

# KAT Newsletter

LIVE YOUR BEST LIFE

FEBRUARY 2013

## UPCOMING EVENTS

2/9: Afterschool Test 2

2/15: Littleton Test

2/16: Ahmed's Fiesta

2/23ish: US Open (All classes as scheduled)

3/2: 129th Promo Test (Aurora)

3/9: Colorado State Championships

3/23: Twin Dragons Tournament

4/12: Collegiate Nationals

4/20: Master Ramil's Tournament

4/19: Beginner's Test (Aurora)

5/3: Black Belts Test Part I

5/11: Spring College Event

5/18: Black Belts Test Part I

5/25: Daedo Event

## Olympians Training in Dojang

KAT recently received two Olympians from Tajikistan who will continue their training with us. **Alisher Gulov** and **Farkhod Negmatov** both came to KAT to train under Master Komil, who was newly promoted to be the head coach of Tajikistan. (For more on both stories, see [www.coloradomanews.com](http://www.coloradomanews.com))

Both were very thankful for the warm welcome given to them by the KAT family. This is actually the forth

time that Olympians have come to visit our school, but the first time that they will be staying and training for several months. This

is really an invaluable experience for students. They are gradually learning English so it will make them easier and easier to communicate with. They are also super friendly!



There has been many news articles written in local media, and look for many more in the future.

## Twin Dragons Tournament —3/23

The main event of the year, the Twin Dragons Tournament, is coming up on March 23rd!

All KAT students should be involved in the tournament in some way. The best way is usually as a competitor. We

also are in need of sponsors—Students will receive a commission of 1/3 of any sponsorship money that they secure.

Also, order your t-shirts and sweatshirts ahead of time to save 20%. You can find out all the info

about the tournament and register at [www.kattaekwondo.com/tournament.htm](http://www.kattaekwondo.com/tournament.htm)

## CO State Championships and Ref Seminar

The Colorado State Taekwondo Championships will be held March 9th at Hinkley High School. Registration will be online through hangastar. Because this event is close to the Twin Dragons Tournament, speak with the instructors before signing up.

The TDT will be about half the price of state and USAT Membership is required for state. However, you must place in state if you want to be on the CO State Team or attend the US National Championships.

There will also be a ref certification seminar the Sunday before (March 3rd). Black belts are encouraged to attend to help ref at state and Twin Dragons Tournament.

## Other Notes

- **Josh K's** highlights video made by Sir S has received 16,000 likes and 1400 shares on Facebook!
- Go to [www.kattaekwondo.com/app](http://www.kattaekwondo.com/app) to get the new KAT smartphone ap. It works on all phones. On iPhones click the arrow in the rectangle and add to home screen. It is now updated to version 2.0
- Master Katie earned her 4th degree black belt. Let's all give her a big "Chook Ha Hahm Nida!"

*"Most people have 23 chromosomes. Chuck Norris has 72—and they're all poisonous."*



## Pikes Peak Challenge—Results

Several students competed on Jan 19th at the Pikes Peak Daedo Challenge. In the adult black belt divisions, **Ahmed A, Farkhod N, and Alisher G**

won first place, which meant they won their entry fee to US Open paid for as well as 2 nights of hotel rooms. **Paloma G and Khusrav G** won second

place. Other students such as Artur A and Adrian did a great job as well.

# Master Bill's new book launches March 1st.

Master Bill's new book will be available starting March 1st. There will be signings at all three schools as well as at the Twin Dragons Tournament. The book chronicles the War in Heaven between Michael and Lucifer and the Fall of Man from perspective that

tries to meld scientific as well as religious thought. It's not a martial arts book, but you know there are some great fight scenes! You can preorder a copy on Amazon.com



"All war is deception."  
Sun Tzu

## Word of the Month: Peace

Peace is usually thought of as nothing more than the absence of war, especially between two countries. However, we can use a fuller definition in our training. Peace also refers to the absence of conflict, whether it be with an external entity or not.

To an outsider it might seem counterintuitive that martial artists consider peace one of their highest goals. Someone might say "If we have peace, then we could all quit Taekwondo because we won't need it anymore." Such a person is really missing

the point. Another idea of peace is the peace within ourselves. Many people go through life without ever fighting another person, yet they are far from at peace with themselves.

## Send Ahmed to Mexico Super Fiesta

KAT will hold a fundraiser on Feb 16th like nothing you've ever seen before. It's the Send Ahmed to Mexico Super Fiesta! There will be training, a taco bar, and you know the piñata kicking will be

epic! Normally, a country would pay for its athletes to compete in the World Championships, but Iraq doesn't have a lot of money for sports right now so Ahmed has to pay most of his own way. We

hope to see you all there!

**Send Ahmed to Mexico SUPER FIESTA**  
Fundraiser

\$25 (Happy to accept additional donations)

February 16th, 2015  
1:00pm - 4:00pm  
at KAT

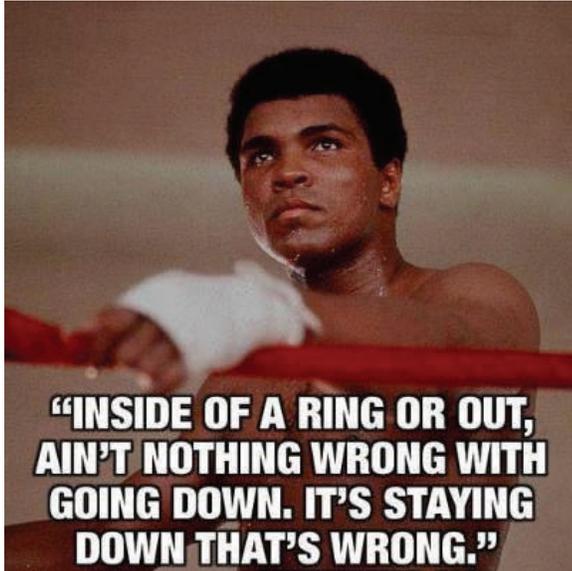
Taco Bar! \$25

Pinata Breaking!

Training Session!  
Sparring!

@ Korean Academy of Taekwondo  
16570 E. Mississippi Ave.  
Aurora, CO 80017

For More Info Call:  
Sarah 303) 241-5867



**Don't forget, refer a friend who signs up at KAT and receive a \$25 gift certificate. There is no limit to the number of people you can refer, however family members aren't eligible.**

## Science Alert: Live 4 years longer



The Washington Post reported that people who exercised daily lived about 4 years longer on average. They studied the records of 5000 people and matched how long they lived to how much they exercised. The data was analyzed from a study that followed everyone in a MA town over forty years.

This study shows that you

can take an active role in your life and your health. Just come to class regularly, and you too can be living longer! You can read the full study at:

<http://www.washingtonpost.com/wp-dyn/content/article/2005/11/14/AR2005111401051.html>

It is also linked on the KAT website under Taekwondo

and Scientific proof benefits.