



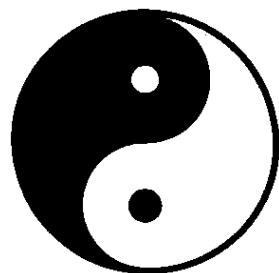


SUN- DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				June 9 	10 Regular Schedule Resumes	11
12	13 Forms Clinic and Review	14 Forms Clinic and Review	15 Forms Clinic and Review	16 Sparring Basics	17 Sparring Basics	18
19	20	21	22	23	24	25
26	27  NO CLASSES!	28	29 Juniors Nunchuck Class 1 @ Noon	30	July 1	2 SCHOOL CLOSED
3	4  NO CLASSES!	5	6 Fun Day for Juniors @ Noon	7	8 Working with a Bo Staff - Part 1	9 Tournament Prep in Lake Norman
10	11	12	13 Juniors Nunchuck Class 2 @ Noon	14	15	16 Tournament Prep Classes- Charlotte
17	18	19	20 Tournament Readiness Class for Juniors @ Noon	21	22 No Classes	23 Regional Tournament - Knoxville
24	25	26	27 Joint Locking Tech- niques for Juniors @ Noon	28	29 Working with a Bo Staff - Part 2	30
31	August 1	2	3 Last Day to Register for Testing	4	5	TESTING
7	8 NO CLASSES	9 All Kids @ 6:00 Instructors Only Workout @ 7:00	10 No noon class. Regular Evening Schedule	11 No Classes Awards Ceremony 6:30	12 Regular Schedule Resumes	13

UPCOMING EVENTS:

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



CHARLOTTE TAEKWONDO AMERICA

June - August 2011 www.TKD-NC.com email -Sean@TkdNC.com

courtesy

Courtesy is the first tenet that we recite at the beginning of each class. But how often do we really consider what Courtesy means?

Courteous is defined by Webster's Dictionary as "marked by polished manners" and "marked by respect for and consideration of others". Given time to think of our actions throughout the day, would we be able to say that we were courteous to everyone with whom we had contact? I don't think that I would be able to do so. I'd like to think that I was. I feel like I am a courteous person. But then I remember interrupting someone mid-sentence. I remember being curt with the salesman that called on the phone. We are all responsible for our own actions. We must ensure that our actions are those that we would like to see replicated by our children and the children whom have been placed in our care.

As martial artists, we are charged with the responsibility of making sure we set examples of mutual respect for each other. Addressing instructors (we all have one) and parents as Sir or Ma'am is a way to show respect, to show courtesy. Not talking while an instructor is trying to teach is another. Think of the ways in which you could demonstrate courtesy, and live by those thoughts. You'd be amazed at how quickly that courtesy will be repaid to you.



Courtesy, the first tenet that we recite in Taekwondo, is an integral part of all martial arts training. It is important that we understand and live by the tenets, starting with courtesy.

NEXT TESTING

August 6

White - Senior Orange Belt Juniors -9:00 am
 Green Belt and Above Juniors - 10:15 am
 All Adults - 12:00 pm
 Register by August 3rd

White - Sr. Blue - \$50 / Brown - Red \$55
 Black Belts - \$100
 3rd family members are 1/2 Price

noon children's class on wednesdays

We will have a special class on Wednesdays this summer for the juniors. We will have a nunchuck day, a joint locks day, and even a just plain old FUN day. But remember that this class is available to all ranks who normally attend the children's classes.

NOTE: June 29 and July 13 we will be using padded nunchucks in class. Students MUST have their own padded nunchucks to attend the noon class on these days. They are available for \$8.00.

weapons here @ tkd america

There are 2 weapons that we use (semi) regularly here at Charlotte Taekwondo America: the Bo Staff and the Nunchuck. As such, this summer, we will have the opportunity to use both!

The Bo Staff seminars are going to be held on two Friday nights from 6:00 - 6:45 for the Juniors and from 7:00 - 8:00 for the Adults. The dates are July 8th and July 29th. Bo staffs will be available for purchase if students do not already have their own. Bo staffs are \$22.

The Nunchuck seminars that we have lined up are only in the Noon Class for children on Wednesday, June 29 and July 13. Please understand that we will only be using the 'chucks in the noon class and we will only be using them on the specified days. We will try to work some additional dates in next cycle. Padded nunchucks are available for \$8.



To everyone in the school who has shown me love and support,

Thank you all so much for the wonderful surprise party you threw me. Everything you all did to show your enthusiasm for my graduation was beyond generous and very touching. You went above and beyond anything I could have imagined; from the home-made cards, to the delicious cake and to the generous Target gift card, it was all extremely wonderful. . Knowing that you all trust me to teach your children and to be a role model to your children is a great honor, one of the greatest honors someone can have, and I take that role very seriously. Knowing that your children look up to me and respect me makes me want to be a better person. Knowing that you are all supporting me and expecting great things from me makes me want to make you proud. Because of all this I was motivated in school to work hard and to do my best. Having your support helped me to push through the tough times when I thought I couldn't do it. I am so grateful to be in this school and to know such great people. From knowing you all I can confidently say that joining Taekwondo America was one of the greatest decisions I have ever made. I am so fortunate to have such great friends. You are all near and dear to my heart and I hope that you all have learned as much from me as I have from you. Again, thank you for all your support but more importantly thank you for allowing me to be a part of each of your lives. I will be back to visit soon. I love you all very much. And never forget.... GO TAR HEELS!

A NOTE OF THANKS FROM MS. FULTZ

july tournament in knoxville, tn



DATE:	July 23
WHO CAN COMPETE:	EVERY-ONE! White - Black Belts Ages 4 +
ACCOMMODATIONS:	COUNTRY INN AND SUITES 9137 Cross Park Dr. Knoxville, TN 37923 865-693-4500

We'll have our summer tournament in Knoxville, TN on July 23rd. There will be divisions for all ranks, from the 4 and 5 year old "Little Dragons" to the 3rd and 4th degree black belts. Entry forms are available on the counter of the school. Make plans now to attend the tournament prep days to get ready for the big event.

T-shirts will be available at a discounted pre-purchase price until July 9th.

we want to help you get ready for the tournament!

We'll have two "help sessions" to help you prepare for the big Knoxville tournament. The first is going to be Saturday, July 9th in Lake Norman. All students who are attending the tournament are welcome to attend. We will have limited transportation available.

The second is here at Charlotte TKD America on Saturday, July 16th. This day Mr. Anselmo will concentrate on Forms Competition while Ms. Fultz concentrates on Sparring Competition. Other trainee and certified instructors will be available for helping your combatant, too!



board breaking @ testing

Starting with the August testing, we will be changing up our board breaking at testing by switching to wooden boards. Wooden boards are more comfortable than plastic (and frankly are more "forgiving" in that they do not have to be hit directly in the center).

The plastic boards are more consistent than wooden boards but are not as exciting. Wooden boards are "trophies" that some students will opt to keep. (Sorry mom and dad.)

The testing fee for Brown, Red, and Black belts will increase \$5 to cover the cost increase of using real wood.

	AGE	# OF BOARDS	WIDTH
	5 AND 6	1	3
	7, 8, AND 9	1	5
	10 AND 11	1	7
	12 AND 13	1	9
	14 AND WOMEN	1	11
	MEN 15 + BROWN	2	9
	MEN 15 + RED + BLACK	2	11

Clip this coupon and give it to a friend!

After your friend's trial class, you both get a prize from the treasure box!



Call to set an appointment:

704-841-8747

Taekwondo America

www.TKD-NC.com

This certificate is presented to:

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ONE FREE WEEK OF TAEKWONDO CLASSES.

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