



KIM'S ACADEMY OF TAEKWONDO BLACKBELT ASSOCIATION NEWSLETTER

Volume 18– Number 2

February 2011

Schedule of Events

April

- 2-Kim's Academy Tournament
South YMCA All students
Participate
- 16 – Topeka, KS Tournament
- 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

December

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

KABBA to give Tournament Scholarships

KABBA will be giving away four paid tournament entries for the 2011 Kim's Academy Invitational Tournament on April 2. Colored belts of all ages and junior black belts (ages 17 & under) are eligible if they volunteer to work at the tournament, either setting up, during the tournament, or tearing down.

Instructors should take a sign-up sheet to class, and have interested students sign up. The instructors should return the sign-up sheet before March 26. Students are expected to work at the tournament regardless of whether they win a scholarship; and instructors are asked to sign the bottom of the sign-up sheet to indicate that the instructor considers the listed students reliable to show up for their given assignment.

Sign-up sheets are available at the main school and also have been sent by email to instructors. Any instructor who needs a sign-up sheet can email

KABBA.Board@gmail.com. Sign-up sheets should be returned to a KABBA Officer or Scholarship Committee member before March 26. This includes the following people: Robert Stankey, Nicole VanNatta, Jessica Mallard, Cyndy Mundt, Bonnie Bowman, Alicia Looney, Meridith Geirhart. Out-of-town branches can return their lists by email to KABBA.Board@gmail.com.

The winners will be drawn on March 26, and contacted by phone. Please make sure to tell your students, so they don't miss this opportunity.

Dear Kim's Academy Black Belt,

Kim's Academy Black Belt Association (KABBA) was formed to help coordinate projects and events at Kim's Academy of Tae Kwon Do. They also help facilitate renovations around the dojang and scholarships for Kim's Academy students.

The mission of KABBA is...

To be a positive force in our community through the promotion of Tae Kwon Do. To foster the beneficial and constructive growth of the next generation of black belts and to preserve harmony within the entire black belt family.

More information on KABBA can be found at the Kim's Academy website www.kimsacademy.com.

KABBA membership is open to all black belts from any Kim's Academy school. By joining, and paying your \$20 yearly membership, you are showing support for Grandmaster Kim, Kim's Academy, and your fellow black belts. KABBA is collecting 2011 dues now. For your convenience, a remittance form is included at the bottom of

this letter. You may make your payment in one of three ways:

1. Hand your form and payment to any KABBA officer
2. Leave your form and payment in the can at the main school (please paper clip dues to form or use one of the provided envelopes)
3. Mail your form and payment to:
KABBA c/o Nicole VanNatta
1206 N. Manchester Ct.
Wichita, KS 67212

Your dues are used to support belt tests, picnics, Christmas parties, tournaments, and special events throughout the year. KABBA provides boards for breaking at tests as well as demonstrations. Thank you for your support.

KABBA Board

**Kim's Academy Black Belt Association
2011 Dues Remittance Form**

Name _____

Address _____

Email Address _____

Please make checks payable to Kim's Academy Black Belt Association

Dues \$20 x _____
 = \$ _____ Total Payment
 (Number of black belts)

List any other black belts in your household you are paying for:

News from the Brand Merchandise Committee

Submitted by Terese Lewis

Due to popular demand, we are offering another opportunity to purchase the Kim's Logo apparel as a "Rush Order" in time to receive for the Invitational Tournament on April 2, 2011.

Apparently, after what I was concerned would be publicity to the point of nausea, there were actually folks who never even heard we were offering the logo apparel and were terribly disappointed to have missed the boat. Couple that with the few who let the deadline get away from them (you know how it is: out of sight, out of mind that dogs us all) and we have the beginnings of a respectable order.

I would ask everyone's help once again to **GET THE WORD OUT**. The order forms are still available through the web-site and are still required to be pre-paid.

There are pictures on the web-site (but not of the hoodies), as well as in the last newsletter in case someone hasn't seen them yet. We have black with red-trim Hallway warm up suits (which are ordered as separates) in sizes for Men, Women, and Youth (styled like the Men's version), navy Tri-Mountain jackets in sizes for Men (including plus and tall sizes) and Women, and light gray Hanes hoodies, both pullover and zip in Adult (including plus sizes) and Youth. Your instructor may also have a booklet with pictures of the apparel including the hoodies and a copy of the order forms for you to look at.

The exact size detail available for each item is listed on the order form. The "plus" and "tall" sizes carry an additional charge, which is also designated on the order form.

Please, please, please make announcements to your classes, friends, and TKD buddies so we don't miss anyone this time.

We will take orders until Friday, March 11, 2011. The delivery will be received by March 29, and distributed at Black Belt class on Wed, March 30. Those who don't pick them up at that time may pick them up at the tournament the following Saturday, April 2, 2011.

Due to this short time-frame, I am asking that orders with accompanying payment be mailed directly to me: Terese Lewis

359 N. Clifton Ave Wichita, Ks.
67208

Checks should be made payable to KABBA, and please be sure to include the 7.3% sales tax.

If you have any questions, need help getting the order form, or whatever - I can be reached at: 316-687-3608 (home), or 316-648-0063 (cell), or tlewis34@cox.net (email)

If you download the Excel version of the order form from the Web site, Kimsacademy.com, it will calculate the charges and tax for you. To facilitate the process, I would appreciate if you would email me a copy of your order using that file, so I will know to be looking for your payment in the mail.

Please be sure to include on the order form your TELEPHONE NUMBER, BRANCH SCHOOL / INSTRUCTOR NAME, and your EMAIL ADDRESS so I can contact you.

Invitational Tournament Information – Jr. Master Diana Hilburn

☺Our invitational tournament is rapidly approaching and **we need your help** to ensure this tournament is a big success. At this time, we only have enough black belts signed up to run **4 rings out of the normal 10 rings we run**, and that is assuming everyone is able to attend. In the past, we've had a few no shows for various reasons (illness, work, etc). There is still plenty of time to get your name on the list. While we collected the initial names at last week's belt test, the signup sheet will also be brought to Wednesday's black belt class. In addition, feel free to email Jr. Master Diana Hilburn, at Dianakayhilburn@sbcglobal.net and she will be happy to add your name to the list. ☺ We currently have the following names for rings: Jr. Master Susan Zurowksi, Jr. Master Mark Waller, Nicole VanNatta, Craig Mundt, Cindy Mundt, John Raab, Scott McKinney, Ron Hawkins, Master Steve Hilburn, Master Kraig Seglem, Master Carl Beck, Jr. Master Kerry Atchinson, Jessica Mallard, Jr. Master Dave Weller, Lisa McGee, Tom Quillen, Sheila Hardman, Troy Wiltse, Cindy Hawkins, Master Dany Monares, Richard Kerwood, Caroline Park, Master Alan Elcrat, Master Ray Gans, and Jr. Master Diana Hilburn. If I missed your name on the list or you missed the opportunity to sign at belt test, accept my apology and send me a quick email and I will be happy to

add. In addition, several black belts have signed up for the T-shirt table. This may be another opportunity to get a parent or colored belt to allow the black belts to be assigned to run rings.

We also need a few more timekeepers and lots of runners. Remember instructors - this is a great place to have colored belts, both adult and kids, learn how black belts run rings. Possibly look at some of your blue or red belt students so they can begin to get more exposure to the tournament process and not be so intimidated when they become black belts and are asked to join a ring.

I'm not worried yet. With the scholarship opportunity, we should be able to draw in volunteers who have never participated in past tournaments. Definitely need to begin to grow our ranks again to be able to continue hosting this wonderful tournament each year.

The one final area we need help is **in security of the tournament**. The security team does not need to black belts but need the ability to control situations before they turn into issues. Again – great opportunity for adult colored belts to be involved and learn the workings of the tournament. We do have some black security T-Shirts available, compliments of HP. Unfortunately, they are all one size so as soon as I know who is planning to be on the security detail, I can look to get alternative sizes if necessary.

Information from Master Bonnie Bowman

NWYMCA Sponsorship Chairman

I would like to mention the tournament sponsorship options and encourage black belts to talk to people they think may be interested in sponsoring the tournament. I would also encourage instructors to discuss with their students doing a class sponsorship.

There are 5 types of cash sponsorship opportunities

1. *Individual Sponsorship - \$15:* Company Name listed as a sponsor in the tournament program
2. *Business Card Sponsorship - \$50:* Business card size add with company name/logo in tournament program
3. *Half page - \$275:* Half page company advertisement in tournament program
4. *Full Page - \$500:* Full page company advertisement in tournament program
5. *Banner - \$1000:* Banner with company name/logo on 10 ft. by 2 ft. Banner at tournament

Discount coupons to a product or service are also welcomed.

Message From Master Steve Hilburn

Self-Defense Seminar at Maize Middle Schools

On Friday December 17th, Black Belts from Kim's Academy of TaeKwonDo held three sessions of self-defense training for the girls P.E. program at Maize Middle School. This event was a bit different than past events as the students that attended these 3 classes were 6th grade, rather than the customary mixture of 6th, 7th, and 8th grade students.

My first clue was that the girls all appeared smaller than the group of 7th & 8th grade students that we had held classes with the previous week at Goddard. My second clue was during the description phase where I explain how an experienced attacker will perform a choke attack. Apparently my description was too graphic for the audience. One of the students passed out. After moving her off the floor and onto the nurses office I continued with the choke defense counter description. Then another student passed out. Again, off the floor and to the nurses office. After the group was stabilized, we moved on to the attack from behind scenarios. It was during the description of techniques used to make the attacker release their grip from around the abdomen, involving a small compound fracturing of the little finger of the attackers hand that ... yes down went another one. Again, off the gym floor and to the nurses office. Then we got a visit from the nurse. She wanted to know what was going on in the gym that was generating such brisk business for her on a Friday morning.

As I was leaving the gym to change, a fire alarm went off.

I doubt I will be invited back.

Thanks to the following Kim's Academy black belts that took time out on a Friday morning to join with me in scaring the 6th grade students.

Master Bonnie Bowman

Mrs. Cyndy Mundt

Mrs. Terese Lewis (my attack victim)

Mr. Jim Mathias (our camera man that got it all on film).

Self-Defense Seminar at the Andover YMCA

On Saturday January 22nd, Black Belts from Kim's Academy of TaeKwonDo held a two hour self-defense seminar. The seminar was limited to only adult women (18 and above). There were a total of 17 students. This was a very well prepared session by Master Joan Bahm. Master Bahm provided handouts, descriptions, and personal safety tips for the students to get the session started. Several of the students took notes and all asked many good questions.

This was both a disappointing and successful session. Disappointing in that as I explained that the most likely profile of an attacker would be a 200 – 250 lb, ugly, hairy, sweaty, smelly man; not a handsome young man like me, they laughed and giggled! Come to think of it, so do the middle school girls. They were probably still nervous about the class.

The successful part was that the students warmed up quickly to the interactive and hands-on scenarios that we demonstrated, practiced with enthusiasm, and asked many good questions and did not drift too far onto TV portrayed events of an attack and victim escape.

And, no one passed out.

Thanks to the black belts that sacrificed their Saturday afternoon to participate in this session.

Grandmaster Kim

Master Joan Bahm

Master Teresa Wade

Master Bonnie Bowman

Jr. Master Mark Waller

Mrs. Cyndy Mundt

Mrs. Terese Lewis (my attack victim)

Master Bob Cowdery Hip Replacement Surgery

On January 27th, my daughter Ashley and I visited with Master Cowdery at Wesley hospital the day following his hip replacement surgery. We visited with him for about 30 minutes. I was very impressed with Master Cowdery's recovery progress. He had already transitioned from IV pain meds and had been up for physical therapy. I was very glad to see how well he was responding to post-surgery recovery and his attitude for returning to a more active lifestyle.

Master Cowdery, congratulations to your successful surgery and best wishes for a full and speedy recovery.

Kamsa Hamni Da

Master Steve Hilburn

Information from Robert Muller

Testing Solo

I like to thank Grand Master Kim, the Masters and Black Belts for allowing me to test during Black Belt Class last Wednesday. Most of you probably don't know this, but I am currently working on my Master in Business Administration.

The program demands a significant amount of group work, which requires me to dedicate Fridays to my group and Saturdays to in-class lectures. Because of this, I cannot test on Fridays or Saturdays. Initially, I did not plan on testing. Grand Master Kim, however, offered me the idea and opportunity to test during black belt class. Once again, many thanks to all of you for your help, support and understanding.

Robert Müller
2nd Dan, Main School

Website Galleries

We have started to switch our gallery provider from 1&1 to myphotoalbum.com.

The reason why we switched is that my photoalbum.com offers more sophisticated galleries at a much cheaper price.

Our plan is to phase out and remove the old galleries (all until February 2010) by the beginning of May. If you or your students would like to keep some of the old photos, please download them prior to May 1st. In case you or your students have a problem downloading photos, please let me know (robertmuller8@gmail.com).

Thanks!
Robert Müller
2nd Dan, Main School

NEWS FROM THE DOJANGS

Andover YMCA – Master Joan Bahm

The TaeKwonDo classes at Andover continue to grow. In the beginner class, I have between 20 and 25 students. One just tested for blue belt and students also tested for green tip and yellow belt this last test. Master Holding's advanced class is also growing with students from white through

black belt. After many months of asking the Y if they would pay for an assistant for my class, they have agreed to do that. And of course, they are also now asking me on a daily basis why I haven't found someone!! So here is what I/they want. Someone over 18, preferably a third degree black belt, someone who is capable and responsible enough to take over my class and/or Master Holding's class when either of us are gone. The assistant could also teach a Saturday class. They will pay \$10/hour plus a Y membership. If you are interested, go out to the Y. Make sure you either talk to Jason Pedigo or make sure the application gets to him.

On January 22, at the request of the Andover YMCA, we conducted a women's self defense seminar. I had an abundance of excellent black belt help for the seminar. Master Steve Hilburn and Mrs. Terese Lewis demonstrated techniques for the class, and then the participants split up in pairs and practiced the techniques. Master Teresa Wade, Master Bonnie Bowman, Jr. Master Mark Waller, and Cindy Mundt also assisted. If I forgot anyone, I apologize. The 22 participants seemed to really enjoy the class, they were all very engaged in practicing the techniques and asked many good questions. We were also honored to have Master Kim in attendance at the seminar. The Y has asked us to repeat the seminar in the summer.

Master Joan Bahm

Great Bend Dojang- Master Joe Felke Report By Jr. Master Dave Weller

Here is the news from the Great Bend Dojang. The February belt test and black belt pre test went great. Although the attendance felt

somewhat light, the students were eager, and for the most part, well prepared. It was a pleasure to see Mr. Atchinson doing his Master's pretest. I've had the great good fortune to test with Kerry several times, the last being for our 4th Dan tests. I would have loved to have been standing with him, but I did not feel I was physically, nor mentally, prepared to take the leap to Master status. Then Master Felke began to brag on the quality and length of Mr. Atchinson's paper, and my stress and un-preparedness factor increased greatly. I so enjoyed holding boards for Mr. Atchinson, his breaks were stellar ~ full of power, and right on the money. Thanks, Kerry~!!

We had one student from the Great bend Dojang testing, and he did a fine job. He is a yellow belt, and I know he was nervous, but he maintained his composure and had a great test! We have a couple more students that were ready to test, but not able to make the trip. Master Felke will catch them up at his make-up test. I really enjoy those. I try, if I am fortunate enough to lead the test, to make the students wish with every fiber of their being that they had been able to travel to Wichita.

Classes have been full to the brim in Great Bend lately, I hope we can keep the students enthusiastic and coming back!! With the nice weather the last few days, I suspect we'll have some spring fever fall-out for classes this week. Once it's nasty again, and it will be, they'll be back for more punishment.

thanks once again to all the Wichita area black belts for making us outlanders feel at home and welcome, you guys and gals are the greatest!!!!

Jr. Master Dave Weller

West YMCA Dojang

Instructor: Master Steve Peschka

By Assistant Instructor: Cyndy Mundt, 3rd Dan

Great test everyone! We were very pleased with the performance of our students.

I have to brag on Leslie May. Craig Mundt commented after the test as did several other people "You wouldn't think to look at her that she could break 3 boards. But that girl can bring it!" Nicely done.

Every test presents a learning opportunity for those testing and watching. The past test was no exception. While we truly commend you on your efforts in class and at the test. Remember Taekwondo is a journey not a destination. One of the terrific aspects of Taekwondo is that we can progress at our individual pace based on our talents and personalities. There is always room for improvement. In addition to "training hard" try "training with focus". Receive the recommendations for improvement from the Masters as a gift and make them the focus of your training.

Congratulations to all of our students who tested in February.

Pre-testing for 2nd Dan:	Leslie and Lewis May
Pre-testing for 1 st Dan:	Eric Haong
Pre-testing for Danbo:	Trevor Mckinney
Red-belt Black tip:	Eden Maack
Red-belt yellow tip:	Bailie Hickle
Blue belt:	Joseph Schubert

Green Belt: David
Schubert and Brandon Cortez
Yellow belts: Lillian and
Ryan

West YMCA classes are on Tuesday and Thursday evenings with the beginning class from 6:00 to 7:00 PM followed by the advanced class from 7:00 to 8:00 PM. We have changed sparring night to Tuesday. We extend an open invitation to all Kim's Academy students to join us.

Hoisington Branch – Master Gene Manweiler

News from Hoisington,

You know how sometimes plans just don't fall into place????? Well that seems to be happening a lot in my life right now. The week preceding our last belt test in Wichita, I had plans on attending the belt testing at GM Kim's and also surveying area GM dealerships to get ideas on updating our service department area. Well darn, we got extremely busy with customers and I dare not leave the dealership so my apologies to Grand Master Kim and everyone else for missing another belt test.

Master Joe Felke will be having a make-up exam for some of his students this Friday and I have one young student to add. So I look very much forward to attending this testing in Great Bend and see some friends I haven't seen for a while. My recent back surgery this past summer has been giving me a few issues in trying to train hard in Taekwondo so I have been getting fat and lazy. Hopefully that will change this year.

I hope everyone is having a grand year for 2011 this year and ready for that S-P-R-I-N-G word. I know I am.

Master Gene Manweiler

Many thanks to all of who have expressed your concerns and wished me well following my recent operation and confinement – Bob

I will be sending a lot of the KABBA information that I was unable to put into columns separately under the title "Additional Information"