



CHARLOTTE TAEKWONDO AMERICA



August - October 2009 www.WilsonsTaekwondo.com TaekwondoAmerica@windstream.net



Be sure to visit the website.
Photos and information are up-
dated often!

CLASS ATTENDANCE

During each school year, I am absolutely blown away when a parent tells me how his or her child is going to have to take a break from taekwondo to play another sport. When I respond by telling the parent that MANY of my students play sports after school and still practice taekwondo, they simply declare that there will not be enough time. You see, my young quarterback or my young star pitcher practices 4 days each week for 2 - 3 hours each night, and games are on the weekend. Now don't misunderstand me. I loved playing baseball when I was a kid. But the same parents who take their child to practice 4 days each week for 2 - 3 hours a day cannot seem to make it to taekwondo 2 days each week for 45 minutes!!! That's the thing that blows my mind!

We all have busy lives. However, earning a black belt or becoming an instructor is not something that can be accomplished by a "part - time student". The absolute minimum that a student should be practicing taekwondo is 2 times each week. Three to four classes each week is more realistic if a student is getting into the advanced colored belts or black belts. Below is a minimum class attendance guideline that must be met. Enjoy training in taekwondo, but take this training seriously and you will be a better student for it.

Remember that classes DO NOT carry forward from one testing cycle to another! The training that you did last month will benefit you about as much as the training you did last year.

WHITE	YEL- LOW	OR- ANGE	GREEN	PUR- PLE	BLUE	BROWN - BLACK
10	11	12	13	14	15	16

Rebreakable Board Update

For those of you who need to break a combination board (1/2 green, 1/2 orange for example), you can now purchase 1/2 of a rebreakable board! The cost is \$30.00, and the boards can be purchased from Mr. Wilson.

NEXT TESTING:

Our next testing is scheduled for Saturday, October 10th at St Andrew's United Methodist Church. Directions will be available at the school.

Children - 10:00 am
Adults - 11:15 am
Be sure to register by Wed., October 7th.
(White - Sr. Red = \$50.00;
Black Belts = \$95.00)

Testing will start promptly at 10:00. All students should have all of the required patches on their uniforms for testing. No t-shirts are allowed at testing.

As a courtesy to all of the students, no student is allowed to leave testing until ALL students are completely finished with the testing process. To leave early is disrespectful and creates distractions that are unfair to those that are testing.

Awards ceremony is at 6:30 p.m. on the Thursday following testing. Full uniform is required.

This newsletter is also available for downloading from our website!

Why Should a Student Attend a Tournament?

The belt and certificate that are received from a promotional testing are symbols of achievement. They are designed as rewards for a job well done and to motivate each student to set new goals while renewing the commitment and discipline required to maintain and improve skill in Taekwondo. This process is essential in the learning of skills in Taekwondo. After one testing, students and parents can see how much the environment can affect one's ability to perform physical movement and what great concentration is required to think clearly and quickly, and not to let anything distract the student from the immediate task. Classroom Taekwondo training sessions cannot duplicate the stress and pressure of the formal testing. This environment of controlled stress serves to toughen the student mentally and emotionally in very positive ways. It is the mark of a seasoned Taekwondo expert to be able to perform confidently with quick, accurate, sharp and powerful movements with no visible signs of nervousness whether training by him/her self or before a crowd of thousands. No one is born with this ability. Rather, it is the product of repeated formal testing and much encouragement from parent and instructor alike.

A student's training requires the intensity of the testing environment to insure absolutely the student's ability to perform in stressful situations. This training is further enhanced by competition in Taekwondo America tournaments. All students will learn things by participating in a tournament that cannot be learned in class or even at a promotional testing. The most successful students have participated in many tournaments. Just as a sports practice prepares the player for the "big game", the Taekwondo class prepares the student for the tournament. Unlike the promotional testing the student cannot fail at the tournament. Even if they don't win first place. Awards are made for all competitors, regardless of winning or losing. All of this is done in a healthy atmosphere of good sportsmanship. Our emphasis on tournament competition is on competing with oneself, not being concerned with how the other guy is doing. Doing one's best and learning to be gracious in losing are just as important as winning. If parents are supportive and positive, the students will have a great time while learning valuable lessons!

It is our hope that everyone understands why we want all ranks and ages to participate in every tournament! Taekwondo America has scheduled a National tournament for September 18th – 19th in downtown Winston-Salem. At a National tournament, Taekwondo America students from across the country will be in attendance. We will be teaching tournament readiness in all classes leading up to the tournament to prepare students. The full event information flyer will be available at the Awards Ceremony.

ALL STUDENTS SHOULD MAKE PLANS TO ATTEND!!!



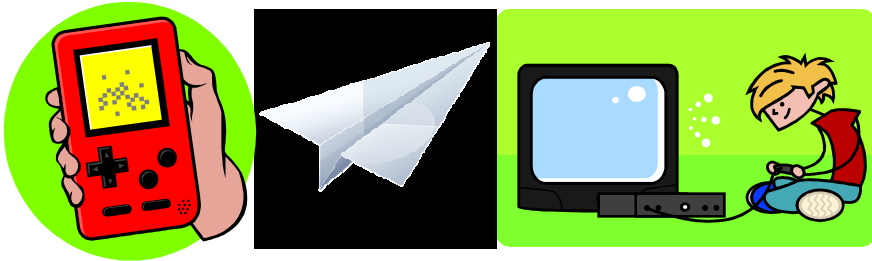
National Tournament - Winston-Salem, NC September 18 & 19, 2009

This is sure to be a weekend you won't want to miss! The National Tournaments are always fun, but this one should be a blast! Friday afternoon will be the High Rank Testing with Mr. Brian McCoy, Mr. Philip Gaskins, Ms. Kaitlyn Summer, and Mr. Zachary Salituro all testing for their next level of black belt. Come support

Following Friday night's testing & competitions will be the Sparring Team Competition! Charlotte's team will be fired up to participate once again in this amazing competition. If you are a Black Belt student, don't miss the opportunity to try out for this esteemed position. Then everyone can watch the team competition Friday night and rally our team to victory!

Saturday morning's competition begins at 9 AM, so come out early to watch all of our students as they show off their best "moves" & all of the hard work they've put into their training. We're hoping to bring home ALL the medals for this tournament, so sign-up and help us reach this goal while having a fantastic time!

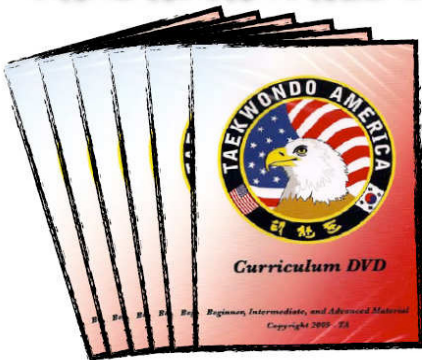
If you're wanting a tournament t-shirt, they tend to go quickly, so be sure to pre-order yours. The deadline for preorders is September 9th & the cost is \$20.00. The day of the tournament t-shirts will go for \$25.00 & they are on a first-come, first-served basis.



BLASTIN' BACK-TO-SCHOOL BASH!

Come celebrate the end of summer with a kids' game night Friday, August 21st. The cost is \$20 per child, with 1/2 off for each additional child in a family. All adults will have class that evening @ 6PM. All kids can come to class @ 7PM, then stay for the game night immediately following. Be sure to eat dinner before coming to class. We'll have some snacks and games and have a BLAST until midnight! Don't miss this last chance to have some fun before the start of school & see if you can defeat Mr. Wilson at some of your favorite games! (Don't forget to bring your favorite ones!) Friends are welcome at regular price.

TAKE ADVANTAGE OF THESE TRAINING TOOLS!



NUNCHUCK DAY

Thursday, September 3rd, bring Nunchucks to class for a special Nunchuck Day! We'll review techniques & maybe add a few surprises! Don't miss this exciting day to practice swinging the chucks! Nunchucks will be available for purchase at the school if you don't already have a pair. They are \$6.00 each.

Lake Norman Workout

On Saturday, August 29th, there will be a special workout at the Lake Norman TKD school from 10—11:30 AM. Don't miss this opportunity to train with some different opponents. We will meet at the Charlotte TKD school at 9AM to caravan up there and can try to eat a nice lunch together before returning home.

BRING A BUDDY / FAMILY DAY!

On Thursday, September 24th, bring your favorite friend or family member to a TaeKwonDo class with you. You can have lots of fun training and working with someone special to you!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	August 10	11	12 	13 Classes Resume	14	15
16	(17)	18	19	20	21 Blastin' Back-to-School Bash	(22)
23	24	25	26	27	28	(29) Class @ Lake Norman TKDA 10 - 11:30 AM
30	31	September 1	2	(3) Nunchuck Day	4	5
6	7 CLOSED for Labor Day	8	9 Last day to pre-order Tournament T-shirts	10	11	12 Tournament Prep Class @ noon
(13)	14	15	16	17	18 National Tournament & Testing in Winston-Salem	19 National Tournament in Winston-Salem
(20)	21	22	23	24 Bring a Buddy / Family Day	25	26
27	(28)	29	30	October 1	2	3
4	5	6	7 LAST DAY TO REGISTER FOR TESTING	8	9	10 TESTING
(11) INSTRUCTOR EVENT	12 NO CLASSES INSTRUCTOR MEETING/ WKOUT	13 Family Night Kids only - 5:30 Family Class - 6:30	14 CRAZY ZANY NUTTY DAY Regular classes	15  Awards Ceremony 6:30 pm	16	17 

UPCOMING EVENTS:

- August 21 - Blastin' Back-to-School Bash!
- September 3 - Nunchuck Day
- September 18 & 19 - National Tournament WS, NC

