



Lindamood's Taekwondo America

Kickin' Times

Dates to Remember

- December 3rd—After School Program begins! See Mrs. Lindamood for more information.
- December 7th—7:00pm Testing.
- December 9th—5:00pm Awards Ceremony/Pot Luck Dinner (There will be a surprise visitor—don't miss it!).
- December 15th—Next Paintball date at Painted Forest.
- Next National Tournament is Jan. 11-12th in Baton Rouge, Louisiana.



December 1, 2007

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December 7th Testing—7:00 PM

All students MUST wear their full white, clean uniform.

- ◆ Girls MUST wear a white t-shirt or tank top under their jacket.
- ◆ Boys MUST wear their groin protectors (Orange belts and Higher only).

All students MUST have all appropriate patches (except for White belts).

All students MUST have their sparring gear (Orange belts and Higher only).

All students MUST have red TA co-branded gear to be eligible to test.

All students MUST have paid for testing before Dec. 7th to be eligible to test.

*Early testing will be held Dec. 3-6th for any White-Sr. Blue Belts who cannot make the scheduled testing date only. **This should not be used to avoid the big testing***

Testing will be held at the Taekwondo School. Seating is limited and should be reserved for Grandparents, and those who have any "standing" issues. The Taekwondo school will be open 30 minutes prior to testing for those who wish to come stretch, or get any last minute practice in. Instructors WILL NOT be available for questioning before testing begins about forms, one-steps/sparring combinations, or sparring. *Last minute cramming should be done in the class setting.

January National Tournament Baton Rouge, LA

Registration forms have been emailed out. The deadline to register is December 19th. When printing out the registration form please make sure it is correct on both sides so you can keep the hotel information. Rooms are going fast so book now! Tell them you are with the tournament and you will receive the discounted nightly rate of \$99.00/night. Rooms at this hotel are normally \$149.00/night!

Tournaments are a great way to test your skills against other students! Students you don't see and workout with on a daily or weekly basis. Tournaments are a great way to meet other students from our other Taekwondo America schools and make friends. Whether you place for a medal or not, Tournaments are a lot of fun!

We will be closing the taekwondo school January 9-11th, as all of the instructors will be at the Tournament.

More Paint Ball Fun at Painted Forest in Lynchburg Soon

If you missed the last paint ball date don't worry, there's another one coming up soon! We will be going back on December 15th. If you are interested in going bring money to rent air, a gun, and paintballs. Bring water and snacks because they don't sell any there. Also, there are no public restrooms, so bring empty containers or whatever you want to use (if the need arises!). There is an age limit, and they are strict about it. They do not let anyone under the age of 10 play.

Real Christmas Tree Tips

If you like to have a live Christmas tree here are some tips to keep it fresh:

- **Keep Your Tree Fresh and Green** Cut the stump of the tree with a fresh cut and set it in water immediately. A fresh-cut tree will absorb several quarts of water right from the start. So it's important to check and refill the water level several times a day for the first week. You can cut down on frequency later. Be sure to place your Christmas tree in a stand that has a **large water reservoir** and keep it filled.
- **Christmas Tree Preservative** You can **prolong the life** of your Christmas tree by mixing up a concoction of 1 quart water, 1/2 cup light corn syrup, and 1 teaspoon liquid bleach.

MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance = more fun

Adult class—Gail Francis

Juniors class—Connor Brennan

Li'l Dragons class—Jonathan Brabham

***These students will receive a Gift card
from Bruster's Ice Cream***

Christmas Recipe

Chocolate Fruit Clusters

Home Made Best Made



Introduction:

To gift wrap these treats, pile them into small, pretty boxes or aluminum pans, wrap with cellophane or plastic wrap, and tie with a bright bow.

Makes about 30 clusters.
Total time: 20 minutes.

Ingredients

8 ounces high-quality semi-sweet chocolate
1 1/2 cups hazelnuts, coarsely chopped
1/2 cup golden raisins

Step 1:

Line a baking sheet with aluminum foil.

Step 2:

In the top of a double boiler, over low heat, stir the chocolate until melted. Remove from the heat and stir in the nuts and raisins. Mix to coat all the pieces.

Step 3:

Place heaping teaspoonfuls of the mixture on the prepared baking sheet. Refrigerate until set. The clusters can be stored in an airtight container in the refrigerator for 1 to 2 months.