



Lindamood's Taekwondo America

Kickin' Times

Dates to Remember

- Dec. 22nd—Paintball!! There will only be the Li'l Dragon/Juniors class
- Dec. 24th-Jan. 1st—CLOSED FOR THE HOLIDAYS
- Jan. 11th-12th—National Tournament in Baton Rouge, Louisiana
- Jan. 9th-12th—Closed
- Feb. 2nd—next testing. 9:00am
- Feb. 4th—Awards Ceremony. The TKD school will be closed for set up.

Welcome New Students

Bruce Cammarata
Stevie Felton
Nate Brinkley
Brandon Pope
Kristie Jearls
Mitch Jearls
Some of these students have already tested for Yellow Belt!

Li'l Dragon Graduate:
Congratulations to Carson Peggins for graduating from Li'l Dragons to a Junior Yellow Belt!

January 1, 2008

Volume 2, Issue 1

January National Tournament—Baton Rouge, LA

Registration forms have been emailed out. The deadline to register is December 21st. 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 Senior Certified Instructors will be at the Tournament.

Belt Change

You will be seeing a new belt soon! The Taekwondo America organization has added the rank of Senior Orange Belt. The reason for this change is that many students are starting to free spar before they're ready and are uncomfortable with the idea of sparring. This will give us more time to prepare students and make them better at free sparring. So, if you're an Orange Belt now, in February you will be testing for Senior Orange Belt. If you have any questions please see Mrs. Lindamood at the counter.

Birthday Parties

Interested in having your next birthday party at the Taekwondo School? We provide the place, pizza, drinks, plates, forks, napkins. We will let the birthday boy or girl lead the class as the "instructor" along with us, have supervised games, and even have a sword for the birthday boy or girl to use to cut the cake! If you would like more information please see Mrs. Lindamood at the counter

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 22nd. 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. There will be no Demo Team or Adults Classes that day.

S.W.A.T. ATTIRE FOR PROMOTIONAL TESTINGS

For those members of the S.W.A.T team there has been a change in your uniform requirements at local Promotional Testings. You can now wear your red pants with the S.W.A.T. patch in the correct spot, along with your white uniform jacket and belt. Please note that at Regional and National Tournaments the attire is your full white uniform (white pants, and white jacket). **Please note that this applies to S.W.A.T. members ONLY. (Not students who happen to have red pants)**

MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance= more fun

Adult class—Michael Kantorski

Juniors class—Connor Brennan

Li'l Dragons class—Jonathan Brabham

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

DEMO TEAM MEETINGS

If you are a member of the Demo Team, then rest and relax thru the holidays! We will NOT be having any practices thru the Holidays, but will pick back up at a date and time to be announced. Mr. Lindamood feels that we do not need to practice every Saturday at this point, so there may be a schedule change effecting Saturday classes only. We have a demo set up for a Kids Expo to be held in April at the Salem Civic Center. While that seems like a long time away it will be here before you know it. ****The Demo Team is open to ALL students, so if you are interested in being a part of it just get with Mrs. Lindamood**

Promotional Testing

Date: Saturday, February 2nd - 9:00am

Where: Here at the Taekwondo School

Demo: By Mr. McCoy, 5th Degree Black Belt

Attire: Full Uniform (if you wear a t-shirt under your uniform it must be white: Women must wear a t-shirt under their uniform)

Orange belts and up must have their gear

Make sure you have all of your patches on your uniform.

NOTE: The White-Brown belt testing fee is going up \$5.00 (from \$45.00 to \$50.00)

Testing Registration

Before registering for testing students are required to have all their stripes on their belt. All students must pre-register and pay the testing fee that applies to their current belt rank (\$50.00 for White-Brown; Red-Sr. Red for \$65.00; and Black for \$85.00) **All previous no changes need to register as well** (there is no charge for a previous no change.) Deadline for registration is February 1st. Students unable to test during their scheduled time due to extenuating circumstances need to see Mrs. Lindamood to set up alternate arrangements. Brown belts and above cannot perform a make-up testing. See Mrs. Lindamood about testing at the another school in our area.

Testing Advancement Requirements

All colored belts (white-sr. red) must have all their stripes.

All colored belts receive 3 chances to perform their pattern(s) and one-steps correctly

All orange belts and above must have their sparring gear at testing. Orange belts are required to purchase TA logo gear within two weeks of receiving their orange belt. Also your must have all patches on your uniform at this time.

All students who do not successfully pass testing due to mistakes on their form, one-steps, or inadequate sparring will be called.

Brown belt and above students that do not successfully break all of their board stations will not be called. Not breaking all stations is an automatic no change. All brown belts and above receive 3 chances at each station to break their wood/boards.

Senior Red Belts and above must do a second form **Black belts** receive two changes to perform their patterns correctly.

6 Biggest Nutritional Problems Solved!

Are you making a New Year's Resolution this year? Are you serious about sticking to it? Whether it be loosing weight, improving your diet, or drinking more water daily, you will find the 6 biggest mistakes people make when trying to accomplish these goals in this article. (Muscle and Fitness, January 2008 issue)

When it comes to fitness, there are 2 types of people: the success story and the cautionary tale! The success story is the person in the gym who as found that winning equation—a perfect blend of exercise and nutrition. This person will produce a physique heaped with new muscle and only traces of body fat. The cautionary tale, well...you don't want to fall into that category! These people just can't seem to get their act together, and its usually due to one or more nutritional snafus. They'll lift thousands of pounds, but skip post workout shakes. They'll reduce their calorie intakes to shed bodyfat but forget to supplement right or monitor protein percentages. Cautionary-tale people are the ones who *almost* get it right but keep missing the mark with food and supps. If that describes you, then read on to help your right your nutritional rudder. Its not all about the gym or weights you are pushing around, but what you do in kitchen and at the dinner table that is just as important. As soon as you cozy up to that fact the better off you will be. Remember, moderation is the key to steady gains. The following three mistakes are the result of pursuing extremes:

LEANING OUT MISTAKES:

MISTAKE No. 1: AGGRESSIVELY CUTTING CALORIES

You're ready to get ripped at all costs. No sacrifice is to great. As a result, you decide to slash your caloric intake in half, expecting to transform your body in just a couple of weeks. Big mistake—not only is this completely unhealthy, but your body also isn't likely to reciprocate with the same dramatics. This mistake only sends your metabolism into a lower gear. Instead of cutting bodyfat, your body has now gone into starvation/survival mode. So when you see this doesn't work, you go back to eating the way you did before and put everything on and then some! This is definitely NOT the way to go.

MISTAKE No. 2: COMPLETELY ELIMINATING FAT

Remember reading about moderation? Zero anything is dangerous in the nutrition world: Zero-carb, zero-fat and zero-cholesterol diets are all fads that should be avoided. Controlling calories by slashing bad dietary fats such as butter, gristly meats, chicken skin and fried foods is a much better option. The biggest pitfall with zero-diets is that they compromise testosterone levels, which can disrupt the body's ability to retain metabolic-boosting muscle while dieting. In short, when testosterone levels fall, the metabolism slides right along with it!

MISTAKE No. 3: ABANDONING CARBS

While lower-carb diets certainly aid in the shedding of bodyfat, your don't want to completely cut out carbs. It's better to watch the selection of our carbohydrate consumption. One of the best ways to do this is to cut carbs down at all meals—outside of breakfast and our post workout meal, that is.

Those are the two times of the day when carbs are critical to muscle growth. At breakfast our bodies need carbs to reverse the catabolic state you fall into from fasting while you sleep, and after training you need carbs to spike insulin levels to drive muscle growth, and restock muscle glycogen (the storage form of carbs) that was depleted during the workout. Meanwhile, low-carb meals the rest of the day could consist of something as simple as a whey protein shake, or 7-10 oz. of lean protein (i.e.: chicken, turkey, fish, or extra-lean beef). This way you'll burn fat without compromising your ability to workout hard, which is important if you expect to stay lean in the long run.

MASS-GAINER MISTAKES:

The Cautionary-tale types do several things to hinder their chances of gaining more muscle: these are three of the most common:

MISTAKE No. 4:

OVERESTIMATING CALORIE NEEDS

While a high-calorie diet certainly supports growth, nothing is as effective as splitting your calories into six smaller meals so you're eating every 2 1/2—3 hours. This maximizes nutrient absorption and can suppress hormones such as cortisol that interfere with muscle growth. Since your goal is to hold on to more muscle than you burn, you'll want to consider some anacatabolic helpers such as leucine, vitamin C and vitamin E.

MISTAKE No. 5:

SLACKING OFF ON PRE-WORKOUT NUTRITION

Muscle growth is a pretty simple equation. You lift weights to break down muscle fibers, and you rest and eat afterward to repair and grow. The pre-workout meal is a vital part of gaining appreciable size. But recovery doesn't start the minute you walk out of the gym, especially when you're training 4-5 days a week. Step one is your pre-workout meal: small chicken breast, maybe a sweet potato. Step two is to take 20 grams of whey protein and 40 grams of slow-burning carbs, such as oatmeal, fruit or whole grains, right beforehand.

MISTAKE No. 6:

KEEPING YOUR PROTEIN INTAKE TOO STATIC

The typical estimate of correct protein intake daily is 1 gram per pound of bodyweight. This is a ballpark estimate that can fluctuate slightly from person to person and week to week. After a harder-than-normal workout or one that included unfamiliar movements, you may find yourself a little sore. While the exercise variable is a factor, nutritionally this is a sign that you need to push your protein intake higher to match your level of soreness. The harder the volume of the workout, the higher your protein needs for repair. In this case, 1 1/2 grams per pound of bodyweight is a good estimate, including at least 60 grams after workouts.

THE RIGHT TRACK

What's left? Deciding whether you want to be the cautionary-tale or the success story. With willingness to zig or zag when circumstances call for it, you'll be well on your way to throwing your "cautionary" side to the wind! Happy resolutions!