



Lindamood's Taekwondo America

Kickin' Times

Next Testing:

Lil Dragons—May 31st

June 2nd @ Lacy's

White—Yellow @ TBA

Orange—Sr. Blue @ TBA

Brown—Black @ TBA

Demo: Mr. Kessler, Fishers

Awards Ceremony will be at the school on June 4th. It will be an ice cream social! Look for sign-up sheets closer to that date.

Dates to Remember

- May 5th—9:00 am—Tournament Sparring clinic. Our school.
- May 12th—9:00 am—Tournament Forms Clinic. Brambleton Ave. school.
- May 19th—Tournament in Blacksburg. See Tournament registration form for times and directions.
- July 14th,—Emerald Pointe! More info to come about group rate, directions, or meeting time at the school.
- August 11th—School picnic at Troutville Park. Food sign-up sheets will be available closer to that date. TA will provide meat and drinks

Secondary Form

All Red, Sr. Red, and Black belts will be required to do Do-San (Orange belt form)

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What's going on this summer at Taekwondo America?

A lot of you have asked us what the summer schedule will be. We are very excited the new programs being introduced!

We are introducing a Kid Cardio class, a kid's EZ Self-Defense, and an Adult self-defense class. The Adult self-defense class will include practical, easy to learn self defense applications.

E-Z Kids Self-Defense

This powerful program that uses playful scenarios, proven effective to teach children how to defend themselves from bullies, strangers and potential abductors.

This program will help your child learn many essential, age appropriate, self-defense strategies, such as verbal boundary skills, common mistakes kids make, what to do when lost, home-alone safety tips and much more.

Kid-Cardio

Local school systems are reducing or eliminating physical education classes. This is a vital part of a child's day for their physical fitness and growth. Our Kid-Cardio class is for all children 13 and under. This is a fast paced, 30 minute, fun aerobic workout for kids.

And the Attendance Award goes to....

Higher attendance equals = better performance = more fun

April Spangler—Adult class
Connor Brennen—Juniors class
Ashton Kincer—Lil' Dragons

Winners receive a Bruster's Gift Card!

Cinco De Mayo Celebration

Join us for a Cinco De Mayo celebration at El Rodeo on Plantation Drive! After the tournament sparring clinic! **(Dutch treat)**

May Regional Tournament — Approaching FAST

Blacksburg Regional Tournament

Hosted by Mr. Abbott's Taekwondo America

May 19th

at Blacksburg Middle School

Cost of Tournament is \$65.00

Deadline to sign-up and get your t-shirt is May 8th

(T-shirt price is in the Tournament fee; if you register late there is no guarantee of getting a t-shirt--So register EARLY!)

Tournaments are a great time to meet new people from other schools!

This one is so close that it would be a shame if we didn't get 100% turnout!

Registration forms will be available for EVERYONE!!

MAY EVENTS CALENDAR

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Happy Birthday to:		1	2	3	4	5 Sparring Clinic 9:00 am El Rodeo after
6	7	8 <i>Joseph Amatepe</i>	9	10	11	12 Forms Clinic Brambleton 9:00 am
13	14	15 <i>James Fennell</i>	16	17 <i>Herb Spangler</i>	18	19 Tournament GOOD
20	21	22	23	24	25	26
27	28	29	30	31		

Summer Schedule—Effective June 18th—August 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00AM-10:45AM		Family		Family		
4:00-4:30	Lil Dragons	Int Juniors	Adv Juniors	Beg Juniors	Lil Dragons	9:00-9:30 Lil Dragons
4:30-5:00	Beg Juniors	Lil Dragons	Beg Juniors	Int Juniors	Beg Juniors	9:30-10:30 All Juniors
5:00-5:30	Int Juniors	Adv Juniors	Int Juniors	Adv Juniors	Int-Adv Juniors	
5:30-6:00	Adv Juniors	Beg Juniors	Beg Juniors	Lil Dragons	All Juniors	10:30-11:30 Adults
6:00-6:30	All Juniors	Kid Cardio	All Juniors	Kid Cardio	EZ-Defense for Kids	
7:00-8:00	Adults	Family	Adults	Family	Adults	
8:00-9:00	Cardio		Cardio	Adult Self Defense	Cardio	

Beg Juniors– White, Yellow, and Orange belts
 Int Juniors– Green, Sr. Green, Blue, Sr. Blue, Brown, Sr. Brown
 Adv Juniors– Red, Sr. Red, Black

EZ Defense for Kids– Children 13 and under.
 Kid Cardio– Children 13 and under.