



Quick Links

- www.youtube.com/kattkd *Recent Highlights Videos
- www.kattaekwondo.com/sbn *KAT Blog, Terminology Story
- www.kattaekwondo.com/intramurals.htm *Intramurals Results and Standings
- www.kattaekwondo.com/Calendar.pdf *All events for next year planned out.
- www.wikidrills.com *Hundreds of drills and techniques.
- www.facebook.com/kattkd *KAT Facebook

Calendar	Holiday Sale - 10% Off
November 21st: Demo at Aurora Mall (2:00 PM)	During the week after Thanksgiving (November 29 th – December 3 rd) all KAT merchandise will be 10% off. In addition, all merchandise in the Century Catalog will be 10% off, in addition to having free shipping. It's our only sale of the year , so now is a great time to pick up a set of sparring gear or a new wavemaster.
November 25-27: Closed for Thanksgiving	Sync the KAT Calendar on your smartphone
December 4th: Sport Poomsae Seminar	Here is a link on how to connect to the KAT google calendar system and sync it on your smartphone. Just takes a few minutes and you'll automatically be kept up to date with all the latest tests, tournaments, events, etc. As soon as we add/change an event it will be automatically changed on all synched devices and web pages. http://www.kattaekwondo.com/syncphone.pdf
December 11th: 120 th Promotion Test	Competition Team Kicks into High Gear
December 17th: Belt Ceremony (5:30 PM)	Our KAT competition team has reformed for the 2011 season. All interested athletes should come to practice and speak with the coaches to participate.
December 18th: Demo at Aurora Mall (2:00 PM)	Yearbooks Coming Soon
	2010 will be the first year that KAT will be offering yearbooks of all the students. The yearbooks feature events pages from the past year as well as interviews with black belts, pictures of all the

<p>December 24/25/31/Jan 1: Closed for Holiday</p>	<p>students, and more. More info on price and how to order will come soon.</p>
<p>Jan 8th: Intramurals 7</p>	<p style="text-align: center;">Demos at Aurora Mall</p> <p>The KAT Demo team will be performing 2 demonstrations at Aurora Mall with a holiday-themed demo. Both are at 2:00 pm. Come to demo team practice if you want to be involved.</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;">Featured Students</p> <p>Alyssa Castro and Brittany Clousing are the featured students for November. Alyssa just joined the Competition Team and as a yellow belt, defeated a red belt and almost defeated a black belt in a recent tournament. Brittany is a great student who is always working hard and helping out in the dojang. Be sure to give them a big “<i>chook ha hahm nida</i>” when you see them!</p>
<p><i>Dream Big. Work Hard. Believe Always Succeed Well.</i></p>	<p style="text-align: center;">USAT Introduces National Ranking System</p> <p>USA Taekwondo has introduced a new system for ranking athletes. All USAT members will be ranked by accumulating points based on the medals you win and the level of the tournament. They will also use it to rank schools and states against each other. Let's make KAT #1 for 2011! See more info or find your ranking for 2010.</p>
	<p style="text-align: center;">Iman Dwebi Wins National “Kick of the Month” Contest</p> <p>See the kick by going to http://usa-taekwondo.us/video and clicking on October. Congrats to Iman!</p>
	<p style="text-align: center;">KAT Wins A List Competition (Top 5)</p> <p>Thanks to everyone who voted for us. KAT won 4th place in the channel 7 news competition, one place higher than last year.</p>
	<p style="text-align: center;">KAT Handbook 3rd Edition, Curriculum Changes Coming</p> <p>Every few years KAT releases a new version of the official handbook and makes minor curriculum changes to ensure that we stay up to date. We last did it 4 years ago and the new handbook will be coming in Jan. Small changes have been made to the curriculum and testing requirements, especially with respect to stances. Stay tuned for more info.</p>

Leadership

Leadership is one of the most used and analyzed words, especially in business. But what does it really mean? Leadership is simply causing other people to work together for a common goal. As a martial artists, you should be great at setting and accomplishing goals. However, using leadership you will be able to multiply your impact, in the same way that a lever multiplies force.

Great projects cannot be accomplished by any one single person. They take many people, often with different talents, all working together. To make a video game, you need artists, musicians, and computer programmers. The job of a leader is to coordinate everyone and help them work together towards the common goal.

Leaders must have a vision. They must be able to see things that don't exist and then figure out how to make them. Then, they must convince other people of that vision in order to convince them to work for it.

Leadership skills are amoral. Some of history's greatest villains have also been great leaders. Leadership skills should be paired with good morals in order to accomplish good for the world and not evil.

Don't ask to be a leader. Just lead, in every way possible, and people will follow you.

To Do:

Name 5 qualities that you think excellent leaders possess.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

How do you think you can become a better leader?

Signature _____ **Date** _____