



**Quick Links**

- [www.youtube.com/kattkd](http://www.youtube.com/kattkd) \*Recent Highlights Videos
- [www.kattaekwondo.com/sbn](http://www.kattaekwondo.com/sbn) \*KAT Blog, Terminology Story
- [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.
- [www.wikidrills.com](http://www.wikidrills.com) \*Hundreds of drills and techniques.
- [www.facebook.com/bill.pottle](http://www.facebook.com/bill.pottle) \*KAT Facebook

**Calendar**

- March 20<sup>th</sup>:**  
Referee Seminar
- April 3<sup>rd</sup>:** Master Kamil seminar (no class)
- April 17-18:**  
Collegiate Nationals
- April 30:**  
Beginner's Test
- May 15:**  
Intramurals 6
- July 31:** Outlaws demo @invesco field.

**Science Alert** – 'Dumb Jock' is a myth! In this [story from foxnews](#), they found that students who are in sports and exercise more get better grades and score higher on tests than their less fit peers. Of course, they're just saying something that KAT students have known all along!

**KAT in Wall Street Journal**

KAT will be featured in the *Wall Street Journal* on May 7<sup>th</sup> in an article about older students training martial arts. Stay tuned for more information about it.



**Colorado Parent Magazine 2010 "Family Favorite Competition"**

KAT is competing in the category of **Martial Arts Program** (under Activities and Learning)

To vote: go to

<http://colorado.parenthood.com/>

And click on the Vote for Family Favorites Button. Fill out the survey (must be 18)

Try enter votes in a few other categories

besides just Martial Arts Program.

*Whether you think you can or you think you can't, you're*

*probably right!*

*Dream Big.  
Work Hard.  
Believe Always  
Succeed Well.*

### Denver Outlaws Demo @ Invesco Field



KAT will be performing a demonstration for the Denver Outlaws pro lacrosse team on July 31<sup>st</sup> 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.

### Collegiate Nationals

We need to get sponsorships for the Collegiate National Championships coming up April 17-18<sup>th</sup>. Sponsorships are a great way for companies to get advertising and grow their brands. This is also a great opportunity for students to fundraise, **since 30% of all sponsorship money will be given back to each student/family** for any sponsorships that they arrange. See <http://www.kattaekwondo.com/ncta/sponsors.html> for the letters to give to companies.

Also, sign up to volunteer and you can attend the tournament for free.

### Referee Seminar – March 20<sup>th</sup>

Master Bob McKenna will be holding a referee seminar at KAT on March 20<sup>th</sup>. Come get certified so that you will be able to ref during the [Collegiate Nationals](#).

### Recent Tournament Results

Congrats to the KAT students who have competed recently. In the Tiger Kim's tournament, Joon Lee won first and Patrick Lam won second in the black belts combined weight division. Connor B won 2<sup>nd</sup> and Sarah Mast won 3<sup>rd</sup> in sparring. Sarah also had a sweet board break to win first. In the USAT qualifier, Josh K won 2<sup>nd</sup> and Chris M won 1<sup>st</sup> in their divisions, qualifying both of them.

### Featured Student Edwin G

Edwin G is the student who has been chosen to wear the “Student of the Month” Belt for Mar. Edwin was recommended by several assistant instructors for his dedication to training and helping others in the class. Be sure to give him a big “*chook ha hahm nida!*” the next time you see him.

## Challenge

A challenge is something that is difficult for you to overcome. Challenges are an integral part of the process of becoming stronger. Challenges provide motivation, and also specific obstacles to overcome. You could think of each challenge as a step, and the staircase the process of getting better.

Competition can be good for motivation because it provides challenges. This includes trying to defeat another person. In the end, the only true challenge is to reach your full potential, but having other people can definitely push you to become better.

You will get much more out of class or life if you challenge yourself. For instance, you could do pushups 'comfortably' going down, or you could really challenge yourself to hit the ground with your nose each time.

It's important that challenges, like goals, be difficult but reachable. Challenging a white belt to win the Olympics next year just isn't reasonable. The belt system has been specifically set up to always provide the next challenge for all of the students. The process of overcoming slightly more difficult challenges builds tremendous confidence.

*"Accept the challenges so that you may feel the exhilaration of victory."*

-General George Patton (American General, WW2)

### **To Do:**

**Give yourself a challenge this month. Describe it in detail.**

**(End of Month) Did you meet your challenge? Why or why not?**

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_