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Dates to Remember

- * Feb. 6th—Testing for Dragons and Juniors @ 6:30pm
*No Classes
- * Feb. 7th—Testing for Adults @ 9:00am *No Classes
- * Feb. 9th—Awards Ceremony @ 6:30pm in FULL UNIFORM. *No Classes
- * Feb. 19th—Buddy Day. Bring a buddy and you both receive \$10 gift cards to Toys-R-Us!
- * Feb. 21st—Instructor Work-out *No regular Schedule
- * Feb. 28th—Bokken Seminar! For all Juniors and Adults of all ranks.

Lindamood's Taekwondo America

Kickin' Times

February 1, 2009

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Congratulations Mr. Peggins! On passing your 3rd Degree Black Belt testing!

National Tournament Results Kissimmee, FL

While we only had 2 students compete in this tournament they both did very well!

Mr. Peggins received 1st in Forms and 4th in Sparring
Brandon Pope received 1st in Forms and 1st in Sparring
Way to go guys!!

March 28th Regional Tournament

Its hard to believe that our tournament is almost here, but it is right around the corner! We want to pull off a successful tournament by having as close to 100% participation as possible. Registration forms are available and will be on the front counter.

As most of you know, in order to be eligible to test for Probationary Black Belt you have to attend at least 1 tournament. There won't be one as close as our own back yard for 5 years, so if you will be testing for

Probationary soon then this tournament will be a must!

Volunteers are still needed for various positions, and food for the judges room will be needed. There is a sign-up sheet on the front counter. Items can be brought in at any time.



Instructor Workout

We will have an Instructor's workout Feb. 21st at 10am. This workout is **MANDATORY** for **all S.W.A.T. Team Instructors as well as Trainees, Certified and Sr. Certified Instructors.** If you cannot make this workout you **HAVE** to let Mr. or Mrs. Lindamood know as soon as possible. I just want to reiterate that this is a required attendance workout.

Bokken Seminar

We will be holding a Bokken Seminar on February 28th. This seminar is open to all belts, Juniors and Adults (except Dragons). Seminar will be taught by Mr. Abbott from the Blacksburg Taekwondo America school. More information to come on prices and times. There will be no regularly scheduled classes that Saturday morning.

February 2009

Upcoming events:


Sun Mon Tue Wed Thu Fri Sat

- March 13th—Last day to register for tournament

- March 21st—Tournament Prep class. *Only for those students signed up for the tournament. **Bring your gear (Orange-Black Belts) White-Orange Belts at 10am Green-Blue Belts at 11am Brown-Black Belts at 12pm Instructors WILL BE needed for these classes!**

- March 28th—our Regional Tournament

**There will be no Instructor Workout in March

1 Tournament registrations now available Megan Francis	2 Mock Testings in classes this week	3	4	5	6 Testing Dragons & Jrs.-6:30pm *No classes	7 Testing Adults-9am *No classes
8	9 Awards Ceremony 6:30pm <u>Full uniform</u> *No classes	10	11 Shane Foyt	12 Brandon Pope	13	14 
15	16	17	18	19 Buddy Day! You and Your Buddy both get a \$10 gift card for Toys-R-Us! Samuel Studevant	20	21 Instructor's Workout *No classes
22	23	24	25 Brenna Donahue	26	27	28 Bokken Seminar! More info to come—Lots of FUN!!