



Lindamood's Taekwondo America

Kickin' Times

Volume 1, Issue 7

August 1, 2007

Dates to Remember

- August 7th—Break-A-Thon sponsor begins. Get as many sponsors as you can!
- August 11th—School picnic at Troutville Park. TA will provide meat and buns. 1-3pm at Shelter B. Sign up sheets are now available. Don't forget your chairs, any sports equipment, and sun block!
- August 25th—Fear Factor Parents Night Out! From 7:00-Midnight. Bring a friend!
- September 16—Stroll-A-Thon at Wasena Park.
- September 22—National Tournament held in Lexington, KY. Registration forms are now available.
- October 6th—Next Promotional Testing at 9:00am. Unless Friday night testings become popular—depends on feedback I receive.
- October 7th—Halloween party/Awards Ceremony from 3:00-5:00. We will have goodies, piñatas, a costume contest, bobbing for apples, and a whole lot more. Sign-up sheets for snacks will be out closer to that date.
- October 20th—Rett Syndrome Break-A-Thon.

Second Form
Red-Black: Joon-Gun

S.U.P.E.R. Scholastic Achievement Program

Just in time for the new school year! We are re-introducing the S.U.P.E.R. Scholastic Achievement Program. This program is designed to recognize students who are working hard to improve their school work. It is NOT based on grades. This program focuses on completing homework, paying attention in class, being respectful to all Teachers, completing in-class assignments, maintaining a positive attitude, and showing determination to learn. Preschool, Homeschool, and Public School all apply!

How does this work? Students will take a blue S.U.P.E.R. Form to their Teacher after each testing cycle. Their Teacher will hold on to that form and observe the student during those two months. Near the end of the testing cycle, their Teacher will complete the form and send it home with the student. Parents and students will fill out a S.U.P.E.R. Star Approval Form. All this has to be received by us at least two days PRIOR to testing date.

What do the students earn? Here is how the program breaks down:

6 Checks—Gold Star
3-5 Checks—Silver Star
1-2 Checks—Bronze Star
(Stars go on the belt)
This program is meant to be incentive for our student's to do their very best in and out of the Taekwondo school!

These forms will be attached to the award's certificate. If they did not test then we will have copies available at the school.

Rett Syndrome Break-A-Thon Starts August 7th

Rett Syndrome is a debilitating disease that affects our school directly. So, to do our part to fight for a cure we are going to hold a Break-A-Thon on October 20th. Forms will be sent home attached to Awards Certificates at the August 6th ceremony. Collect as many sponsors as you can and on October 20th you will receive 10 boards to bust thru. Monies will be collected from October 21st to 29th. On the back of each form will be description of Rett Syndrome, in case people aren't familiar with this disease.

All proceeds from this event will be donated to the Rett Foundation to put towards finding a cure. We would love to have 100% participation, so take your form and fill it up—we can always print more!

Tenets of Tae Kwon Do

When General Choi began developing Tae Kwon Do, he wanted student to know what was expected from them. He created five basic principles or rules for student s to follow.

Tae Kwon Do and other martial arts help you to become strong physically. Have you noticed that you are stronger since you started taking Tae Kwon Do lessons? Just as your body gets stronger through practicing kicks, blocks, and punches, your mind and character get stronger when you practice the tenets of Tae Kwon Do.

Every Student of Tae Kwon Do learns these five tenets: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. The five tents are rules for Tae Kwon Do students to learn and practice in the dojang (school) as well as at home, in school, and even when just “hanging out” with friends.

If you follow the tenets of Tae Kwon Do, you will always want to do your best. Even when you have to make a difficult decision, the tenets of Tae Kwon Do will help you figure out what you should do. Practicing the tenets will also help you feel more self-confident every day.

Make the Tae Kwon Do tenets part of your daily life. Your mind and character will grow strong, and you will then be a true martial artist, mentally as well as physically!

TIPS FOR USING TKD TENETS IN DAILY LIFE:

At home: Use Courtesy with all family members. Be kind to your sister, brother, mother and father! The more courtesy you show them, the more you will receive in return!

With friends: Just because all your friends are doing something, doesn't mean you have to. If they are saying things or doing something that is hurtful to you or someone else, be sure to exercise Integrity and not share in those kinds of activities!

At school: Strong Perseverance will pay off on your report card. Work hard at your schoolwork and you will see the results!

Snack-time: Those chocolate-chip cookies are delicious! You could eat he whole bag. But practicing Self-control and having only a couple, will make you healthier, inside and out.

Whenever: Something got you down? Maybe someone said something untrue about you or perhaps you just aren't performing as well as you want to right now. Whatever has you feeling blue, remember our Indomitable Spirit. Look at the bright side of things and remember that through the tenets of Tae Kwon Do, you can always achieve your personal best!

WORD OF THE MONTH BEGINS

With every emailed newsletter I will now be including a calendar for that month with events posted as well as birthdays. Also included with this calendar will be a “Word of the Month”. There will be a page along with it with topics of discussion with your child(ren) for each week of the month. This is completely optional and will not be discussed during class. For example, the word for this month is ANGER. There are different topics of discussion for each week of this month regarding ANGER and ways to dealing with it. Again, this is an optional exercise.

MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance= more fun

Adult class– Laurie Garrison

Juniors class– Connor Brennan

Li'l Dragons class– Payton Kirby

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