



# Lindamood's Taekwondo America

## Kickin' Times

June 1, 2008

Volume 2, Issue 6

### Dates to Remember

- June 11th—Black Belt Camp Registration forms are due.
- June 13th—Closed for testing set-up
- June 14th—Promotional Testing Jrs at 10:00am and Adults at 11:00am
- June 15th—Awards Ceremony at the school. 2:00pm
- June 21st—Emerald Pointe Water Park! Mark your calendars with the new date!
- June 26-29th—Black Belt Camp!
- July 19th—Raleigh, NC Regional Tournament. Make plans to attend!
- September—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!!

Know anyone who wants to be a Kung Fu Panda just like you? Cut out the ad below and give to a friend to join you in 1 week of classes!



**Wanna Be a Kung Fu Panda?**  
**Bring Your Ticket Stub or This Ad For Your FREE Week**  
**of Unlimited Classes!**

Current Students/Families Not Eligible

### Every Kid Benefits From Martial Arts!

- Be more physically active, and make friends!
- Develop more confidence, discipline and respect!
- Better able to focus on academics!
- Learn leadership skills!
- Lessons in self-defense to avoid bullies and predators!



**Lindamood's Taekwondo America**  
**5650 Cloverdale Road, Roanoke VA 24019**  
**1/2 mile from Bonsack Wal-Mart**  
**540-561-0900**

## Rett Syndrome Break-A-Thon

We have not yet set a date, however, there's no reason you all can't be out there getting sponsors and raising money! So, at the school are the Break-A-Thon sponsorship forms. Grab one and fill it up, and then grab another one and fill it 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](http://www.rettsyndrome.org) for information.

### Awards Ceremony June 15th @ 2:00pm

We know its Father's Day so we'll keep it short and sweet! Be at the Taekwondo school at 2:00pm on the 15th, wear street clothes.

### Emerald Pointe sign-ups NOW thru June 18th

There is a sign-up sheet on the front counter where you can sign you and/or your family up. Make sure you note in your group how many are Senior Citizens and how many are under 48" tall. The Regular ticket price is \$27.00/per person over 48"; 48" and under are \$17.00/per person. If you didn't get a chance to go last year, you missed a lot of fun!

## Texting Group

We are wanting to set up a Texting Group for informational purposes. This Group would be for quick reminders, etc. as a backup source in case you might not check your email accounts for a few days or so. If you would like to be added to this group please let Mrs. Lindamood know, and don't forget to give us your number!

## BLACK BELT CAMP

It's Black Belt Camp time again! Registration forms are now available-on the website & copies available at the school. Deadline to register is June 11th. Camp is held in Rome, GA at Berry College from June 26-29th. Registration fee includes all meals, clinics, sleeping accommodations, padded weapons and your camp T-shirt. Camp is for ages 8 and up and, of course, you have to be at least a 1st Deg. Probationary Black Belt to attend-no exceptions! So if you can't go this year, then make it your goal for next year to attend! Its an awesome experience!

## 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

Kissimmee, FL National—January 2009