

# CHARLOTTE TAEKWONDO AMERICA

April-June 2011    [www.TKD-NC.com](http://www.TKD-NC.com)    email -[Sean@TkdNC.com](mailto:Sean@TkdNC.com)

## Terrific Tournament Turnout!

We were so excited with the terrific turnout at our recent regional tournament held in Charlotte! Our school had 85 competitors bringing home various medals! Overall, there were 658 competitors that participated in 70 divisions ~ an outstanding turnout for this event.

The students who participated in the tournament made all of the instructors very proud! Your hard work and determination in training for this event shone through in each performance.

The tournament is made possible with much advanced planning, however it would not have been so successful without the execution of that plan. We cannot possibly express how much we appreciate all of the tireless hours our volunteers dedicated to helping the tournament run so smoothly! We had many parents help with set-up the day before the tournament, working the concession stand and admission table, selling t-shirts, and cleaning up after the event. Knowing these aspects of the tournament can be handled without pulling instructors away from their other tournament responsibilities makes it easier for their expertise to be used in the rings to benefit all students who participated. Again, we'd like to give a huge shout-out to all of our tournament volunteers:

# THANK YOU!!!

# NEXT TESTING

June 4

White - Senior Orange Belt Juniors -9:00 am  
Green Belt and Above Juniors - 10:15 am  
All Adults - 12:00 pm  
Register by June 1st.

White - Sr. Red Belts - \$50      Black Belts - \$95

## Picnic in the Park

April 30th we will have the Class in the Grass at Sardis Park on Sardis Road near Pineville Matthews Road. We will start at 10:30 am . We'll do a fun taekwondo class and follow it with the water gun / water balloon fight like last year. There will be a sign up form in the lobby where each person can indicate what they will bring to the picnic.

Last year's picnic went until about noon, and everyone had a blast. Join us this year. You'll have a blast!

## ALL SPARRING IN CONCORD

May 14 will be our next Regional Workout up in Concord, NC at Mr. Baxter's school. We will start at 2:00 and work out until 4:00. We will not work on forms or targets,...  
**ALL SPARRING.**

This is a fun class and is a great opportunity to work out alongside 7th degree black belts. This class is for Green Belts and above only.



## FOCUS PADS

Each student should have his own focus pad to bring to class with himself. Focus pads allow students the opportunity to practice at home as well as do drills here at the school. Focus pads are \$22 plus tax.

Students should keep their focus pads in their gear bag and avoid leaving them here in the school. Parents are encouraged to write the student's name on his target.



## TAEKWONDO LITE

TUESDAY AND THURSDAY  
MORNINGS @ 9:30 AM

This is a fun, beginning taekwondo workout without worrying about uniforms, testings, or even board breaking. This 45 minute workout works abs, legs, arms, shoulders, ... and it's a good stress reliever at the same time!

\$60 gets you started with your own boxing gloves (don't worry - this is a non-contact activity) and a 10 class credit. After that, you buy a pre-paid workout card. Come in and try it first at no charge. You'll be glad you did!



# THANKS, MOM!

Read here for special offer for Moms only!

For all you do for us, Moms, thank you! Moms are a very special bunch of people and we want to let them know that we appreciate what they do for us! Moms can come in and go through class with us as many times as they want during the week of May 9th - 13th. It won't cost you a thing! (Even though that might not be the reason that you haven't tried it, this will be a great incentive for you to try it NOW!)

So come in and go through class with us. Wear some sweats and a tshirt. Come to the adult class at 7:00 or the 11:00 am class (which is usually very small). But come in and have fun. Who knows, you may like it!



SUN- DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				April 7 	8 Regular Schedule Resumes	9
10	11	12	13	14	15 Sparring Clinic Gear Fittings	16
17	18	19 Special Noon Kids Class today	20	21 Special Noon Kids Class today	22	23
24	25	26	27	28	29	30 Picnic @ Sardis Park
<b>May 1</b>	2	3	4	5 Bring an Amigo Day	6	7
8 HAPPY MOM'S DAY	9 MOM, YOU	10 CAN COME IN	11 AND TRAIN IN TAEKWONDO	12 <b><u>FREE</u></b>	13 THIS WEEK!!!	14 Regular Class Sparring Class in Concord - Adults Only 2pm-4pm
15	16	17	18	19	20	21
22	23	24	25 TESTING REGISTRATION OPENS	26 Board Breaking Day!	27	28
29	30 Memorial Day	31	<b>June 1 Last Day to Register for Testing</b>	2	3	4 <b>Testing</b>
5	6 NO CLASSES	7	8 Regular Schedule	9 No Classes Awards Ceremony 6:30	10 Regular Schedule Resumes	11

## UPCOMING EVENTS:

- June 23 - Black Belt Conference - Las Vegas
- July 23 - Regional Tournament - Knoxville, TN
- Sept. 17 - National Tournament - W/S, NC

