



KIM'S ACADEMY OF TAEKWONDO BLACKBELT ASSOCIATION NEWSLETTER

Volume 18– Number 4

April 2011

December

Schedule of Events

April

- 29- 220th Belt Promotion Test
6:00 PM
- 30- 220th Belt Promotion Test
12:00 Noon – 4:00 PM
Cookout

June

- 17-221st Belt Promotion Test
6:00 PM
- 18-221st Belt Promotion Test
12:00 Noon

August

- 19-222nd Belt Promotion Test
6:00 PM
- 20-222nd Belt Promotion Test
12:00 Noon
- 20-Blackbelt Pre-Test for
October

October

- 15 – KS City, KS Tournament
- 21 – 223rd Belt Promotion Test 6:00
PM
- 22- 223rd Belt Promotion Test 12:00
Noon
- 22 – 4:00 PM Cookout

- 16 – 224th Belt Promotion Test 6:00
PM
- 17 – 224th Belt Promotion Test 12:00
Noon
- 17 – Christmas Banquet 6:00 PM

News from Master Steve Hilburn

35th Annual Kim's Academy of TaeKwonDo Invitational Tournament

On Friday April 1st, a very dedicated team of Kim's Academy black belts, instructors, students, and parents met at the Farha Sport Center to perform setup for the tournament that would be held the following day. This was a very productive setup session. In addition to getting the difficult tasks of ring installation completed in advance, we learned about several conflicts from over-booking by the YMCA that would have created greater havoc had we discovered them Saturday morning. Friday evening gave us the chance to negotiate limited and precious resources of tables and chairs to ensure that there was enough to make the tournament a success.

The accomplishments on Friday allowed us the luxury of additional time on Saturday morning to work the emerging crisis that always surface, with an acceptable time buffer to get problems solved in time for the tournament start.

The opening ceremony was inspiring. I commend Mrs. Trego in her presentation

and description of the damage and loss to Japan due to the earthquake and tsunami. She did a very fine job in expressing the emotion and sorrow of Japan.

Opening ceremonies were completed in fine fashion. Thank you to Master Weaver for filling the role as Master of Ceremonies. Master Cowdery delivered a very elegant benediction. He also pointed out that we, in the mid-west, are not immune from a disaster such as the one experienced by Japan. Our disaster is called the New Madrid fault. I encourage everyone to Google "New Madrid" (http://en.wikipedia.org/wiki/1812_New_Madrid_earthquake). I was shocked to learn about New Madrid after moving back to Kansas 15 years ago. Earthquakes were one of the reasons we decided to leave the Puget Sound region.

The tournament operation appeared to flow very smoothly, at least from my vantage point in ring #10. I was aware of only a couple of disputes and they were easy to resolve to everyone's satisfaction.

Afterwards, cleanup was another star performance. We had many hands that make the work easy for all of us. Our biggest challenge was to collect and dispose of the trash that accumulated throughout the day so we could make progress. Trash patrol is likely a task that will need to be monitored next year, as each year the Farha staff seem less interested in presenting a positive image.

I was very impressed with the wide cross section of those that stayed to help cleanup. In addition to the usual suspects, we had help from students young and mature, siblings, parents and I suspect grandparents. I hope that you appreciate the difference that you made and more importantly, the example that you set for others.

I want to thank everyone that came out on Friday evening to help setup and to enable

us to get the most accomplished that evening. And again thank you to those that returned early Saturday morning to complete the task started Friday evening. Special recognition to the registration team for a smooth and on-time tournament start. The admission team and security team for getting our guests through the door into the competition area. Our lunch room team did an outstanding job with limited resources and should be recognized for their effort.

Master Alan Elcrat and Master Ray Gans for serving in the capacity as the tournament head referees. Master Robert Stankey for managing the sound and PA system for us again. Master Carl Beck for effort above and beyond that allowed us to hang the banners that showcase our sponsors. Dr. Bill Park for heading the medical team. I always feel safer when Bill is on site. And finally, Master Kraig Seglem for arranging the granite plaque that was presented to Grandmaster Kim. This plaque captures the Kim's Academy of TaeKwonDo Invitational Tournament event and the history that Grandmaster Kim has made possible over the course of 35 years.

To all that sacrificed and pitched in to make a difference, thank you. You did make a difference. To everyone else that is reading this and chose to sit on the sidelines while the others around you did the heavy lifting, no thanks to you. Your reward is coming, most likely in the form of higher taxes, groceries and gasoline.

Goddard Middle School TKD Seminar

On Friday April 8th eight Black belts conducted 15 TaeKwonDo mini-classes at the Goddard Middle Schools. Ten of the classes also included brief self-defense clinics for the girls P.E. department.

Three teams were formed to conduct parallel classes (5 each) for the Eisenhower and Robert Goddard Middle School girls

P.E. classes and the Robert Goddard Middle School boys P.E. programs.

This activity has been an on-going program at the Goddard Middle schools for the past ten plus years. Teams of Kim's Academy Black belts volunteer their time each semester and share their knowledge and experience with the middle school students.

I was very pleased with the classes and the outcomes that I was able to view and participate in. All the P.E. instructors were extremely complementary and appreciative of Kim's Academy and our representative Black belt instructors.

I would like to recognize and thank the following Black belt instructors for sacrificing their Friday time and sharing their knowledge and experience with the 12 & 13 year old boys and girls.

Master Dany Monares Goddard Boys class instructor	Robert
Master Bonnie Bowman Girls class instructor	Eisenhower
Master Steve Hilburn Goddard Girls class instructor	Robert
Jr. Master Diana Hilburn Goddard Boys class instructor	Robert
Ms. Terese Lewis Goddard Boys class instructor	Robert
Ms. Cyndy Mundt Girls class instructor	Eisenhower
Mr. Ron Hawkins Girls class instructor	Eisenhower
Ms. Caroline Park Goddard Girls class instructor	Robert

And ... Some Lunch Time Entertainment
The entertainment portion of this semester's program came outside of the classroom. As we have done for many years, we meet at the Goddard Subway, order sandwiches and take them back to our house to eat lunch. This year I had a secondary purpose. We were planning to have new carpet installed in our basement the following Monday. I needed to make our pool table mobile, in the hope that I would

not need to disassemble the table and remove the slates, then reassemble. As luck would have it, Chris Bowman was in the area on a job assignment and met Master Bonnie Bowman at the Subway for lunch.

My plan was to enlist 3 of our male black belts to lift one side of the table and then slide furniture dollies under the legs. Once I convinced everyone that we could do this with minimum organ rejection, we traveled down the stairs to find out just how heavy a pool table is with the slate still loaded. We never really got to find out. As we were analyzing the problem, Chris walked up grabbed one side and dead lifted it by himself. My first reaction was to jump on top of the table for the ride. After I slid the dollies under the leg base, Chris repeated the same task at the other end. The dollies worked like a charm. Now ... I just need to lure Chris back over to get the table off the dollies.

April Belt Promotion Test

The April belt test scheduled for Friday April 29th and Saturday April 30th will include two new activities.

The first new activity will be to extend the effort that was begun at the 2011 Invitational tournament. That activity will be to collect donations for the earthquake and tsunami disaster relief effort for Japan. Everyone is encouraged to seek out a donation can at the main school branch and to contribute towards helping the country and people of Japan to recover and rebuild.

The second new activity is also of a charitable nature, but with a more local emphasis. Each October and April belt promotion test, we celebrate the conclusion, by hosting a picnic and cookout following the Saturday test. All instructors, students, and guests are encouraged to attend and bring a favorite dish to share. Every October and April there is plenty of good food to feed all who attend. We are

fortunate to be members of a community (bonded by our involvement in TaeKwonDo) that are able to provide food for ourselves and our families. However, there are many in the larger metropolitan and rural community that are not so fortunate.

I invite and encourage all Black Belts, instructors, students, parents and guests to bring a non-perishable food donation (in addition to the dishes that you choose to prepare and serve at the picnic/cookout) to the main school for the April belt promotion test. We will collect the donations and deliver the food stock to the Kansas Food Bank. It is only appropriate that while we feast and celebrate the conclusion of another Black Belt promotion, we enable others that are much less fortunate to survive and persevere.

Instructors please share this information with your students prior to the April belt test. The greater the awareness, the greater the impact.

Kamsa Hamni Da
Master Steve Hilburn
Goddard Branch

Information from Jr. Master Diana Hilburn

Once again, Kim's Academy black belts hosted a very successful tournament despite the concern of low participation. The success was due to all the black belt, colored belts, and family volunteers who turned out to set up, run the tournament, and turn down at the end of the day. Many thanks to everyone for helping the tournament run extremely smooth. As a result, we were able to complete the tournament around :30. A special thanks to Master Ron Smith and Terese Lewis for once again finding us a great location and doing all of the leg work to make sure we had what we needed to be successful. While we had a few hiccups on Friday night, they were quickly overcome. Appreciate all

of Master Bowman's effort to coordinate the sponsorship funds this year and to the many that either found sponsors for the tournament or became a sponsor. Also appreciate Jim Mathias effort in once again creating the brochure for the tournament. They "went like hot cakes"! Both Master Carl Beck and Master Steve Hilburn came to the rescue Saturday morning when it was discovered we did not have the straps to hang the sponsorship banners. These guys did a great job in making sure our sponsors banners were well displayed at the start of the tournament. Thanks guys! Also thanks to Ron Hawkins for once again being the "carrier of the rings". Hum – almost sounds like a moving in the making!

Sincere appreciation for the hard work of Cyndy Mundt, Caroline Park, Lisa McGee, Jessica Mallard, Janice Meinhardt, and Nicole VanNatta who ran the registration table – you enabled not only the registration process run smoothly, but the bracketing of the competitors. Thanks also go to Master Carl Beck and Jr. Master Kerry Atchinson for once again doing a fine job at the spectator table collecting entrance fees. Appreciation goes to Bryan Crownover, Don Davis, and the two other gentlemen that ran security. I believe they were Jeff Hacker and Brett Harmann but I am not 100% positive as we had some last minute changes. I apologize for not getting the information at the time of the event. KABBA's sponsorship of scholarships was fundamental in gaining more volunteers than we've ever had for the tournament. Especially appreciate Nichole's coordination and getting the information to me in advance. We had lots of volunteers for both timekeeper and runners – thanks to all of the kids who volunteered for these two important roles. You guys did a great job! Thanks to parent, Jennifer Jimeney, for all your hard work making sure the referee lunch room had food ready for the judges and volunteers. You run a very efficient lunch room!

A big thank you to all of the black belts for manning the rings. The rings were well run with very few complaints (which is the goal). Sorry for all of the badgering prior to the tournament but I won't promise it won't happen again as it will. (Smile). Thanks to Master Cowdery for starting the day out with great reflection, to Master Weaver for being the great emcee of the tournament and keeping it moving, to Dr. Bill Park for being present with his excellent medical skills (glad you weren't busy), and to everyone else, not named, for helping this be a very successful tournament. Especial thanks to Master Kim for allowing this opportunity to demonstrate what we have learned over the year. Finally, thanks to all Kim's Academy students that participated in this tournament. Without you, there would be no tournament.

Thought you would like to see some statistics from the tournament. We had a total of 245 participants, compared to 230 last year. Of the 245, 172 were 13 years or younger; 46 were between 14 and 32, and the remaining were 33 or older. The largest group of competitors was the 8-9 years old, with 58 competitors, followed by the 10-11 years old with 51 competitors. Ideally, we'd like to see a larger spread of competitor's ages. I believe this is reflective of the belt test as well – mainly children with decreased number of adults. A great goal to improve on these in 2011! In comparison, 2010, we had 131 competitors less than 13 years of age, 59 between 14 and 32, and the rest above 33. Of the 245 competitors, 104 were from Kim's Academy. While this represents just under half, it represents only a fraction of the students training at Kim's Academy of Tae Kwon Do. AGAIN – another opportunity for improvement for the 2012 Tournament! There were a total of 12 different schools competing with the majority from the state of Kansas. The other states represented were Missouri, Texas, and Iowa. We are aware of several conflicts in March/April that will continue to keep the turnout low.

Regional and state qualifiers in both Kansas and Texas are occurring around the same time as our tournament. We are currently looking for ways to mitigate this issue so we can get a more robust number of competitors in all age brackets.

I hope I've not offended anyone by missing an important role you played in this tournament. I realize this is the risk of thanking individuals but I felt it was worth the risk. Hope you understand. Sincere thanks to all. If you didn't get a chance to contribute this year, make it a goal for 2012. Jr. Master Diana Hilburn

Great Bend Dojang – Master Joe Felke

Report from Dave Weller

I was unable to attend the Tournament so I can't give a first hand account of the event.

Hopefully the blackbelts from Great Bend who attended will file separate reports. The Great Bend Dojang has been attracting a lot of new students. It is so wonderful to see new, eager faces in our classes. Not that seeing the die-hard old timers each week is not pleasurable, but having new blood is good for all our students and the school as a whole. My wife, Lori, a second Dan has finally been able to return to classes after several years of inability to attend due to back surgeries and the recovery there-of.

Having female black belts attend class is so important to the young ladies starting out in Tae Kwon Do. Although they surely look up to the male black belts, I am sure it is more reassuring and gives them more impetus to keep training when they see accomplished female black belts near the head of the class. Master Kim has done a wonderful job in promoting and elevating the skills of the female blackbelts in the school. When I first began testing at the main school in the early 90's, the Master's table was an all male club. Now there several female masters, and more coming up the pike all the time.

This is a good thing on so many levels!! New students see that martial arts is not just "for the boys." And existing students are encouraged to keep training because they see they can succeed, just as the lady Masters have! Anyway, thanks Lori for your perseverance and dedication. And thanks to all the female Masters and black belts who add so much to our school and our lives!

I am eagerly looking forward to the black belt test and cookout in April.

Thanks,

Dave Weller

Northwest YMCA – Master Bonnie Bowman

NW YMCA

The NW Y sent three students to the Invitational tournament. Competing where Kirsten Sanders (KABBA winner), blue tip, and Nalica Nola and Holly Mitchell, yellow belts.

This was the first sparring tournament for Kirsten and Nalica, both of whom had to spar a higher ranking belt. Although I was unable to watch either match reports say both girls did very well, especially for first timers.

All three girls enjoyed themselves and look forward to more opportunities to compete. In fact Nalica and Kirsten are looking into buying their own equipment.

I enjoyed the tournament this year as well. The competitors were true sportsman and for the most part everything ran smoothly. However, I would like to encourage instructors to work with their students on using mostly kicks during their matches. We had several matches in ring 5 that wanted to do nothing but punch. I tried to get some of these young men to kick more only to hear parents or coaches yelling "punch" from the sidelines. Please work with your students

and explain to parents that this is a predominately kicking sport and help them understand when and where punches are of value.

Master Bonnie Bowman

South YMCA – Master Ron Smith

We had another successful Kim's Invitational Tournament on April 2nd held at the Farha Center of the South YMCA. We had around 235 competitors and for the most part it ran pretty smooth. We were able to get into the gym Friday night before and tape down the mats and had a big jump on the set up. We had a very nice turn out of Kim's students and instructors both Friday night and early Saturday morning to help set up. It is always the usual that stay to help clean up afterward, but we were still able to get out by 6:30pm.

We tried a new mat this year that is like a puzzle putting it together. It was really easy to put down and pull up, the only problem was the little ones we had on this mat at times were pulling the sections apart while sparring. When I was center reffing, I too pulled the pieces apart. So I think we need to try to purchase a thicker pad to see if they stay together better than the 1/4" pad we have.

Looking forward to April 29th and 30th for testing, especially the 30th with black belt testing, it is always fun watching others sweat. So everyone that is testing, put your game face on and enjoy the day.

Kamsahamnida,

Master Ron Smith

Information from Robert Stankey

One of the more time-consuming tasks we perform at every Invitational Tournament is the setup and teardown of the competition rings. These rings have served us well but have also been showing signs of wear and tear. Some of the competitions held elsewhere have been using an alternative type of ring that consists of 4 foot square section pieces which fit together like a jigsaw puzzle. Prior to this year's Invitational Tournament we purchased enough pieces to replace one of our traditional rings with this padded alternative. The new mat was identified as ring #5 and hosted some competitors from the 8 year old category, as well as all competitors for the 10-11 year old category. After the Invitational concluded a summary was put together on how well the ring performed. My thanks goes out to Master Ron Smith who helped provide the following information.

Pros:

- Easy to setup and tear down.
- When stored, takes very little space compared to our current mats.
- Easy transportation.
- No need to layer any tarp/other covering over the mat.
- Thickness of the pad we used is comparable to the padding used for the mats today.
- No need to wait for the mats to relax.
- Easier to keep clean.

Cons:

- A little slippery at times. This may be due to the newness of the mats themselves.
- Had some problems with mat pieces pulling apart.
- Mat had a tendency to slide at times.

Additional Notes:

- The mat we laid out consisted of 12 pieces per side and is little smaller than the current mat coverings we use. It is also a little smaller than the size of a mat specified by WTF rules. Adding one more row per side would resolve the size issue.
- The mat was not taped to the floor since it was thought the sum of all the pieces put together might be enough to keep it from sliding too much.
- One-sized thicker mat would do better. A thicker mat also means an increase in the total cost to build a single ring.
 - One option to investigate is placing some kind of 'no-stick' material on the underside of the mats. This might help hold the pieces together better. Whatever that material is, we need to make sure there are no issues with the material coming into contact with the type of gym floor used at the Y. Recall that we have to use special tape for the current mats because "regular" tape causes problems with the floor finish.
 - Kamsa Hamnida,
Master Robert Stankey

Missing Sparring Gear

At the end of the tournament, the South YMCA is missing the following equipment: White headgear and Small Hogu. Both are marked "South YMCA" and the hogu has "S YMCA" embroidered on the strap. If you or one of your students mistakenly took them, please return them or contact Nicole VanNatta at 204-3284 or nicole.e.vannatta@gmail.com. Thank You

