



Family Fitness & Fun!

Lindamood's Taekwondo America

Kickin' Times

August 1, 2008

Volume 2, Issue 8

Raleigh, NC Regional Tournament Results

Dates to Remember

- August 1st—Closed for Testing set-up.
- August 2nd—Closed for Testing: Juniors at 10 am-Adults at 11 am
- August 23rd-Juniors Bully Awareness Workshop. Sign-up NOW thru Aug. 18th
- August 24th—Ladies "Real World" Self-Defense Workshop. Sign-up NOW thru Aut. 18th
- September 7th—Rett Syndrome Break-A-Thon. *Get your Sponsorship forms at the school now!
- Sept. - Gatlinburg, TN National Tournament
- October—School Picnic at Troutville Park. Date to be announced.
- November 7th-9th—Winter Camp! Always fun! Make plans to attend!!



Spirit Awards:

Cole Pate

Forms Competition:

Connor Brennan—1st place
Brandon Pope—2nd place
Taylor Lindamood—3rd place
Chandler Jearls—2nd place
Michael Kantorski—1st place

Sparring Competition:

Connor Brennan—2nd place
Brandon Pope—1st place
Michael Kantorski—1st place
Taylor Lindamood—4th place
Blake Connell—3rd place
Connor Jearls—3rd place
Andrew Lindamood—4th place

Congratulations to everyone who competed! You represented our school well, had fun, and had a great attitude about your experience. We are extremely proud of all of you!

Rett Syndrome Break-A-Thon

The Break-A-Thon date has been set for Sept. 7th here at the taekwondo school. So, grab those sponsorship forms off the front counter and fill them up! If you aren't familiar with the Break-A-Thon or Rett Syndrome then please check out the page on our website which addresses this disease, or go to www.rettsyndrome.org for more information. We do this event every year to support the Pate family and all other families who are affected by this disease. This event is open to ALL students of ALL ranks. You can do any breaks you want, get creative by doing 3" breaks or work on your testing breaking techniques! Whatever you want to do! The sky's the limit!!

We are doing things a bit different this year. Instead of breaking your wood and then collecting your sponsor's money, we are asking you to get the money at the time they fill out the form. This will expedite us sending the total amount to the Rett Syndrome Research people that much faster. Sponsors can pay by check or by cash, just put their amount under the appropriate column. Everyone gets 10 boards and you can hit the wood until it breaks. So remember to bring your sponsorship form, and collected monies to the Break-A-Thon on Sept. 7th or we can't give you your wood.

Anyone not able to participate in the Break-A-Thon, but that would still like to make a donation may certainly do so. Just see Mrs. Lindamood to make that donation.

Scholastic Achievement Program to Start Soon!



Have you noticed some students have stars on their belts? Have you been curious about these stars? Keep an eye out for an email in late August which will explain all about the stars and how they relate to your child's performance in school and in their schoolwork.



Bully Awareness Workshop-Aug. 23rd Ladies Self-Defense Workshop-Aug. 24th Sign-ups for both end-Aug. 18th!!

Another school year is just around the corner, and for some children it can be a scary thought! Children who have gone thru this workshop have learned how to control their own fears, have learned to use their voices, gain greater self-confidence, and have learned the ABC's of bully awareness:

Awareness, Boundaries, and Combat

Workshops are limited to the first 15 who register so sign-up today!

Cost is \$35/individual or \$17.50 **each** for a student and their friend. *Guest Passes are on the front counter to give to your friends-be sure to hand them out so they know what to bring, the date and time*

Every student should bring: an empty backpack, wear comfortable clothing, and tennis shoes

LADIES!!

Feeling safe is extremely important for every woman, so we've developed a special Self-Defense Workshop that includes all the information and skills you'll need to know to protect yourself.

It's simply the best gift you could receive (or give yourself). You'll learn the physical moves, but you'll also gain new confidence and develop more self-control, concentration and mental toughness & alertness.

Cost is \$70/individual or \$35.00 **each** for you and a friend. *Guest Passes are on the front counter to give to your friends-be sure to hand them out so they know what to bring, the date and time*

***Wear comfy clothing
Bring athletic shoes
Bring your pocketbooks***

***Hurry! Space is limited to the first 15!
Register by Aug. 18th!***