



Lindamood's Taekwondo America

Kickin' Times

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Baton Rouge Tournament Results and Highlights

Everyone had a great time in Baton Rouge! We enjoyed everything but the drive home! Here's how everyone did:

Spirit Awards were given to: Mr. Lindamood, Laurie Garrison, Herb Spangler, Taylor Lindamood.

Medals were awarded to: April Spangler—3rd in Sparring; Ethan Peggins—4th in Forms; Mrs. Lindamood—4th in Forms; Mr. Peggins—2nd in Forms AND 3rd in Sparring; Diedre Trigg—4th in Sparring.

Please congratulate everyone on a job Well Done! If you really wanted to attend this tournament but couldn't, don't fret! There's another one in March!! This one is a Regional and is being hosted by Mr. Baxter's school in Concord, NC. Mark your calendars for March 15th. See Mrs. Lindamood for hotel information. Make your reservations fast because rooms go quickly when the rate is discounted!!

February Testing Date(s)

Our original testing date was scheduled for February 2nd, however, with all of the closings over the holidays and the national tournament we moved the date to the 9th. We felt it only fair to those who didn't feel quite ready for testing on the 2nd. Since a small few of students had already gotten the morning of the 2nd off of work, or had other things scheduled we will still be holding what is now considered a "make up" testing on the 2nd. The actual Promotional Testing date, however, is Feb. 9th. As I stated in an early email, if you no change on the 2nd you CANNOT try again on the 9th. If wood gets you, or forms, or sparring-you will have to wait until the April testing. Those testing on the 2nd will also have to wait until the Awards Ceremony to hear their results as we will only hold ONE Ceremony. That date is Feb. 11th at 6:30-wear street clothes-No classes. As always, wear your full, white uniform. Men who spar MUST wear their groin protectors, and Women MUST wear a WHITE t-shirt or tank top under their jacket. If you have neither of these things on testing day we will happily sell you what is required.

Please tell me which Saturday (2nd or 9th) you will be testing on. If I am not told I will assume the 9th. **This is the ONLY testing that 2 dates will be provided.**

We will need all Sr. Certified Instructors, and Instructor Trainees to attend both testings, and if you test on the 2nd we could use you to spar those testing on the 9th.

Dates to Remember

- Feb. 2nd & 9th—next testing. 9:00am both mornings.
- Feb. 10th—Last day to sign up for snow tubing! See page 2
- Feb. 11th—Awards Ceremony. The TKD school will be closed for set up. 6:30pm
- Feb. 12th – New schedule begins
- Feb. 16th– Demo Team resumes!
- Feb. 14th—Couples Workout. See Page 2
- Feb. 17th—Snow Tubing at Winterplace-1-5pm!
- March 15th—Regional Tournament in Concord, NC
- April 5th—Next Promotional Testing Date (PROJECTED DATE)

VALENTINE'S DAY COUPLES CLASS



On February 14th, Valentine's Day, we invite all of our couples to come workout together during the Family Class. It doesn't matter if you are already a student or are usually sitting on the sidelines watching! Afterwards we will be going out to eat, so feel free to join us! The Restaurant will be announced at the end of class. If you want to get your romantic groove on and go off on your own it won't hurt our feelings! So, if you want to show your spouse your mad skills then invite them to join you! Who knows when the fun might end?! (wink, wink)

The Couple that Exercises Together,



Gets Healthy Together to Bug Each Other to Death!

(Just Kidding!)

PLEASE DRIVE CAREFULLY

We just want to pass along to everyone to drive carefully. Especially while you have children in the car with you. In the news was the story of the 2 year old little girl who unbuckled her seatbelt, and her mom was turned around to buckle her back in and veered off the road, into a tree. Needless to say the little girl did not survive. Please do not text while driving, or buckle children while driving. In this day and age we are always moving fast from one event to the next. Please take the time to pull over, off the road, and stop the car when your attention is being pulled from the road. Pull over to text, address children in the car, etc. I am guilty of texting while driving myself. You never think something like that could happen to you. We are not as invincible as we would like to believe. I know I will never text while I drive anymore, or allow my attention to go into the rear view mirror instead of the road. We are all carrying precious cargo in our vehicles. Let's remember a sad but valuable lesson learned from this families grief. Keep your eyes on the road! Thank you

SNOW TUBING—FEB. 17TH

We will be Snow Tubing Sunday, Feb. 17th, at Winterplace. This event is open to all students and their friends and families. The deadline to let me know your coming is Feb. 10th. I will need all monies as well as we have to write on check for everyone. If you are absolutely sure you will be going with us please let me know ASAP because who I have written down on the 10th is who will be included in the count. Also, Winterplace offers a Meal Voucher. These are extremely convenient because you do not need to carry any money with you for meals. Winterplace has licensed restaurants, and they do not allow any outside food or drink. Meal Vouchers cost \$8.75/person and can be used at either locations at Winterplace: Mountain Mamma's Food Court (Located at the Resort Center), or The Mountain House Food Court (Located next to the Snow Tubing Park). Meal Vouchers need to be reserved prior to our trip, so I need to know who would like to have them. If you would like any information about the Meal Voucher just give me a call or ask me at the school. I will try to keep a copy of the Meal Voucher Information on the table or at the counter for you to read. This sheet also has the menu for the Lunch/Dinner Vouchers. This is optional. **FYI-You can bring money if you would like to buy additional food items or drinks, but your actual meal would be covered under the Meal Voucher. The cost is \$21.00/person-including children under 44' tall.

What To Bring

- ◆ Hat-60% of heat loss is thru the head!!!
- ◆ Waterproof Gloves/Mittens (mittens are warmer than gloves)
- ◆ Warm dry socks
- ◆ Goggles/Sunglasses
- ◆ Jacket/Parka (water resistant)
- ◆ Synthetic or wool based layers for top & bottom –Synthetic materials wick moisture away from your skin keeping you warmer
- ◆ Snow/Water resistant pants
- ◆ Sunscreen—SPG 15 or higher
- ◆ Lip balm
- ◆ Your ID, and some extra cash
- ◆ Extra clothes in case you get soaked!

SUMMER DAY CAMP TO START THIS YEAR!!

If your kids are bored with the same old place this summer, or they want something new and exciting, then sign them up for our Summer Day Camp!

Our Day Camp will be open to all students and their friends, with a discounted rate to current students. Each week will have different themes, crafts, and games. Want more information? Just ask Mrs. Lindamood. Sign-ups begin in March!

PS: *If you are a stay-at-home mom that can be available to help, please see Mrs. Lindamood—you will receive a significantly discounted rate!!*



New Schedule

The new class schedule will begin on Feb. 12th, right after the Awards Ceremony. We have only made changes to Jrs. Class times. Adults, Family, and Ladies Classes have not changed. We did change the name of the Friday evening Adult class from All Adults to Adult Sparring since that is what we do. Jrs. Classes will be 45 minutes in length, which we feel gives more than enough time for a student to pick up a new form by coming 2 times a week. We have also “lumped” together more belts with the addition of the Sr. Orange belt already starting. So classes will be broken up into White-Orange belt Jrs. And the Sr. Orange—Black belt Jrs. Part of the change to our schedule has been because of the After School Program. So that class will be first and will be those children in the program and any Jrs. That wish to join them. That class, however, will have White belts in it so if you have an upper colored belt child or a Black belt child, I do not recommend this class or them. I recommend that they come to one of the other two class times which alternate throughout the week. Also, you will notice that there isn’t any Li'l Dragon classes listed on the Main Floor schedule. Their class will now be going on in what we call the Annex at the very same time. Their classes will remain 30 minutes, or even 15 minutes, depending on the attention span of each individual Dragon. At the end of their class, they will join the Jrs. For games together.

***PARENTS: PLEASE KEEP YOUR CHILDREN WHO ARE NOT TAKING CLASSES OFF THE “ANNEX” ROOM FLOOR AS IT IS NO LONGER A PLAY AREA. AFTER SCHOOL PROGRAM CHILDREN DO THEIR HOMEWORK IN THEIR AS WELL AS THE LI'L DRAGONS CLASS WHICH WILL BE IN THEIR SOON. YOUR HELP IN THIS MATTER IS GREATLY APPRECIATED.**