



Lindamood's Taekwondo America

Kickin' Times

May 1, 2008

Volume 2, Issue 5

Dates to Remember

- May 1st—Teens Class begins—ages 11-16
- May 11th—Mother's Day—Don't forget!!!
- May 25th-26th—Closed for Memorial Day weekend.
- May 28th—last date to turn in testing applications (until 7:30pm) for the June 14th testing
- June 11th—Black Belt Camp Registration forms are due.
- June 13th—Closed for testing set-up
- June 14th—Promotional Testing 10:00am
- June 21st—Emerald Pointe Water Park! Mark your calendars with the new date!
- June 26-29th—Black Belt Camp!
- July 19th—Raleigh, NC Regional Tournament. Make plans to attend!

WELCOME

Please join us in welcoming our new students:
The Sawyer Family
Lynda, Emma, and
Mary Grace

School Move a HUGE Success Thanks to all of YOU!

Thanks to everyone who helped us move! We could not have done it without you! We had a great support system of students and parents chip in and lend a hand. Thanks for the use of your vehicles, trailers, physical selves, the jokes and for the drink runs and bringing the sweets by. It all kept us going!

The Lindamoods

Warmer Days, Bikini Dreams



At some point each spring, there's one day when the temperature climbs and you get just a hint of the season to come. On that one summer-like day, you reach in the drawers, under the sweaters, for the shorts or the short-sleeved cotton shirts...

and you start thinking of those swimsuit days at the beach.

If you've been following a work out & weight loss plan and are losing weight, you may be looking forward to summer 2008 with a joy you haven't felt in a long time. That's great!

But if the thought of summer fills you with a bit of dread, take heart. There's good news: it's not Summer yet!

You've got **TWO FULL MONTHS** to lose weight before you have to put on summer clothes.

Two months! Think about it: if you get started now on a weight loss plan, you could loose whole sizes by the start of summer, or more! And by mid-summer, the results could be even more dramatic!

So whether you're currently in a weight-loss plan or contemplating starting one, let your mind start to wander. Let the beach and bikini dreams be your inspiration!

See you in Cardio Kickboxing class!!!



Congratulations Brandon Pope!

Brandon was the winner of our Bike Give-Away! All he had to do was invite a friend—how easy was that Brandon! Too easy and now he can ride everywhere this summer on his brand new bike! Our next Give-Away will be a Wii so keep your eyes and ears open for more info! Enjoy the bike Brandon!!!

MEMORIAL DAY CLOSINGS

We will be closed May 24-26th in observance of the Memorial Day holiday. Fire up your grills, and clean out the pools! Have a great weekend!!

BLACK BELT CAMP

It's Black Belt Camp time again! Registration forms are now available-on the website & copies available at the school. Deadline to register is June 11th. Camp is held in Rome, GA at Berry College from June 26-29th. Registration fee includes all meals, clinics, sleeping accommodations, padded weapons and your camp T-shirt. Camp is for ages 8 and up and, of course, you have to be at least a 1st Deg. Probationary Black Belt to attend-no exceptions! So if you can't go this year, then make it your goal for next year to attend! Its an awesome experience!

100 CLUB

Want to make your forms look incredibly great? Join the 100 Club! What is the 100 Club? Do your form 100 times **outside** of class, have someone initial in a square for each time you do your form, and get a Certificate of Completion at the next Awards Ceremony! Forms for the 100 Club will be available on-line soon, and are on the table in the school entrance.

*This is an optional, above-and-beyond, way to get extra practice on your form. And there is no time limits or requirements for how long it takes you to complete the form.

Promotional Testing Applications *Effective for June 14th Testing!*

To help make testing sign-ups flow a little bit easier, and to prevent us from purchasing belts for those who decide not to test, there will now be an application to be filled out and turned in at least **TWO WEDNESDAYS BEFORE the scheduled promotional testing date.** These applications will be available for download from our website and there will be copies available at the school. This application can be turned in earlier than that, but two Wednesdays before testing is the last possible date to turn it in and receive the regular fee for your testing. You will see on the application that there is now a \$5 additional charge for turning the application in late or not turning it in at all. This is due to the rush shipping we have to pay to get belts in on time. Two weeks gives me time to get the belt order form together, faxed out, and received in time for awards ceremony. Those turning their applications in late may not receive their belts in time for the awards ceremony, and will have to wait for its arrival thereafter.

This process will be in effect for THIS testing cycle so be sure to ask any questions now! **So, for example, anyone testing will have to have their application(s) turned in to me by May 28th.** Also, you will not have to pay for your testing(s) at the time you turn in the application form. There is a space to check off what your payment method will be, and a space where you can circle NOW or WAIT and write the date in that you would like to pay (as long as it is before testing date). I have installed a “drop box” on the side of the counter for these application form to go in.

****All testings MUST be paid-in-full BEFORE testing early, or on the scheduled testing date****

Mrs. Lindamood