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<p><b>Calendar</b></p> <p><b>Feb 12:</b> Beginners Test</p>	<p><b>Updated Calendar</b> – Be sure to pick up an updated version of the calendar that lists all the changes in tournaments and events.</p> <p>The next few months will be some of the busiest in KAT yet!</p>
<p><b>Feb 13<sup>th</sup>:</b> Intramurals 6 (Main school)</p> <p><b>Feb 20<sup>th</sup>:</b> Scrimmage (Main school)</p>	<p><b>Newer Schedule</b></p> <p>We have to make a slight change to the schedule again. We’re going to again need 10 min breaks between classes. The school is just too big to do otherwise, and there is a lot of congestion in the parking lot and doorways. The new schedule will start Feb 22<sup>nd</sup>. See <a href="http://www.kattaekwondo.com/schedule.htm">www.kattaekwondo.com/schedule.htm</a> for more info.</p>
<p><b>Feb 27<sup>th</sup>:</b> Tiger Kim’s Tournament</p> <p><b>March 6-7:</b> USAT Qualifier</p> <p><b>March 13<sup>th</sup>:</b> 117<sup>th</sup> Promo Test</p> <p><b>March 20<sup>th</sup>:</b> Referee Seminar</p>	<p><b>Colorado Parent Magazine 2010 “Family Favorite Competition”</b></p> <p>KAT is competing in the category of <b>Martial Arts Program</b> (under Activities and Learning)</p> <p>To vote: go to <a href="http://colorado.parenthood.com/">http://colorado.parenthood.com/</a> And click on the Vote for Family Favorites Button.</p> <p>Fill out the survey (must be 18) Try enter votes in a few other categories besides just Martial Arts Program.</p>



<p><b>April 17-18:</b> Collegiate Nationals</p>	<p align="center"><b>Twin Dragons Tournament Results</b></p> <p>Congrats to everyone who competed in the Twin Dragons Tournament. KAT won second place overall, after the South School. Congrats to Josh K and Grace K who won the Grand Champion Trophies.</p>
<p><i>Whether you think you can or you think you can't, you're probably right!</i></p>	<p align="center"><b>AAU/USAT Scrimmage – Feb 20th</b></p> <p>On Feb 20<sup>th</sup> we will host a scrimmage at KAT for the Colorado TKD community. We can use the new electronic hogus! 8-13 year olds come from 1:00-3:00, 14 + from 3:30 to 5:30. Green and above only. No sparring class this day.</p>
<p><i>Dream Big. Work Hard. Believe Always Succeed Well.</i></p>	<p align="center"><b>Sponsorships for Collegiate Nationals</b></p> <p>We need to get sponsorships for the Collegiate National Championships coming up April 17-18<sup>th</sup>. Sponsorships are a great way for companies to get advertising and grow their brands. This is also a great opportunity for students to fundraise, <b>since 30% of all sponsorship money will be given back to each student/family</b> for any sponsorships that they arrange. See <a href="http://www.kattaekwondo.com/ncta/sponsors.html">http://www.kattaekwondo.com/ncta/sponsors.html</a> for the letters to give to companies.</p>
	<p align="center"><b>Referee Seminar – March 20<sup>th</sup></b></p> <p>Master Bob McKenna will be holding a referee seminar at KAT on March 20<sup>th</sup>. Come get certified so that you will be able to ref during the <a href="#">Collegiate Nationals</a>.</p>
	<p align="center"><b>Mom's Class</b></p> <p>The mom's class is in full swing! This is a regular full training class, and kids are welcome to play together during class time. Regular KAT students can attend for free, and non students can pay a \$5 drop in fee. Talk to Instructor Shannon about your goals today!</p>
	<p align="center"><b>Featured Student Earl Phillips</b></p> <p>Earl Phillips is the student who has been chosen to wear the "Student of the Month" Belt for Jan. Earl trains with his son Anthony and is always working hard, helping others, and demonstrating the tenants of TKD. Be sure to give him a big "<i>chook ha hahm nida!</i>" the next time you see him.</p>

## Hope

Hope is the emotional belief that things will be better in time. Hope is one of the most important human emotions. In the Greek myth of Pandora's box, Pandora's curiosity got the better of her, causing her to look into a forbidden box. She let all the evil spirits out, and the only thing left was hope. The lesson is that humanity can bear anything, as long as we have hope.

Although hope is extremely powerful, it must be paired with action in order to get a positive outcome. You can't just hope to get a black belt, or hope to get an A, or hope that weeds won't grow. You need to get to class, study, or go spray some weedkiller. When hope is paired with action, powerful things will result.

In grappling, a common metaphor is "Space = Hope." If you can create some space between you and your partner, you can create some hope to escape. Conversely, if you can take away your partner's space, you can take away their hope to escape.

### **To Do:**

How do you hope that your life will become better over the next year?

What actions are you going to pair with your hope to make your goals come true?

