th</sup>, after the test) and the Taste of Nations (September 18<sup>th</sup>). Interested students should attend demo team class to prepare.</p>
<p><i>Dream Big. Work Hard. Believe Always Succeed Well.</i></p>	<p style="text-align: center;"><b>Lone Wolf Classic</b></p> <p>KAT Loveland will be hosting the 1<sup>st</sup> Lone Wolf Classic on September 25<sup>th</sup>, 2010. This tournament will be similar to the White Tiger Championships, which we were not able to host this year due to Collegiate Nationals. See <a href="http://www.kattaekwondo.com/lonewolf.htm">www.kattaekwondo.com/lonewolf.htm</a> for more info or to register.</p> <p style="text-align: center;"><b>Featured Students</b></p> <p>Alex Cimini and Grace Kosloski are the featured students for August, 2010. Alex has been showing excellent spirit and discipline in the class and Grace had her hard work pay off when she won gold in the national championships in a tough sparring division. Be sure to give them a big "chook ha hahm nida" when you see them!</p>
	<p style="text-align: center;"><b>Former KAT Student Signs with Colorado Rapids</b></p> <p>Davy Armstrong, who used to train at KAT, signed with the Colorado Rapids this week. Master Bill knew that he was a great athlete ever since he did 99 double kicks in 30 seconds as a white belt!</p>

## Friendship

Friendship is an important thing to have for anyone. The great thing about friends is that you won't always agree with them, but you always accept them for who they are and what they mean to you.

Important elements of friendship include wanting what is best for the other person, being honest, especially when others would not say anything for fear of hurting their feelings, and sympathy and empathy for your friend.

Like anything, you must put effort into your friendships if you want them to be successful. This becomes especially difficult if one of you moves and you both live in different states.

*A good person will come bail you out of jail.*

*A good friend will be sitting in the cell next to you saying "We'll know better next time."*

**TO DO: Get back in touch with an old friend and describe the feeling you get with reconnecting with this friend.**