



5650 Cloverdale Road
Roanoke, VA 24019
561-0900

www.Lindamoodstkd.com

Dates to Remember

- * Closed Good Friday and Easter Monday
- * April 14-17th is Spring Break! We are OPEN!
- * April 15th - TAX FREE Day! All purchases of school merchandise are TAX FREE
- * April 25th Instructor's workout. All instructors and SWAT. No classes on Sat.
- * April 25th—Lock In—Featuring Dodge Ball Tournament.
- * May 17th—Paintball. Painted Forest, Lynchburg VA. More info to follow.
- * May 21st-23rd— National Instructor's Retreat— Atlanta, GA NO Classes.
- * June 6th—Testing
- * June 15th-19th— Summer Camp Week I
- * June 24th-28th— Black Belt Camp Greenville, SC
- * July 18— Regional Tournament— Lake Norman, NC

Lindamood's Taekwondo America

Kickin' Times

April 1, 2009

Volume 4, Issue 3

Roanoke Regional Tournament Results

Congratulations to all of you! You did a great job!

Blake Connell	2nd Forms 4th Sparring	Cole Pate	Outstanding Spirit
Conner Brennan	3rd Forms 2nd Sparring	Tyler Pissanos	3rd Sparring 4th Forms
Seth Schaubach	1st Forms	Brandon Corell	1st Sparring 1st Forms
Caleb Schaubach	1st Forms	Alex Heck	3rd Forms
Brandon Pope	1st Forms	Jacob Heck	4th Forms
Taylor Lindamood	4th Sparring	Evan Heck	2nd Forms 4th Sparring
Andrew Lindamood	4th Sparring	Shane Foyt	2nd Forms
Chandler Jearls	3rd Sparring	Tracy Neal	2nd Forms 2nd Sparring
Conner Jearls	4th Sparring	Samantha Neal	3rd Sparring 4th Forms
Sammy Studevart	4th Sparring	Steve Amonette	3rd Forms
Brandon Smerecki	4th Sparring	Stevan Lindsay	3rd Sparring 4th Forms
Colleen Burns	Outstanding Spirit	Deidre Trigg	Outstanding Spirit
Trent Haddox	3rd Sparring	Gail Francis	3rd Sparring 3rd Forms
Sydney Haddox	1st Place Little Dragon	Megan Francis	Outstanding Spirit
Ethan Peggins	4th Sparring	Joseph Francis	Outstanding Spirit
Randy Peggins	1st Sparring	Joseph Ametepe	1st Sparring
Gerald Pope	2nd Forms	Harrison Lane	3rd Sparring 2nd forms
Luther Garst	1st Sparring 4th Forms	Kaleena McClure	4th Forms 4th Sparring
Jonathan Conner	4th Forms	Susie Poage	4th Sparring
John Amburn	Outstanding Spirit	Jordan Poe	1st Sparring
Caleb Poe	4th Forms	Bruce Cammarata	Outstanding Spirit
Stevie Felton	3rd Forms	Parker Strauss	4th Sparring
Cameron Strauss	4th Sparring	Marquaza Robertson	1st Place Little Dragon

The next tournament is scheduled for July 18th in

Lake Norman, NC

New this Year: Summer Day Camp!!

Want to give your child an exciting summer? Then we have just the plan for you! And, you can bring a friend to share in the week's fun with you! Choose from any of the weeks below—OR—sign up for all 4 weeks! Each week is different, unique and loaded with fun and learning! Our Summer day Camp is open to all students and their friends ages 5-13!

June 15-19	Olympics	Tye-Dye	Mill Mtn. Zoo
July 6-10	Super Heroes	Super Hero Dress up	Bowling
July 20-24	Circus	Silly Sunglasses	Roller Skating
August 10-14	Wild West	Crazy Hat Day	Wet & Wild Day!

AND, we've added padded weapons and Bully Basics to each week!

April 2009

Upcoming events:

- Moms (who are not current students) workout with your kids FREE for the entire month of May!

Mon	Tue	Wed	Thu	Fri	Sat
Happy Birthday To You!		1	2 Lil' Dragon Testing	3 Sparring Seminar with Mr. Penn	4 Testing White & Yellow Belts @ 9am Demo @ 10am Orange-Black after
6	7	8	9	10	11
13 John Amburn	14	15 TAX FREE Day on ALL School Merchandise	16 Jacob Heck	17	18 Ethan Peggins
20	21	22	23	24	25
27	28 Jonathan Brabham Tracy Neal	29	30		