

# KAT Newsletter

LIVE YOUR BEST LIFE

FEBRUARY 2013

## UPCOMING EVENTS

**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 II

**5/25:** Daedo Event

**5/25:** Afterschool Test

**6/10-14:** Ninja Camp

**7/8-12:** Movie Camp

**7/3-9:** USAT Nationals

**7/20ish:** World Championships.

## US Open Highlights and Results

KAT students had great results at the 2013 US Open Taekwondo championships in Las Vegas, NV. In sparring, Josh and Grace Kosloski won 5 and 4 matches respectively to earn GOLD medals. LaRon defeated Norway and US to earn a SILVER medal. Although the other competitors didn't medal, they all did extremely well, most of them racking up international victories and all but one KAT competitor lost to an eventual medalist. Alisher was very close to defeating



the Olympic silver medalist, winning the whole match and then losing on a controversial ref decision. To get the full story on the event, check out KAT

Facebook or [Colorado Martial Arts News](#).

## Twin Dragons Tournament – 3/23

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

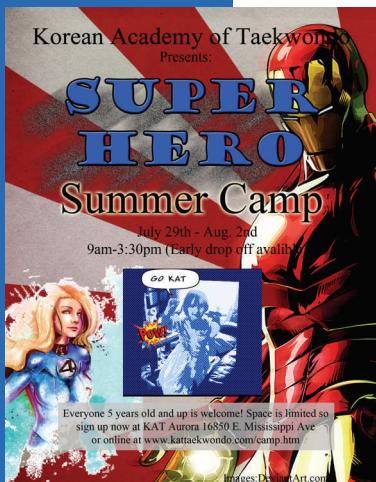
All KAT students should be involved in the tournament in some way. The best way is usually as a competitor. Also,

parents who volunteer are much appreciated! All volunteers will receive free spectator tickets and lunch.

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

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

## Packed summer of camps!



This summer KAT will host a number of great camps. We have **Ninja camp (June 10-14)**, **Movie Camp (July 8-12)**, and the all new **Superhero Training Camp (July 29-Aug 2)**. Superhero camp will involve training a

power and making a comic book. This year all the camps will be run by Instructors Kyle and Christina. For more information or to sign up visit [www.kattaekwondo.com/camp.htm](http://www.kattaekwondo.com/camp.htm)

We also have three exciting camps in the Littleton School. Email melindabeau-mont@yahoo.com for the details.

## Other Notes

**"Chuck Norris  
Doesn't call the  
wrong number.  
You answer the  
wrong phone."**

- 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
- Don't forget we offer class through the Community College of Aurora (CCA) sign up for next fall's class today!

## CO State Championships Results



KAT students did a great job at the 2013 CO State Championships, earning 23 GOLD medals against just 2 SILVER and 2 BRONZE. All KAT

students qualified for nationals. Highlights included CJ, Chloe and Kelsey defeating black belts in family forms, Anthony's great creative form, Tadan win-

ning the largest division (14 competitors) and much more. Josh, Grace, LaRon, and Sir all took gold in the black belt divisions. KAT won third overall.

# Master Bill's new book!

Master Bill's new book is now available! We had a release party at the Aurora dojang and there will be a signing 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 see more at [www.billpottle.com](http://www.billpottle.com) or order a copy on [Amazon.com](http://Amazon.com)



*"All war is deception."*  
Sun Tzu

## Word of the Month: Leverage

Archimedes once said “Give me a lever long enough (and a fulcrum to place it on) and I’ll move the world.” A simple lever is a device which is placed under something. The longer the device, the easier it is to move something. Basically, a lever multiplies force, and also potentially applies it in a different location or direction. What does that have to do with our

training? Basically, with the same amount of effort, you can have a greater result if you use more leverage. Doesn’t that sound like a great concept? There are two ways that we use this in our training.

**Physical Way** – Leverage is especially important in grappling. If you can increase the

lever arm, you can apply a much stronger torque in order to move your opponent or apply a submission. This is why 90 degrees is such an important angle. When the arm is bent 90 degrees, the lever is farthest away (longest lever) from the shoulder joint, and that is how the submission works.

[See the rest](#)

## Colorado Martial Arts News

KAT has partnered with several other schools and individuals to make the [www.coloradomanews.com](http://www.coloradomanews.com) website. It has more in-depth coverage of the local martial arts scene as well as product reviews,

interviews with prominent masters and instructors, and much more. This is a collaborative effort—if you would like to be a part of it, you can also become a reporter.

We also welcome story suggestions from students and parents.



BlackBeltForums.com

Sooner or later you are going to realize, just as I did, that there is a difference between knowing the path and walking the path.

~Morpheus

**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 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:

and Scientific proof benefits.

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

It is also linked on the KAT website under Taekwondo