

# TKDAMERIS.COM

Proudly Serving the Community Since 1977

*Discipline and Respect are the cornerstone of Taekwondo*

## IMPORTANT REMINDER!

IF YOU HAVE NOT DONE SO ALREADY, ALL STUDENTS MUST COMPLETE OUR NEW BILLING INFORMATION AND PAYMENT PROGRAM ASAP

## News and Announcements

- With spring upon us, it is time for School T- Shirts and School Shorts All students are permitted to wear shorts and t-shirts to all classes, providing they display our school emblems. Please wear a belt with your spring and summer uniform.
- A “Thank You” to all of the Black Belt instructors who have been stepping up with helping to teach. With my work and travel schedule, it is greatly appreciated, and you are all doing an outstanding job. Always remember to teach is to learn. In addition, it is your responsibility as a Black Belt to pass on the Art to future generations.
- If you have spring sports or activities, schedule a private lesson. Do not fall behind.



## Important Dates:

**Tuesday, May 2<sup>nd</sup> after Adult Class (7:30p) -**

**Black Belt Candidates & High Belt Meeting**

schedule black belt testing date and give information about testing procedures and requirements. Parents please attend if your child is under the age of 18.

**\*\*\*NEW DATE - Next Testing Date - Monday, May 22<sup>nd</sup> @ 6:00**

No regular classes that day

**Black Belt Testing - Friday, October 20<sup>th</sup>**

## Reminders

- Please bring all of your sparring equipment to every class. There should be no sharing or borrowing of safety equipment.
- Please do your part in keeping our dojang clean. Please make sure to take all belongings home. Anything left at the dojang after one week will be donated to Goodwill.
- Parents, please come inside to pick up your children after class. We do not want any accidents with children playing in parking lot .
- Please do not park in the accountants parking lot during tax season.

## Training Tip of the Month:

### Curriculum

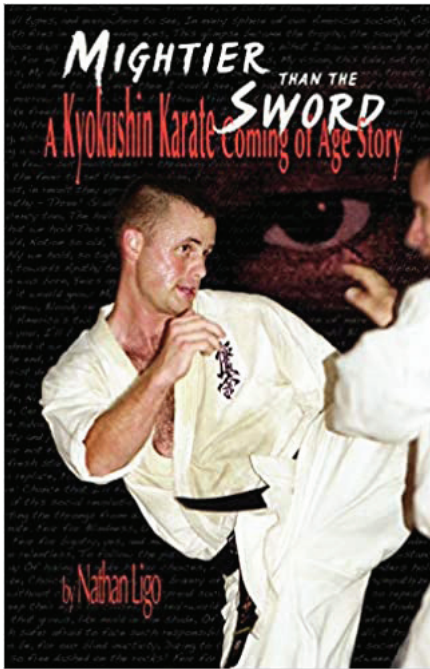
Working your curriculum will not only improve your taekwondo skills, but will catapult your conditioning.

#### Here is an excellent workout:

- Begin by doing Squats do one set of high reps.
- Next go into front, side, and inside outside crescent kicks to stretch.
- Start at the beginning of your curriculum - full power line drills when you go about face, slow down and work form of stances and techniques. Do 4 reps forward and 4 reps with concentration and focus.
- Next do all of your patterns (Hyung's) in all 4 directions. 2 times at full power, and 2 times working on techniques and stances.



## BOOK OF THE MONTH



Mightier Than the Sword:  
A Kyokushin Karate Coming of Age Story  
by Nathan Ligo

## UPCOMING SUMMER EVENTS

### June 26-30— AIMAA Around the World, TKD Camp.

We will be looking at the countries that AIMAA is present in. We will briefly learn about the country, we will be doing crafts related to that country, play games, have snacks, and of course do TKD. Each child will get a passport for the week and we will stamp every country we visit. It will be fun learning about our fellow TKD families. We hope to maybe get some pen pals out of this.

### July 30-August 4— “Paws”itively TKD, TKD Camp.

We will be learning about different animals with paws. We would like to collect for our local animal shelter. We will do games, crafts, have snacks, and do some Yoga and TKD. We will incorporate caring for pets and learn about the responsibilities that it entails.

- Hours for both camps will be from 9am-12pm
- Cost will be \$100/ week, second child \$85
- Children must be pre registered at least 10 days before it starts.
- There will be 24 spots for each camp.
- Any questions please contact Miss Pam at the Dojang or 724-882-9110

