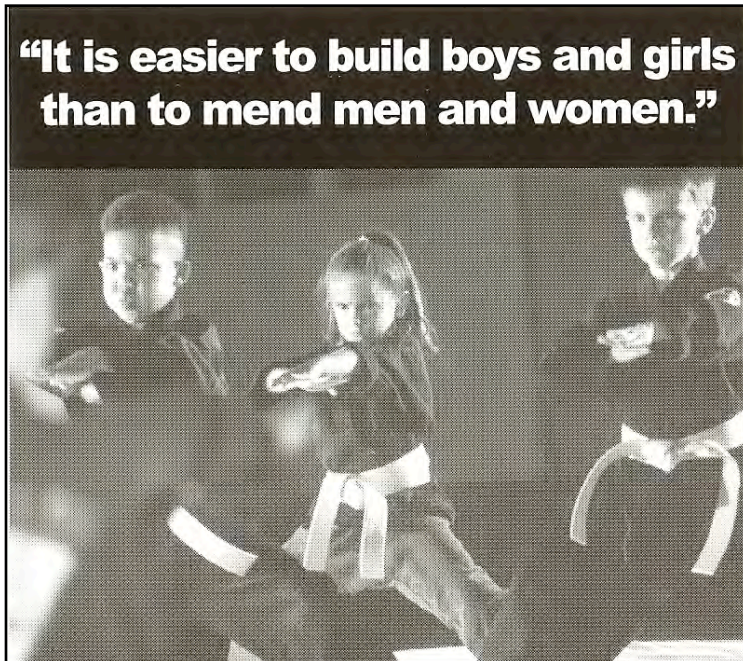


# KJMS news.....

## 2009 Kick-A-Thon

*Thank you to all who helped make it a great success*



On Wednesday November 25th, Timmerman's Martial Arts held its annual Kick-A-Thon for the Sault Christmas Cheer Fund. This event combines martial arts and fundraising, so needy children will have Christmas pre-

sents. It is an important community event that Timmerman's Martial Arts supports. Top donation earners this year are: Jackson Allen, Alex McLean, Samantha McCormick, and Jacob Trudel. Awesome job !

### The Key To Success!

All ranks, even 5 year old Brevan Arnil and 7 year old Michael Tookenay, turned out for the Kick-A-Thon and their donations and participation made the fundraiser a major success for Sault Ste. Marie.

The Trudel Family and the Moreland Family also provided refreshments and snacks afterwards, this was an excellent way to wind down after completing 1000 kicks. They deserve special thanks for this!

Let's make 2010 an awesome year by doing more of the same hard work!

*Rudy Timmerman,  
kwanjang*



### OUR STUDENTS HELP NEEDY FAMILIES HAVE A BETTER CHRISTMAS :)



This year, **\$575.51** was raised for the Sault Christmas Cheer Fund, and the efforts of our students helped a LOT of needy families in our city. The group did 2 solid hours of kicking, each participant did 1000 kicks by the end of the evening. Two teams were formed, and they were lead by Kyo Sa Nim Alex McLean and Kyo Sa Nim Steve Jensen. The event was organized by Kwan Jang Nim Ronda Bourdage.

THE McCORMICK FAMILY



We have been fortunate to have had a number of very dedicated families in our school, but at this moment in time, few members of KJMS work as hard as the McCormick family does. It is awesome to see an entire family dedicate themselves to martial arts the way they do, and their hard work has paid off big with several double promotions.

Tammy, and her 2 teenage children Andrew and Samantha, attend most of the morning classes (Monday – Wednesday – Friday mornings from 10 to 12 pm). They have worked to improve themselves in many areas of the martial arts including hyung, johk sool, techniques, nak bup, dahn bong work and conditioning/stretching.

They consistently show proper martial arts etiquette and work ethic in their training, and the McCormicks are an example of how repetition and continuous work leads to improvement in skills and knowledge, and solid basics. Tammy and Samantha have reached green belt rank, while Andrew recently achieved his green belt with a blue stripe rank. Keep up with the excellent work, as more success will be around the corner!

WE NEED MORE STUDENTS!

Our numbers are slowly dwindling due to the fact that we changed our phone service to Shaw, and our new number did not make the phone book deadline.

Here is how YOU can help!

**Bring a friend.**

Every person has a circle of influence. Be it family, classmates, co-workers, or friends, YOU have the ability to influence their decisions to an extend. So... why not ask them to join you in martial art training? It is a great activity, and I am sure they will thank you for asking them to come with you.

**Hand outs**

Within the next few days, I'll have a nice flyer that you can hand out. Better yet, why don't we (as a group) drive down a few areas of the city and stuff these flyers in the mail box. This is the time folks make New Year resolutions, and many will want to improve their health. Training at KJMS is one of the best things they can do.

**Call former students**

Have you ever noticed that some of the friends you made in our club no longer train. I have, and I miss those folks. Whatever their reason for quitting was, MAYBE they are ready to come back, but are a little nervous about it. Help them overcome that fear.

At KJMS, we are ALL willing to help our old friends catch up and get back into shape. We bend over backwards to help friends

Calendar

**January - February**

Membership Drive. Please do YOUR part to make this drive a success.

**Anytime**

**Winter Work Bee. We need a few good people who are willing to help spruce up and paint the main Dojang**

**August**

12th - All Styles, except KSB, Test

13th - Challenge Course, and KSB test

14th - GM seminars and Dinner Dance

15th - Master seminars

Contributors

KJN RONDA BOURDAGE



While KJN Ronda did not write articles, she DID organize the fund-raising drive, and we appreciate this.

KSN STEVE JENSEN



Steve wrote most of the articles in this edition, and we are grateful for his contributions

KSN ALEX McLEAN



We thank Alex KSN for organizing the Children's Christmas Party. Awesome job KSN, and we thank all

of the parents who helped with the food and preparations :)