

The Ki Hap



Kim's Tae Kwon Do

Medicine Ball Workout

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Almost 30 people joined us for our medicine ball workout on Friday, May 1st. It was definitely a great workout, and everyone was sweating and smiling when the class was done. We have already had many people ask if we were going to do another one, and we are considering it if there is enough interest.

Upcoming Tournaments:

*May 23rd,
Portland, Oregon*

*July 18th,
Annual Friendship
Tournament at the Renton
Community Center*

Inside this issue:

<i>Promotion Test Results</i>	2
<i>Technique of the Month: Single Block</i>	3
<i>Referral Program</i>	3
<i>School News</i>	4
<i>Student of the Month: Owen Wolter</i>	4

Women's Self-Defense Class

We will be holding another women's self-defense class starting on Friday, May 29th, and finishing on Friday, June 5th, from 6:30 - 8:00pm. This is a 2 day class that teaches basic self-defense techniques that anyone can learn and use.

If you are interested in participating, or know someone that is, please register by May 25th. The fee for this class is \$39, and you are not required to be a student at our school to attend.

Mrs. Henkel will be the lead teacher for this class, with Master Henkel being the one who gets beat up!

If you have any questions, or to register, please talk to Master or Mrs. Henkel

April Promotion Test



Congratulations to those who passed their recent test! We are proud of the progress you are making, and look forward to helping you become a Black Belt. **Our next promotion test will be held on Saturday, June 13th.**



Summer is Coming!

During the months of June, July & August we will allow everyone to wear a t-shirt to class. There are a couple of very simple rules, however.

1. All t-shirts must be a martial arts style t-shirt.
2. You must wear your Tae Kwon Do pants and belt with the t-shirt.

Also, new this year is our summer workout challenge. Earn points for coming to class. We will have details coming within the next couple of weeks, so keep your eyes open. It is going to be a lot of fun!

Technique of the Month: Single Block



Delivering the Technique:

1. Chamber hands, blocking hand underneath, non-blocking hand at the middle of the chest.
2. Step into a good stance.
3. Deliver the block and at the same time chamber other hand to the waist.

Points to Remember:

1. When chambering the hands, make sure the blocking hand is underneath, and neither hand touches the body.
2. When delivering the block, the fist ends shoulder high, and the block does not leave the body boundary.
3. When finished with the block, the palm of the hand faces towards yourself.
4. The motion of the block follows an imaginary circle.

Common Mistakes:

1. Blocking too high, or leaving the body boundary.
2. When delivering the block, the blocking hand going on the inside instead of the outside of the non-blocking hand.
3. Facing the palm outward when delivering the block.
4. Not chambering the non-blocking hand to the waist at the completion of the block.

Refer a Friend, Earn \$50



You probably know someone who might like to try Tae Kwon Do. That is why we have a referral program. Here's how it works — introduce someone to our school, and when they sign up to become a student we will give you a \$50 gift certificate to your choice of Best Buy, Outback Steakhouse, Olive Garden, or The Cheesecake Factory. The best part is there is no limit to the number of certificates you can earn.

We appreciate all of our students, and a referral is the best compliment we can receive from you. Thank you!

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New Students:

Vincent Brambilla	Derek Fang
Antoinette Fang	Jordan Moyer-Woods
Aaron Solis	

Happy May Birthday!

Dereck Chinn	Antoinette Fang
Anthony Gian	Alan Hendrickson
Ray Kusumi	Arman Naderi
Milton Orellana	Aaron Solis
Stuart Teramoto	

TKD Anniversaries

Jarrett Inge (2007)	Josh Gow (2005)
Nicholas Foseid (2006)	Mary Jo Foseid (2006)
Davrin Rystrom (2008)	Allen McBride (2006)
Alfonso Orellana (2005)	Milton Orellana (2001)

April Student of the Month: Owen Wolter



Yellow Stripe, Owen Wolter

We have chosen Yellow Stripe Owen Wolter as the April Student of the Month. He was chosen for his determination and concentration.

Owen attends class with his mom, sister, and aunt, and always attends the adult class. His concentration and dedication level equal that of someone much older, and it would surprise you that he is only 8 years old.

Owen is also very detailed oriented. He is always working hard to perform everything with as much precision as possible. His eye for detail will definitely help him improve in Tae Kwon Do, but also in other things he does in his life, too.

Please take a moment to congratulate Owen the next time you see him.

Congratulations, Owen!!