



Family Fitness & Fun!

Lindamood's Taekwondo America

Kickin' Times

July 1, 2008

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Dates to Remember

- July 3rd— July Regional Tournament Registration Forms due to guarantee your t-shirt. Registration forms will be accepted up to July 14th.
- July 4th & 5th— Closed for Holiday weekend. Be Safe!!
- July 11th— Water Wars lock in.
- July 16th**—Testing Applications due by 7:30pm.
- July 19th—Raleigh, NC Regional Tournament. Make plans to attend!
- August 2nd— Promotional Testing
- September 7th—Rett Syndrome Break-A-Thon. Date to Be Announced. *Get your Sponsorship forms at the school soon!
- November 7th-9th— Winter Camp! Always fun! Make plans to attend!!

PERSEVERANCE

What does perseverance mean to you? It means pushing yourself to never give up no matter how hard your goal. Taekwondo tests us all in working on perseverance, that is why it is one of our tenants.

On a national level, less than 5% of the people that begin a martial arts will ever see the rank of 1st Degree Black Belt. This percentage moves down drastically the higher in rank you go. The percentage of people that attain the rank of 3rd Degree or higher is less than 0.5%. Through the path from white to black there are many obstacles that must be overcome to advance. If it was easy, everyone would have a black belt. Every belt requires a level of commitment to advance.

This testing both locally and on a national level we have seen many students pushing through tests to reach their goals. Never was easy...never said it would be.

Mrs. Lindamood, at Black Belt Camp in Rome, GA, passed her test for 3rd Degree Black Belt. As her husband, and as her instructor, I am extremely proud of her tenacity and perseverance. Mrs. Lindamood always looked at each testing as a chance to grow and become better in our art. It is not easy to test for a rank for a year and a half and keep coming back. The no changes make it so sweet when you pass.

Let this testing cycle be your very best. Push yourself mentally and physically to perform and you will exceed your expectations.

TESTING APPLICATIONS DUE BY JULY 16TH

All students who plan on testing on August 2nd MUST have their testing applications turned in by **July 16th**. Remember that you do not have to pay for testing at that time but you do have to pay before you or your child can test. If you No-Changed at the last testing we still need an application from you-just write "Retesting" on it. Forms will be available at the front counter. We will again split testing up with Juniors at 10am and Adults at 11am. All students must wear their full white uniform and all Orange Belts and above MUST have their sparring gear to participate in Promotional Testing.

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.

July 19th Raleigh, NC Regional Tournament

Registration forms are now available at the school. The deadline to register and pre-order your T-shirt is July 3rd. Any students who have not competed in a tournament will need to do so before testing for Probationary 1st Degree.

UPCOMING TOURNAMENTS

Gatlingburg, TN National —September 2008

Kissimee, FL National—January 2009

Water War Lock-In July 11th-12th

Have you been sprayed with water by Mr. Lindamood when you entered the school? Want to get him back?? Then bring your biggest, fastest shooting water gun/pistol/cannon/bazooka Friday, July 11th to the Water Wars Lock-In and soak him good! Parents, this is an excellent night to get out and do something Kid FREE for only \$25/ per child (bring a friend and they receive 1/2 off!)

What they need to bring:

- ◆ Water gun/pistol/cannon/bazooka, etc.
- ◆ Change of clothes
- ◆ Towel
- ◆ Sleeping bag and a pillow
- ◆ Sparring gear for Gladiator fights! (If you do not have yours yet we will provide)
- ◆ Xbox & PS2 games—please label what you bring



We will feed them dinner, but any snacks parents want to send will be greatly appreciated! This lock-in is open to all students and their friends—Lil' Dragons included! Yes, we mean that!!

Sign-up forms for guests attending will be on the front counter. We have to have these forms signed by their parent in order for them to participate.

Drop off is July 11th at 7:30pm and pick up is July 12th between 7:30 and 8:00am.

The Friday and Saturday schedule will be changed as follows:

Friday—July 11th No Fight Night class

Saturday—July 12th No morning classes

HERE ARE THE SECOND FORMS FOR THE AUGUST 2ND TESTING:

Red Belt Juniors—Dan-Gun

Sr. Red Belt Juniors—Joon-Gun

Black Belt Juniors—Hwa-Rang

All Adult Red, Sr. Red and Black Belts—you are responsible for knowing ALL the forms!