




Quick Links

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- www.kattaekwondo.com/intramurals.htm *Intramurals Results and Standings
- www.kattaekwondo.com/Calendar.pdf *All events for next year planned out.
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<p>Calendar</p> <p>May 15: Intramurals 6</p> <p>May 22: AAU State Championships</p> <p>May 31st: Closed for Memorial Day</p> <p>June 4-5: 118th Promo Test</p> <p>June 12: ESA Tournament</p> <p>June 13-18: Summer Camp 1</p> <p>June 19th: Spring Cleaning</p> <p>June 29-July 4:</p>	<p>Science Alert – <i>Reaction is faster than action.</i> Ever wonder why in movies, the 2nd guy to draw his gun is the one who wins the gunfight? In this experiment, they found that people react on average 21 milliseconds (10%) faster than they initiate action. They theorize that this is because different pathways are involved in reaction and action.</p>
	<p style="text-align: center;">KAT in Wall Street Journal</p> <p>KAT will be featured in the <i>Wall Street Journal</i> on May 17th in an article about older students training martial arts. Stay tuned for more information about it.</p>
	<p style="text-align: center;">CO State Championships Results</p> <p>KAT had a great showing in the Colorado state championships. Nearly all of the students qualified for nationals. We brought 45 athletes, the most of any school in CO. Although the medalists are too numerous to mention, we did win 21 gold medals just in the sparring competition. Also, KAT students did a great job helping ref and run the rings.</p>
	<p style="text-align: center;">118th Promotion Test (and potluck)</p> <p>On June 5th-6th we will have the 118th promotion test. This will be the biggest black belt test that we have had in a long time. The test will be in Rocky Ridge park, with a potluck to follow. This time, you must earn the testing ap by showing your grappling techniques.</p>

<p>USAT Nationals</p> <p>July 31: Outlaws demo @invesco field. /Grandmaster Chung visit.</p> <p><i>Whether you think you can or you think you can't, you're probably right!</i></p> <p><i>Dream Big. Work Hard. Believe Always Succeed Well.</i></p>	 <p>Denver Outlaws Demo @ Invesco Field</p> <p>KAT will be performing a demonstration for the Denver Outlaws pro lacrosse team on July 31st as part of their martial arts night. We'll be on Invesco Field and students can also give high fives to the players as they are introduced. More information is coming soon.</p>
	<p>Collegiate Nationals</p> <p>Thanks so much to everyone who worked hard for Collegiate Nationals. KAT really proved that we can put on a national level event that was widely praised by athletes, coaches, and referees. We couldn't have done it without the tireless work of all the volunteers!</p>
	<p>Grandmaster Chung Visit</p> <p>Grandmaster Chung will be coming back to Denver this summer! He will be attending his son's wedding, and we will put on a special demo for him. This will also be the last weekend in July.</p>
	<p>Summer Camp</p> <p>Summer camp is coming soon! See the flyer for more information and sign up soon before the space is full. You can also bring in your friends who aren't in Taekwondo.</p>
	<p>Featured Student Kyle L</p> <p>Kyle L is the student who has been chosen to wear the "Student of the Month" Belt for May. Kyle was chosen for his work ethic, skill, and helpfulness to the beginners. Be sure to give him a big "<i>chook ha hahm nida!</i>" the next time you see him.</p>

Kindness

Kindness is the simple act of being kind. Notice that being kind to someone doesn't mean that you have to agree with them or even like them. Kindness is the opposite of cruelty.

In the middle ages, Kindness was considered one of the "Knightly Virtues" that all people should strive to possess. Kindness means being nice and pleasant to others without wanting any reward in return. If you are nice to someone only because you want them to give you something, that is not true kindness.

Kindness could also involve recognizing other people's talents and contributions. Simply thanking someone for something they do anyway can go a long way towards showing that you do not take them for granted. For instance, it's the job of parents to take care of their children, but children should still stop and thank their parents for all that they do.

["Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."](#)

-Albert Schweitzer, 1952 Nobel Peace Prize Winner.

To Do: Participate in 25 random acts of kindness this month.

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