

CHARLOTTE TAEKWONDO AMERICA

February - April 2011
www.TKD-NC.com
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Regional Tournament Information



When: March 19th

Where: East Mecklenburg High School Gym

Open to: All ranks and ages, from Dragons - 3rd Degree Black Belts

As many of you may already know, we are having a Regional Tournament March 19th here in Charlotte. We only have regional tournaments twice each year. These tournaments are the best opportunity for students and parents to see high level competition on a local level. It is also the best opportunity for students to compete against other students their own age and rank without having to travel or stay in a hotel. It's right here in our own back yard!

I have had parents on many occasions approach me to ask if I thought that their child should compete. My answer to all of them is YES! As a student, I attended as many tournaments as possible, not just to win trophies, which didn't always happen, but because of the great friends I made and the motivation that I took away from tournaments and brought back to my training. It is a simple fact that people who attend tournaments receive their black belts because tournaments keep them motivated. We have many students that play other sports such as football, soccer, baseball, softball, and basketball. However, none of these students only go to the practices. If they did, they would soon lose interest and quit. Taekwondo is the same way. Every class your child comes to is their time to practice. Now they have an opportunity to play the game, and I recommend that none of them sit on the bench. We will have special tournament preparation classes available for children and adults, focusing on tournament sparring and forms, so if your child needs extra help, it is available to you at no extra cost. If you cannot attend the tournament for financial reasons, see Mrs. Wilson or me and we will help. If you would like to become a **Super Star Sponsor** for a child who cannot afford the tournament, see Mrs. Wilson or me for details. It is estimated that of the people who start taekwondo, only 5% actually achieve their black belt. I believe that everyone in this school has the potential to become a black belt. As long as your child is willing to work toward their black belt, I won't quit on them. Now is your opportunity to ensure that they don't quit either.

I look forward to seeing you there.

NEXT TESTING

APRIL 2

White - Senior Orange Belt Juniors -9:00 am
Green Belt and Above Juniors. - 10:15 am
All Adults - 12:00 pm
Register by March 30th.

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

Kick A Thon

We will be having our Kick-A-Thon February 19th. Get friends and family to sponsor you a certain amount **per kick** and then come in and see how many kicks you can do in 60 seconds. The money you earn goes to your Registration and T-shirt costs. The more you earn in sponsorship money, the better off you are at tournament time! Get your pledge sheet from the counter or ask any instructor.

Bo Staff Seminars

February 25th and March 25th are the dates for our Bo Staff seminars. Bo staffs will be available for purchase if you do not have one. If you already have your own bo, there is no charge. Come in and enjoy learning how to swing a bo around.

Open to 8 year olds and older.

Kids at 6:00.

Adults at 7:00

Bo Customization is available at no charge!



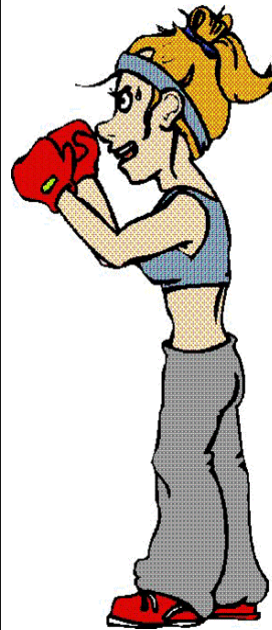
TAEKWONDO LITE

TUESDAY AND THURSDAY MORNINGS

9:00 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!



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.



INFORMATION FOR YOU!!!

We have tools in place that will help you get the most out of your taekwondo training.

Our **website** (www.TKD-NC.com) is great for keeping up to date on school events, openings or closings, class schedules, and even photos and videos.

Student Manuals are great for learning about the history of taekwondo, reading about Patterns, One Steps, testings, tournaments, ... Even learning how to tie your belt!!!

Forms DVDs are available to help learn the techniques that are introduced at each new belt as well as to practice all of the patterns from White Belt through 2nd Degree Senior Black Belt.

How well do you know the instructors?

1. I am going to Harvard at the end of the month for a debate.
2. I can play the ukulele.
3. I scored 0 points in 3 years of playing basketball.
4. I have 3 dogs.
5. I hate ordering at McAlisters because of the pressure.
6. My favorite movie is Pulp Fiction.
7. My favorite shape is a circle.
8. I would rather talk to old people than people my age.
9. I took 2 years of Chinese language classes.
10. I have sung in an A Capella group.
11. My favorite tv show is The Office.
12. I have lived in New York, Delaware, Florida and NC.
13. I want to live in Italy.
14. I was born in Yonkers, NY.
15. I was born in a town of 5,000.
16. My step grandfather is a 5th degree black belt in taekwondo.
17. I love to listen to live music.
18. I have been doing taekwondo since I was 4 years old.
19. When I was 8, my dad let me steer the car into a cow pasture.
20. I went to a school in which my grade had 18 people in it.
21. My favorite candy is TWIX.
22. I was in the top 60 scores in 6th grade for Math EOGs.
23. I'm allergic to grass.
24. I can play the guitar.
25. My grandfather was run out of Bogalusa, LA by the KKK.
26. I am part of my school's Break Dancing team.
27. I think Navy Seals are awesome.

A



B



C



D



E



F



G



H



J

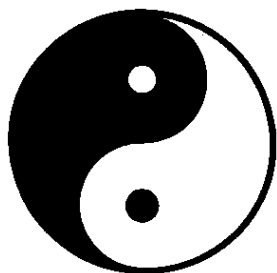


I

Answers can be found on the next page.

1-G, 2-C, 3-A, 4-H, 5-F, 6-B, 7-F, 8-A, 9-D, 10-D, 11-I, 12-E, 13-C, 14-E, 15-B, 16-E, 17-B, 18-I, 19-F, 20-D, 21-J, 22-I, 23-C, 24-H, 25-H, 26-G, 27-J

SUN- DAY	MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY	SATURDAY
		Feb 1 	2	3 	4 Regular Schedule Resumes	5
6	7	8	9	10	11 Sparring Clinic Gear Fittings	12
13	14	15	16	17	18	19 Kick-A-Thon Fundraiser
20	21	22	23	24	25 BO STAFF SEMINAR	26
27	28	March 1	2	3	4	5 Tournament Forms Class
6	7	8 Happy Mardi Gras!	9	10	11	12 Tournament Sparring Class
13	14	15	16	17 St. Patrick's Day <u>Wear Green</u>	18	19 <u>Regional Tournament</u>
20	21	22	23	24	25 BO STAFF SEMINAR	26
27	28	29	30 Last Day to Register for Testing	31	1	2 Testing
3	4 NO CLASSES	5 Regular Schedule	6 Regular Schedule	7 No Classes Awards Ceremony 6:30	8 Regular Schedule Resumes	9



UPCOMING EVENTS:

- March 19 - Regional Tournament - Charlotte
- June 23 - Black Belt Conference - Las Vegas
- Sept. 17 - National Tournament - W/S, NC

