



Lindamood's Taekwondo America

Kickin' Times

Dates to Remember

- October 5th— Promotional Testing at 7:00pm. This will be a "test" run to see if Friday night testings work better. No Classes!
- October 6th—CLOSED
- October 7th—Awards Ceremony here at the taekwondo school from 3:00-5:30 (see page 2).
- October 20th—Rett Syndrome Break-A-Thon here at the taekwondo school at 10:30. There will be No Classes.
- October 22nd is Buddy Day! Bring a friend and receive a free ice cream treat!
- October 27th— Halloween party from 2:00-5:00. (See page 2)
- October 31st—No Adult class or Cardio Kickboxing class tonight. Take your ghouls trick-or-treating!
- November 5th and 7th are the new Picture days. Sign up sheets will be available soon.
- November 9-11—Make plans now to attend Winter Camp. Registration forms now available.
- Next National Tournament is Jan. 11-12th in Baton Rouge, Louisiana.

NEW STUDENTS WELCOME!

Brian Brabham
Benjamin Brabham
Jonathan Brabham
Blake Connell
Michael Kantorski

Second Form

Red Belts: Joon-Gun
Black Belts: Choong-Moo

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Regional Winter Camp— Get Ready for Fun!

This year's regional winter camp will be held at Camp Hanes in South Carolina, November 9-11. Registration brochures are now available. Deadline to register is October 13th.

This camp is open to ALL Jrs. (Not Dragons) And All Adults belt ranks, and all ages. If you have never been to a regional camp, they are a lot of fun. Much like a tournament where you compete with other students from other schools, you will bunk, eat, and workout with students from other schools.

A great time will be had by all. Make plans to attend! You'll be glad you came.

**Space is limited to the first
200 students who sign up!**

Buddy Day—October 22nd

Like ice cream? Have a good buddy? Well, these two will go hand in hand. Bring your buddy Monday, the 22nd, during YOUR class time and you both receive an ice cream treat. Then they can come to ANY White-Yellow belt class, Family class, or All Juniors class the rest of the week. So show off those super cool taekwondo moves and invite your buddy!

Friends that Kick together—Stick together!

*Remember: If their parents sign your buddy up with a regular membership (no 8wks) you receive a \$45.00 credit! This credit can be used to pay for your testing, or you can purchase something behind the counter.

National Tournament

Congratulations go out to the following students for attending the National Tournament in Fort Mitchell, KY on Sept. 22nd:

Rick Barnes—Outstanding Spirit
Alex Dunn—Outstanding Spirit
Mr. Lindamood—Outstanding Spirit
Taylor Lindamood—Outstanding Spirit
Zak Stafford—Dragon First Place
Nate Stafford—4th in Sparring
Nathan Weeks—3rd in Sparring
Michael Spangler—3rd in Sparring
John Amburn—4th in Sparring
Herb Spangler—1st in Forms/2nd Sparring

Congratulations to ALL of You!

Next National: January 11-12th In Baton Rouge, LA

The next National Tournament will be here soon. We have hotel information for those wanting to reserve rooms early. Also, we will be renting a bus or van so anyone interested in going needs to see me FAST so we can get a bus/van head count!

Don't miss out on the FUN!!!!

Picture Dates Changed

The picture dates have been changed to November 5th and 7th. Sign-up sheets will be available closer to those dates for time slots.

RETT Break-A-Thon

The Break-A-Thon is fast approaching. Be out there getting those sponsors/donations!! Don't forget to bring your sponsorship form with on October 20th or you won't be able to break your 10 boards. This is a rule so that students don't show up just to break wood that do not have sponsorships/donations. The students who did the work in getting sponsorships and donations get to have the fun in breaking the boards. We have already taken a list of names on who is participating. At this time there is no extra wood for late comers.



Halloween Party-October 27th 2:00-5:00pm

Come join us for an afternoon of *spooky* fun! Wear your costumes and show them off for the costume contest, practice your scariest kicks for the piñatas, and your fangs for apple bobbing! **Parents with last names ending in A-K please bring a goody, last names ending in L-Z please bring Fruit Punch/Kool-Aide type drink.** ***Every family bring a bag of candy to the front counter no later than October 24th, so we can stuff the piñatas!**

WE HAVE NO CANDY YET!
NO CANDY = NO PINATAS!!



TRICK-OR-TREAT

The schedule will be different for Halloween night, Wednesday, October 31st. We will NOT be holding the Adult class or Cardio Kickboxing this evening. So....

Go trick-or-treating.
HAVE FUN!!
BE SAFE!!!

Promotional Testing

This next Promotional Testing will be held on October 5th at 7:00pm. This will be a "test" run to see if evening testings work better than Saturday morning. This time the Li'l Dragons will test the same night as everyone else. They will go first however. ***See page 1 for second forms for those whom that applies to***

Mr. Hughes will be performing the Demo. You won't want to miss it!

Please have a clean white uniform with all patches attached. If you need your back patch just come see Mrs. Lindamood.

All Orange belts and above must have their gear with them. All Males must wear their groin protector, and all Females must have a white t-shirt or tank top under their jackets. All Sr. Certified Instructors and Instructor Trainees must be at the front table (unless testing).

The Award Ceremony will be a lot of fun. We are looking forward to it. **Parents with last names for A-K please bring a goody. Last names from L-Z please bring some kind of Fruit Punch/Kool-Aide drink. After the kids get their new belts and certificates Parents can leave (or stay) and the kids will have a good time playing dodge ball, karaoke, etc. Even if you no-changed, or didn't test at all still come party with us. (October 7th from 3:00-5:00)**

All Sr. Certified, Certified, and Trainee Instructors are **required** to help judge at Promotional Testing. If you are a Black Belt and are not testing, you should be there with your sparring gear to help push those who are testing.

MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance = more fun

Adult class—Laurie Garrison(12 classes)
Juniors class—Connor Brennan(21 classes)
Li'l Dragons class—Zak Stafford(5 classes)

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