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- [www.kattaekwondo.com/intramurals.htm](http://www.kattaekwondo.com/intramurals.htm) \*Intramurals Results and Standings
- [www.kattaekwondo.com/Calendar.pdf](http://www.kattaekwondo.com/Calendar.pdf) \*All events for next year planned out.
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**Calendar**

**September 18th:**  
Taste of Nations  
Demo

**September 22-23:**  
Pictures

**September 25<sup>th</sup>:**  
Lone Wolf Classic.

**November 6<sup>th</sup>:**  
Master Angel  
Tourney

**KAT Wins “School of the Year”**

KAT won the 2010 School of the Year Award from the Colorado State Taekwondo Association. This is the first time the award has been given out and was based on the fact that we won the most medals in the state championship as well as the most medals in the national championships this year. This is a humbling award because it was given by the state association and there are so many great schools in Colorado. Congrats to all KAT students and instructors for your hard work.



**Sign up for the Lone Wolf Classic**

*Whether you think you can or you think you can't, you're probably right!*

The Lone Wolf Classic tournament is coming up on September 25<sup>th</sup> in Loveland, CO. All students should either compete or volunteer. See all the details and sign up online at [www.kattaekwondo.com/lonewolf.htm](http://www.kattaekwondo.com/lonewolf.htm)

**Tomorrow is last day to vote**

*Dream Big.*

The Channel 7 news ‘A-list’ competition ends at 10 pm on Friday, September 17<sup>th</sup>. Go vote at <http://kmgh.cityvoter.com/korean->

*Work Hard.  
Believe Always  
Succeed Well.*

[academy-of-taekwondo/biz/149583](http://academy-of-taekwondo.biz/149583) if you haven't yet. The competition is really close!

### **Competition Team Members Meet Mayor Tauer**

On September 8<sup>th</sup>, members of the KAT competition team were congratulated by Mayor Tauer for representing Aurora well on a national stage!



### **Pictures**

Pictures will be September 22-24. Pictures are FREE to be in the yearbook and plaque, but you must sign up for a time. Important-Wednesday, there WILL BE CLASSES. Thursday there will NOT be classes. Friday there will be only Little Tigers 2 and Beginners classes.

### **Featured Students**

Tara and Jasmine Mehbrot are the featured students for September 2010. They've both improved tremendously since coming to KAT and are consistently involved with all KAT events and activities. Be sure to give them a big "chook ha hahm nida" when you see them!

### **Instructors Steven and David on the Radio**

The Street Defense instructors were on FM 101.5 The Truth talking about self defense, legal issues, and emergency preparedness. Unfortunately, we may not be able to get a recording.

### **Taste of the Nations Demo**

Students should meet at KAT at 5:45 PM on this Saturday, to prepare for the demo. We're performing right at 7 pm.

### **Open Practice**

During the month of October, competition team practices on M,W, and F will be replaced by open practice times.


## 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?**