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Calendar	Holiday Sale
<p>September 18th: Taste of Nations Demo</p>	<p>The holiday sale has been extended until Tuesday, December 7th. All orders MUST be in by this date.</p>
<p>September 22-23: Pictures</p> <p>September 25th: Lone Wolf Classic.</p>	<p>Former Student Passes Away Martin (Boo Boo) Martinez passed away last week. He and his family trained at KAT under Grandmaster Chung in the early 1990s before they left to form Martinez Brothers Taekwondo. He was a great competitor and had several matches against top KAT sparrers over the years. The service will be at 2:00 PM on Tuesday, December 7th, at Queen of Peace Church.</p>
<p>November 6th: Master Angel Tourney</p>	<p>Yearbooks Are Coming! KAT is currently generating its first yearbook for 2010. The books feature all the students as well as special stories that happened throughout the year. The final cost will depend on the number of pages, but will be around \$25.</p>
<p><i>Whether you think you can or you think you can't, you're probably right!</i></p> <p><i>Dream Big.</i></p>	<p>120th Promotion Test The 120th Promotion test is coming up this Saturday, December 11th. Beginners (white and yellow) will take their test on Friday, December 10th, at 4:30 pm. Everyone should earn the application in class and write an essay on Forgiveness.</p>

*Work Hard.
Believe Always
Succeed Well.*

Upcoming Demos

We will have a demo for GVA students this Friday (Dec 10th) at GVA. There will be a performance on Saturday, December 18th at Aurora Mall again, and a performance on Sunday, Jan 9th at Children's Hospital. Both of those performances will be at 2:00 PM.

Featured Students

Sue Roche and Jen Viera are the featured students for December. They've been working really hard and are great students! Be sure to give them a big "*chook ha hahm nida*" when you see them!

Competition Team Back in Gear

Make sure you get your numbers and team uniforms. Check with Master Bill to see which numbers are available. Also, we will vote for Captains at the end of this month.

Holiday Closures

Remember that we will be closed on Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day. If you come on Fridays and Saturdays, make sure you adjust your training schedule. Those on the 2x/week program can substitute a different day in another week if necessary.

Open Practice

Wisdom

Wisdom is an incredibly important trait, and it refers to knowing what to do to live a good life. There are many people who are intelligent but not wise. Intelligence refers to knowing many facts or even how to solve many different problems. Wisdom refers to knowing how to do things, but also which things should be done and which should not be done.

Wise people will usually listen much more than they speak. They are observant to everything going on around them. It's possible to have wisdom (knowing what to do)

without discipline (the ability to do it), but they are usually paired. For one thing, people don't become wise without discipline. For another, wise people can understand the value of training themselves to have the discipline that they know is necessary for accomplishing their goals.

Wisdom comes with time. That is why it is so important to respect your elders. When was the last time you sat down with your parents or grandparents and really listened? People who have been through times much worse than today can tell us how they survived and this advice will help us as well.

“Wisdom is knowing what to do next; Skill is knowing how to do it, and Virtue is doing it.” **David Starr Jordan**

To Do:

Name 3 people in your life who you really consider to be wise:

- 1 _____
- 2 _____
- 3 _____

Sit down with your parents or grandparents and really listen to them. Ask them questions. What did you learn?