



The Ki Hap

Volume 13, Issue 2

February 2010

Kim's Tae Kwon Do of Renton

Couples' Self-Defense Class

Have You:

- Set your goals for 2010?
- Filled out your Goal Passport?
- Found an accountability partner?

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This Valentine's Day, instead of flowers or chocolates, why not give your loved one the gift of personal safety?

For this session only, we are adapting our usual women's self-defense class into a couples' format. Bring your sweetheart and learn some very practical breakaway moves that you can practice at home. Each couple will also have some "personal safety assessment" homework.

The two-session class will be Friday, February 12th and 19th, from 6:30-8:00pm. The cost is \$59 per couple.

If you have questions or would like to register please see Master and Mrs. Henkel.



The date for our annual Renton Kim's Tae Kwon Do Friendship Tournament has been set!

When: Saturday, July 17th
Where: Renton Community Center
Who: ALL Students !!!

Please mark your calendar TODAY and plan to attend this tournament. Remember, it is the only local tournament of the year and it is a great learning experience. We will also be hosting our usual picnic in the park immediately after the tournament.

Introduction of New Black Belts

Congratulations to 2nd Degree Black Belts Josh Gow, Vic Bloomfield, Cathy Jenner, and Victor Cao. Also congratulations to 1st Degree Black Belts Brian Luu, Brandon Luu, Angela Jury, Joe Jury, Erin VanderZanden, Jay VanderZanden, Anthony Gian, Kira Kusumi, Seth Jinka (from Skyway school) and Carter Drew (from Bothell school).

All of these students successfully completed Grand Master Kim's requirements for Black Belt certification. For all of these students, their new rank represents years of hard work and dedication. They have all achieved something to be proud of, but they also know that now they have new goals to achieve.

Please give your congratulations to all of these students when you see them and look for their photo on the bulletin board.

Help Us Support These Local Businesses

These local businesses have agreed to promote our business by keeping one of our boxes or guest passes at their establishment. In return, we hope all of you will consider doing business with them:

Vince's Coffee (4th Street)	Taco Del Mar (4th Street)
Classic Cleaners (Sunset Blvd)	Torchy's Sub Shop (next to Blockbuster)
Number 1 Nail Pro (Sunset Blvd)	Kim Phuong Vietnamese Restaurant (next to Blockbuster)
Cash Advance (4th Street)	The UPS Store (4th Street)
I Luv Teriyaki (next to Blockbuster)	The Whole Pet Shop (Duvall Ave)
Lube Rite (Sunset Blvd)	Greg's Japanese Auto (Sunset Blvd)
Hollywood Video (4th Street)	**\$30 off any \$100 service with this newsletter
King Buffet (SW 7th)	Toreros (4th Street)
Busy Bee Cleaners (Sunset Blvd)	Great Cuts (Sunset Blvd)
Toshi's Teriyaki (Sunset Blvd)	Tienda Latina (Harrington Ave)
La Chiquita (Union Ave)	Herfy's Burgers (Sunset Blvd)
El Taqueria (Sunset Blvd)	Renton Seafood Restaurant (4th St. Next to Safeway)
Schucks Auto Supply (4th Street)	Famous Ezell's Chicken (4th Street)
KC's Seafood Restaurant (4th Street)	Los Jalapeños (4th Street)
Sunny Teriyaki (4th Street)	

If you know of any other business that would like to cross-promote with us, please let us know. We will list them in our newsletter and display their business information, too.

Philosophy of the Month: Excellence

“Excellence can be attained if you:

- 1) *Care more than others think is wise*
- 2) *Risk more than others think is safe*
- 3) *Dream more than others think is practical*
- 4) *Expect more than others think is possible” – Unknown*

This month we are emphasizing the importance of developing excellence in our endeavors. As the quote above indicates, excellence includes several aspects, including caring more, taking appropriate risks, having dreams, and establishing high expectations. An attitude of excellence is something that will benefit you in every area of your life. Whether it is in your homework, your daily chores around the house, at your job, or in Tae Kwon Do, creating a standard of excellence will help you succeed.

Here are some steps you can take to develop excellence in your life:

Identify specific actions you can take that will demonstrate excellence. Fortunately, there are many opportunities for each of us to demonstrate excellence. It might be completing our homework, finishing a project, or practicing forms. Take a few minutes to think of a specific example of something you care about. What can you do to demonstrate a commitment to excellence?

Practice excellence. Take one thing you can apply the principle of excellence to and share the results with your accountability partner (you have one, right?) In order to achieve your goals, you have to put forth your best effort and practice excellence to achieve them. After a while, excellence will be your habit. It won't be easy, but remember that if it were, everyone would be doing it.

Remember that excellence does not mean perfection. None of us is perfect. To expect perfection from yourself is unrealistic and discouraging. Remember the words of Harriet Braiker, “Striving for excellence motivates you; striving for perfection is demoralizing.” Know what you are capable of achieving and try to motivate yourself to get there. Then celebrate when you accomplish it.

Upcoming Events

Friday, Feb 5th:	Student Awards Banquet
Friday, Feb 12th & 19th:	Couples' Self-Defense Class
Saturday, Feb 13th:	Promotion Testing
Saturday, Feb 20th:	Vernonia, Oregon Friendship Tournament
Saturday, March 6th:	Black Belt Testing in Portland
Friday, March 12th:	5pm Board Breaking Seminar — Work on a break that gives you trouble, test out our NEW free-standing board holder, 5 boards provided, register by Monday, March 8th - \$15
Saturday, March 20th	Boise, Idaho, Championship Tournament

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Happy Birthday!

Benjamin Blessing	Tara Bigbee
James Greivell	Beth Mathison
Allen McBride	Michael Miller
Jenny Nguyen	Chris Nelson
Alfonso Orellana	Hunter Porter
Laure Tribble	

New Students:

Conor Nickel
James Kamy
Robbie Diamante
Andy Som

TKD Anniversaries

Peter Vrinceanu (2002)	Brandon Vrinceanu (2002)	Ken Shdo (2004)
Caroline Shdo (2004)	Carla Shdo (2004)	Jordan Daly (2005)
Jessica Petrov (2006)	Lauren Foseid (2007)	Paul Foseid (2007)
Stuart Teramoto (2008)	Kobe Teramoto (2008)	Madelyn Jacklin (2008)
Sean Nguyen (2009)		

January Student of the Month: Andrew Uy



Blue Stripe, Andrew Uy

We have chosen Blue Stripe Andrew Uy as the January Student of the Month. Andrew is the type of student all instructors enjoy having in class. He comes to class regularly, and when he arrives he doesn't run around making noise - instead he starts practicing. When someone give him some advice to make him better he listens and incorporates the advice. And, he always responds with a yes sir or yes ma'am when he is spoken to.

For anyone that wants to excel in the martial arts, these above mentioned traits are a starting point to help you reach your goal. When you come to class and look around, you will see that those who excel in class, and this group includes Andrew, all share these common traits.

We appreciate Andrew's dedication towards excellence. Please congratulate him on earning this month's Student of the Month Award the next time you see him!

Congratulation, Andrew!!