



CHARLOTTE TAEKWONDO AMERICA



August - October 2010

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This newsletter is also available for downloading from our website!



Introducing **Taekwondo** *Lite*

TKD Lite is an exciting new program we are starting in September. This class is a fitness class (mainly) for women who want to come in and work on basic kicking, punching, and fitness. There are no belts, no uniforms, no testings, no sparring... you just come in and work out.

The classes will meet at 9:30 am on Tuesdays and Thursdays. Depending on demand, a Saturday morning class may also be added. This IS NOT an aerobic conditioning class or a Tae Bo class. We will be working on proper technique and application.

We will work hard! We will sweat! We will be sore! We will be proud! There is more information on the way. If you are interested in this program, please see Mr. Wilson to find out about getting started!



NEXT TESTING:

Our next testing is scheduled for Saturday, October 2nd.

White - Sr. Blue Belts 10:00 am
Brown - Black Belts 11:45 am
Be sure to register by Wed., September 29th.

(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 October 7th at 6:30 p.m. Full uniform is required.

NATIONAL TOURNAMENT IN FORT MITCHELL, KY

September 17th and 18th are the days set for the National Tournament in Ky. Get ready for a fun and exciting time. We will be staying at the Draw Bridge Inn and will be cheering on Mr. Martin as he tests for his 6th Degree Master of Taekwondo rank. We have a special Tournament Preparation Class on Saturday, Sept. 11th. Students must be registered for the tournament to attend this class. Make plans now to attend

Draw Bridge Inn

Fort Mitchell, KY
\$80.00 per night TA rate
1-800-354-9793

this awesome event and be prepared to bring home a medal! All students benefit by attending tournaments. Experience the excitement for yourself. There is a competition for EVERYONE, Little Dragons through 5th degree black belts. Don't miss it!



Sign up for our automated email by visiting our website: www.tkd-nc.com

BO STAFF SEMINARS

We had quite a few folks who were disappointed that they were not able to go to Mooresville for the Bo Seminar. Working a bo is not a hard skill to learn but it takes patience and practice. We have set aside three Fridays throughout this testing cycle to allow students to practice using the bo.

While there is no charge for the seminar, each student attending MUST have his or her own bo. We can order youth or adult bos and they can be basic wood or more expensive (but flashy) graphite or fiberglass.

This class is open to kids and adults. It is recommended that you start with the first seminar as they will build on each other. See Mr. Wilson for ordering your bo. Parents are welcome to participate also.

DAYTIME CLASS TIME CHANGE

With the re-starting of the school year and the beginning of our TKD Lite classes, we will be changing our Tuesday / Thursday daytime class from 1:00 PM to 11:00 AM. Active taekwondo students are welcome to take both classes (even on the same day!) if you care to!

GAME / MOVIE NIGHT

Our Last Big Bash of Summer is August 21st from 5:00 pm - 10:00 pm. We'll provide dinner. Parents get to just enjoy their evening.

\$25 Registration fee;
\$12.50 Additional family members or guests.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---------------------------------------|---|---|---|--|
| | August 9 No Classes | 10 | 11 | 12  | 13 Regular Classes Resume | 14 |
| 15 | 16 Forms Seminar Learn your New Pattern today!  | 17 | 18 | 19 | 20 | 21 Lake Norman School Classes GAME / MOVIE Night 5:00—10:00 PM |
| 22 | 23 | 24 | 25 CMS Starts Back | 26 | 27 Bo Staff Class 7:00 pm | 28 |
| 29 | 30 | 31 | <u>September 1</u> | 2 Daytime Classes move to 11 AM TKD Lite Classes for Women Start 9:30 AM | 3 | 4 |
| 5 | 6 Closed - Labor Day | 7 | 8 | 9 | 10 Bo Staff Class 7:00 pm | 11 Tournament Sparring Class |
| 12 | 13 | 14 | 15 | 16 | 17 <u>Tournament</u> Ft. Mitchell, KY | 18 <u>Tournament</u> Ft. Mitchell, KY |
| 19 | 20 | 21 | 22 | 23 | 24 Bo Staff Class 7:00 pm | 25 |
| 26 | 27 | 28 | 29 <u>Last Day to Register for Testing</u> | 30  | <u>October 1</u> | 2 Testing |
| 3 | 4 NO CLASSES | 5 ALL KIDS - 5:30 ADULTS - 6:30 | 6 ALL KIDS - 5:30 ADULTS - 6:30 | 7 AWARDS CEREMONY | 8 Regular Schedule Resumes | 9 |

