



KIM'S ACADEMY OF TAEKWONDO BLACKBELT ASSOCIATION NEWSLETTER

Volume 17– Number 9

December 2010

Schedule of Events

Here is a list of upcoming events, if you want to make sure they are on the newsletter Calendar. After these events are over, we should have some newsletter submissions about them. Thanks.
Nicole

Dec. 15

T-Shirt Design Competition deadline has been extended to Dec. 15. This will allow students to create designs at the Parents Night Out. See the flyer at www.kimsacademy.com

December 17 218th Belt Promotion
6:00 PM

18 218th Belt Promotion
Test 12:00 Noon

18 Christmas
Banquet

always something else you have to do. I have dealt with this many times and it takes great discipline to do a fraction of the above. One possible aid is to make a routine that you do every(!) day that does not require special arrangements or facilities. I have made a routine for myself to do in the morning before leaving where you are staying that you might find useful. It can be done in a small space without making noise or banging the floor or walls. (No jumping. You have to that somewhere else when you have time. This is a base.) I did it this morning in 10 minutes.

Exercises: 30 reverse crunches, 20 knuckle pushups, 30 squats, leg swings

Kicks: front kick return x 5, R and L
round kick return x 5, R and L
rear side kick return x 5, R and L
back kick return R, same other leg continuously for 10 reps (slow enough to keep balance)
right foot forward, turn 360 axe kick (keep balance!) x 4, then other side.

Simple, short not to stressful to start the day with. I'll let you know how it worked out next June. One more trick: always take the stairs, and if you feel energetic run up.

Message from Master Elcrat

All of us have to be away from home once in a while and when this happens we have to deal with how to keep from losing too many of our skills. I have to think about this right now since I will be away from Wichita much of the spring semester while I am on sabbatical.

It is easy to lose sight of how dependent we are on our weekly routine and GM Kim always being there. One thing you can do is find a gym, take your running shoes, run every day, do weight training several times a week, and do all of the forms at least 3 times a week. Great.

Now let's leave fantasy land and return to Earth. It never works that way. The schedule never comes out evenly, the place is hard to arrange, and inertia is very hard to overcome. There is

Message from Master Hilburn

Belt Test Observations and Suggestions
It is interesting how your perception is altered when a seemingly unrelated change occurs in an activity that has been ongoing for many, many years. Case in point, during the last belt promotion test, once we got to the advanced belt ranks and assuming there are many Masters occupying seats at the judging table, some of us on the periphery get to take what Grandmaster Kim calls a vacation. During one of my vacation periods, my mind is wondering, I'm thinking

about the cookout and I'm looking around the dojang for ways to streamline and improve what we do and how we do it. So, we can get on to the cookout part of the program. I would like to share a couple of things that I noticed, with the rest of the Black belts, that are not seated at the judging table.

When Black belts are asked to line up across from the colored belts for sparing, most often it is the adult Black belts that move forward. This is especially true if the student testing is pre-teen or teenage. That leaves our young Black belts on the sideline to either watch or socialize (which is what they do, it's in their DNA). Often, the student testing is intimidated by the size difference. In the process, we are alienating our young Black belts, that have worked just as hard to get where they are, by not allowing or encouraging them to take an active role in their school by actively participating throughout the phases of belt promotion test.

I guess what I am suggesting is that our adult Black belts need to take the initiative and promote active participation by the young adult, teenage, pre-teen, and youth Black belts during belt promotion test. Every slot across from a youth, pre-teen, teenage or young adult colored belt needs to be filled first by a Black belt that matches the student's own personal characteristics of age, gender and size. Then afterwards, all the vacant slots should be filled by adult Black belts. There should be no youth, pre-teen, teenage or young adult Black belts hanging out on the sidelines.

Once the sparing phase completes, it is reasonable for an adult Black belt to rotate in to hold boards or assist and coach the younger Black belts. Because unless they become bored and disenfranchised, our young Black belts will grow to become our future adult Black belts. They may also be the ones to select our Black belt retirement home. So treat them well and help them to grow and mature.

The interlude between sparing, board breaking and the start of the next test group, many Black belts stand along the wall (to stretch out from sitting). I know that I needed this "up time" myself after sitting for what seemed like hours watching an all day root canal belt test. What I did notice while I was "on vacation" was that several Black belts like to lean against the

mirrors. This is a natural reflex. The other natural reflex, is the mirrors when they flex into the wall and back out as you lean into them and push off of them.

Mirrors are just silvered panes of glass. Glass is not a solid but is really an extremely viscous liquid that slowly flows and settles over many years. You should understand that the dojang mirrors are not safety glass. When they break they do not shatter into small pea sized chunks. They split off into long sharp shards. It may take several washings to get all the blood out of your dobok. And as a bonus, the mirror panes are ridiculously expensive. When I last replaced some of the broken mirror panes, they cost about \$350 per pane and the ones that broke were dated (on the back) in 1957. And this is the part you will find hardest to believe, that makes them older than me.

So just like we tell the students that are testing, "Don't look in the mirror, the person in the mirror is making a mistake.", don't lean on the mirror, the person in the mirror is going to stab you in the back.

Belt Promotion Ceremony

I was disappointed to miss out on the Black Belt promotion ceremony held on Wednesday November 3rd. Both Master Carl Beck and Master Ron Smith have trained with me and my family for many, many years. I know, I know, I don't look that old.

I had a good reason to not attend. My wife, Jr. Master Diana Hilburn had her lumbar fusion surgery that afternoon and by the time the Belt promotion ceremony was starting, she was coasting along as a level 12 (on a scale of 1-10), on the pain measurement scale. I waited to tell Diana's parents and Grandmaster Kim until after the surgery, as they worry too much about the things that can't be helped by worrying.

I since learned that all of her negative behavior following surgical recovery; dressing down the nurses, use of strong language, etc. were all my fault. I have taken several steps to correct my behavior since. I have been doing pushups continuously (534, 396, 534, 397, 534, 398) and I hope I will learn something from all of this.

On a serious note, I would like to thank everyone that stopped by to visit Diana in the

hospital and those that sent flowers to help her through her pain and frustrations that surface early in the recovery phase. Nearly a week following the surgery, she was showing positive signs of recovery considering the invasive nature of the procedure.

My first thought when we got home and I filled the narcotics pain prescription was “what are we going to do with all the left-over pills?”. So I recorded the time and amounts each time I administered pain medication (1 or 2 every 4 hours as needed...). I did not read the rest of the prescription instructions, “not to exceed 8 in 24 hours” until three days later. By then I was administering 12 or more a day.

If they didn’t write the prescription instructions like they write instruction manuals, more guys would read them.

An then the Semi Hit

So, six days later, we’re driving over to the other side of Sedgwick County to get a new prescription (who would have known, they don’t phone in narcotics prescriptions) for pain meds. As we’re heading back home, West on Kellogg, just past Resthaven cemetery, we (and everyone else in the West bound lanes) notice a sheriff’s car pulled over in the East bound shoulder (working a stolen car, we later learn). Two cars in front of us, an unmarked sheriff’s detective switches on his lights and makes a U-turn in the median to help work the stolen car in the East bound shoulder. That’s when things started to happen fast. The car in front of us slammed on his brakes (to avoid hitting the sheriff’s detective), I slammed on my brakes to avoid hitting the car in front of me, everyone in the outside West bound lane slowed down to rubber neck at the flashing lights. The Kenworth semi behind us did not slow down or brake. The truck driver was busy watching the rubber neckers in the outside lane. He rear-ended my Impala at 40-50 mph.

As I’m busy braking, trying not to hit the car in front of me, resisting the urge to turn left into the sheriff’s car in the median, assessing my chances of threading the needle between the cars in the outside lane, Diana yells, “He’s going to hit us!”. That’s when I looked in my rear-view mirror and saw nothing but Kenworth grill. My final thought was “we are going to die now.”.

What happened just before the impact was right out of a Sam Peckinpah movie. So, for whatever reason, I took my foot off the brake pedal. Everything seemed to slow down and time felt like long, expanded film frames slowly advancing on a screen. And so it played out in slow motion, through the impact, as the car was slammed forward, my coffee cup launched and suspended in orbit, the radar detector detached and propelled, twisting backwards like a missile with the power cord attached, the change pouring from my right front pants pocket, everything slowed way down. Then the sound waves caught up with the rest of the action. Once I heard the sound of the impact, everything accelerated into real-time speed.

I managed to steer and brake onto the median and stop the vehicle. Then that’s when the screaming started.

I am thankful for three things; neither of us were killed (praise Jesus), we were both wearing our seat belts, and Diana was wearing her back brace.

The outcome could have been written much differently.

Goddard Middle School TKD Seminar

On Friday December 3rd seven hardy Black belts (and one injured Black belt) 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 years. Teams of Kim’s Academy Black belts volunteer their time each semester and share their knowledge and experience with the middle school students.

This year was especially exciting as we were asked to tailor a program for the boys P.E. classes. When I scheduled this event, I had planned to work the boys class just to find out if middle school boy can sweat in 50 minutes. Following my encounter with the semi

(see above), residual neck and back pain helped me to realize that such a level of activity (multiplied by a factor of 5) was not a wise choice. Fortunately, two of the Black belts that volunteered to help were very much suited to the task and performed exceptionally, based on the wide grin on the face of the boys P.E. instructor at the end of the day.

At the beginning of the Robert Goddard girls classes, the P.E. instructor warned us that her last class was an on-going train wreck, and we should radio for reinforcements. I offered to let Terese Lewis lead the last problem class, but she declined. I soon understood her motivations. Once the girls started to act out, as we were warned, Ms. Lewis quickly marshaled their attention and made it clear exactly what was expected from them. She exerted her presence and authority. Well played.

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 Robert Goddard Boys class instructor
Master Bonnie Bowman Eisenhower Girls class instructor
Master Steve Hilburn Robert Goddard Girls class instructor
Jr. Master Diana Hilburn Robert Goddard Girls class instructor (injured reserve)
Ms. Terese Lewis Robert Goddard Girls class instructor
Ms. Janice Meinhardt Eisenhower Girls class instructor
Mr. Ron Hawkins Eisenhower Girls class instructor
Mr. Scott McKinney Robert Goddard Boys class instructor

Kamsa Hamni Da
Master Steve Hilburn
Goddard Branch

Message from Terese Lewis

I was very pleased to participate in the day-long program at the Robert Goddard Middle School on Dec 3, teaching minimum amounts of Taekwondo and self-defense to 7th and 8th grade girls. As much as can actually be taught in a one-time 47 minute class, that is. But the girls showed great enthusiasm, willingness to participate, and many with enough coordination and power to be ideal candidates to pursue further martial arts training. With the handouts distributed (when we remembered) and the interest displayed by some, I hope we might actually see some future students to Kim's Academy.

This event, orchestrated by Master Hilburn, was very thorough. Working from the outline he prepared, it was very easy to ensure that each of the 6 classes received the same information, were shown and practiced all the same kicks, and were shown and practiced all the same self defense moves. Since this was the first time I participated in a day-long event, I was happy to have such organization - my appreciation for your efforts Master Hilburn!

In addition to the actual class time, it was a great opportunity to spend some time with fellow black belts, especially over the lunch break. Thanks to Jr. Master Hilburn for offering home-baked cookies to go with the camaraderie! I enjoyed the day very much and want to encourage others to take the opportunity to participate in these events when they arise.

Kamsa Hamni Da
Terese Lewis

Note from the KABBA - Brand Merchandising Committee:

Be on the lookout for the upcoming offering of Kim's Academy embroidered warm-up suits and jackets. We hope to have samples to show at Dec Belt Test, with orders to be taken over the following weeks. A lot of effort has gone into selecting something that will show off our Academy and team spirit, especially when traveling to tournaments and demos. We hope you like them! Orders won't arrive by Christmas day, but an empty box with a picture inside works very well for those with gift-giving intentions!

News from the Dojangs

Hoisington Branch –Master Gene Manweiler

We haven't had too much excitement in the last month but I am happy to report we have 5 new beginner students that hopefully will be testing after the first of the year.

From all of us in Hoisington, everyone have a MERRY CHRISTMAS and a GREAT New Year!

Master Gene Manweiler

NWYMCA – Master Bonnie Bowman

Friday, Dec 7 several black belts had the opportunity to teach self defense to the girls PE classes in Goddard. Ron Hawkins, Janice Meinhardt and I spent the day at Eisenhower Middle School working with Stephanie Mouse's classes while Steve Hilburn led the group at Robert Goddard Middle School.

We had a great time teaching the girls about defending themselves. We covered trusting your instincts, how to walk when you are alone and avoiding bad situations. We stressed thinking about what you would do before you needed those skills so you would be ready to react quickly. The girls listened attentively and jumped right in to practice what they had been taught. It was a very enjoyable experience and I know I had a lot of fun working with these young ladies as I am sure Ron and Janice did.

Bonnie Bowman

Andover Branch – Master Joan Bahm

The programs at the Andover Y continue to do well. I now have between 20 and 25 enrolled in the beginner class on Tuesday and Thursday from 6:30 to 7:30, and Master Holding has about 9 in his advanced class. I now have some older students in the beginner class, (13 and 15 years old), so I'm hopeful that eventually instead of just being a kids class, I'll finally have some beginners of all ages.

I am still looking for an assistant (paid by the Y) for the beginner class. The Y would also like to start a Saturday morning class, so an assistant could also have the opportunity to teach that class if they were interested. The assistant would also be able to provide back-up for both me and Master Holding if either of us needed to be gone. The Y has told me that they are interested in having a one time self-defense class on a Saturday sometime in January. The date can be whenever someone can teach the class. I can't teach it, since I am out of town most weekends. If anyone is interested in assisting in the beginner class, you need to go to the Y and apply if you are not already a Y employee. If you are a Y employee, the contact person at the Y is Jason Pedigo. Also, if anyone has interest in doing the self-defense class, you can let me know.

Merry Christmas
Master Joan Bahm

West YMCA – Master Steve Peschka

Report from the West YMCA.

Congratulations to all who tested in October. From the West Y Scott & Brandon McKinney tested for 1st Dan. Some of you may remember the June 2009 test when Scott shredded his knee with that sickening 'POP!' Reconstructive knee surgery and months of physical therapy were required before Scott could return. Many people would have given up. Not Scott. It is a pleasure to have him and his sons in class.

Lewis and Leslie May competed at the October 16 KC tournament. Leslie took 2nd in both forms and fighting while Lewis took 1st in both. Lewis brought in one of his trophies to show the yellow belts... and promptly broke the leg off of it. Whoops.

We have a good class at the West Y. Thursday night forms, Tuesday night fighting. Beginners at 6, Advanced at 7. When we fight I separate the men (and older boys who like to fight) from the women. So if there are any ladies who want to fight come on over. Mrs. Mundt, Mrs. May, Ms. Garcia anBo), Ms. Mack (Red Belt) would love to have some company. Plus you won't fight some 250 pound man, just ladies your size.

While I am on the subject, we black belts must be more careful when we match up men vs. women. Especially when putting lower belts (yellow, green) against women. Sorry ladies, but a 250 man pound man will hurt a 130 pound woman. It is a matter of simple physics. I've known several women who quit TKD after getting knocked around by a man. When a woman fights a man it should always be her choice.

With the advancement of Mr. Beck and Mr. Smith to Master we now have Master instructors at all the YMCA's. This is quite an accomplishment for Master Kim and our school.

Master Steven Peschka

Cheney Branch – Master Kraig Seglem

I hope everyone has had a nice fall. Our classes in Cheney have sky rocketed. We are averaging around 25 students ranging from 4 yrs to 65 yrs old. We have a nice mix of ages and belt levels.

Right before our class starts is a ZUMBA class that is packed full. I usually get to class 15min early and can't even find a place to park. The other night I made an announcement after the Zumba class that if anyone would like to stay for TKD class it would be free. I was surprised that 4 or 5 came back to my class. I told the Zumba gals that I would guarantee a good sweat and the ones that came back got a good workout. I am going to continue to make offers for free classes after Zumba class. We may have to ask Cheney Rec for a new building as much as we are growing. I have been at fault not contributing to past news letters, but I promised Master Cowdery I'll do better. Sir, we all appreciate your contribution to the Kim's Academy News Letter and hope you continue. I would like to see some of the newer blackbelts start sending information. As many BB that test you would think we would have 25 pages worth of information. I don't know how many BB are out there, but there should be so much information to send that Master Cowdery would need more memory for his computer. I know that I can send more, but we have too many BB out there that Master Cowdery shouldn't have to ask for data.

Let us all make a goal to send more information. It would be nice for some newer BB to contribute. This would be a good way to start your new blackbelt journey. I'm sure with all the computers around it wouldn't be hard to do. If any of the newer Blackbelts would like to help at set up at the Christmas Banquet I'm sure we could find you a job. The more we have the quicker we can get set up and enjoy a nice dinner. But don't rush off too early, because we do have to clean and put everything up. These things are just a few to mention that as a blackbelt you can help contribute. These things are part of being a black belt. I received a phone call this week asking if we could do a demo and self defense techniques for Garden Plain Elementary School. Master Wentworth and myself will be conducting on Dec.20th. Total number is around 215 kids. We will be breaking boards and handing out flyers for the Cheney and Goddard Branches. If anyone would like to help please send me and e-mail. I haven't been to BB class in awhile, due to the business of this time of year, but plan to come shortly. I miss having class from Master Kim and all seeing everyone. I would like to congratulate Master Smith, Master Carl, Junior Master Knowles and everyone that tested. You all did a great job. I would like to congratulate Master Wentworth and his new Wife Nelda Wentworth on their marriage the day after thanksgiving.

God Bless you both!! Good luck to all that are testing in December, and I hope everyone can make it to the Christmas Banquet after testing. No one ever goes home hungry. See you all at class or the Banquet.

NEWS FROM BARTON COUNTY COLLEGE

With the semester winding down the students from BCC came to Master Felke's Dojang for a belt exam/skill demonstration. I felt that they did well ,they were tested for approx 1 hr. and nobody died. One student a local Great Bend resident now plans to continue his TKD education with Master Felke he really enjoys TKD. The move into the gymnasium at the campus appears to have paid off as I currently have 7 students enrolled for next semester. It's amazing how much being in the open has helped.

After every basketball/volleyball game most of the students seem to exit by the classroom area and then stay and watch. I hope everyone has a great Christmas and a Happy New Year!!!

Kamsa hamni da

David Keil 2nd Dan

Great Bend Dojang – Master Joe Felke

Report by David Weller

The holidays are here and the season of endless snack trays, cheese balls, candies, pies and all that other delicious stuff we all know we should eat in moderation, but seldom do. What to do after eating your third meal of the day and it's only 11AM?? The answer is obvious: Get your rear end to a few classes and sweat some of those unwanted pounds away. Reducing calories is a great way to stay trim and fit, but if you are not willing to give up those fantastic treats, treat yourself to a few extra hours a week in the Dojang. You'll feel better about yourself, and your instructor will think you are really wanting to improve ~ a win-win situation!!

Classes are staying pretty steady right now, but we have a couple of new students so we have fresh eager faces in some of our classes. That is always a good thing!! One of Master Felke's new students recently moved here from Hays, KS where she trained at the Sun Yi School there. Amazing to me how differently we do some things, and just as amazing how many things we do the same. I do enjoy taunting the higher color belts, asking them why they do not kick as well as the brand new white belt... But I always let them off the hook and explain the new student's credentials. I also use it as a lesson in integrity and humility - a 2nd Dan who is willing to strap on a white belt and start over in a new system. That is pretty awesome!

Eager to see all my TKD friends in December at the test!!