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Dates to Remember

- June 5th—Outdoor Testing. Juniors at 6:00pm and Adults at 7:30pm
- June 6th—Seminar with Special Guest Mr. Ben Price
- June 8th—Awards Ceremony at Brewster's Ice Cream on Williamson Road at 6:30 pm. Wear your street clothes.
- June 9th—Dads Wings and Things workout during 6:30 Family Class.
- June 15th-19th—Summer Camp Week I
- June 25th-28th—Black Belt Camp Greenville, SC
- June 18th—Ladies Kicks and Cocktails class
- July 11th—Blacksburg Camp out at Caldwell Fields Jefferson Nat'l Forest - open to All Ranks
- July 18—Regional Tournament— Lake Norman, NC
- August 23rd - Paintball Tournament!

Lindamood's Taekwondo Kickin' Times

June 2009

JUNE IS DAD'S MONTH!

Don't miss out on our Dads and kids only "Dads, Wings, and Things" workout on Tuesday, June 9th at 6:45pm! Come to the Family Class with your kid(s) and then afterward we'll head out to Buffalo Wild Wings at Valley View Mall. This event is for ALL students and their Dads.

Dads train for free the whole month!

Dads, take advantage of this!

- great workout - let's get the six-pack you've always dreamt about!
- new friends
- challenge yourself
- have fun!
- you have nothing to loose but a few pounds!



Homer wishes he had started earlier!

NATIONAL BLACK BELT CAMP-June 25-28

Camp is an exciting 4 day event where Black Belt students get together to train. Expect instructors from all over United States and over 500 Black Belts to workout with! This year camp will be held at Furman University, 3300 Poinsett Highway in Greenville, SC 29613. Registration fee \$250.00 - includes all meals, clinics, sleeping accommodations, padded weapons and camp T-shirt. This camp is worth 15 class credits. **See page 2 for fundraising event to offset cost of camp.** You have to be a Probationary Black Belt or higher, and at least 8 years old. Pick up registration form at the TKD sign-up table.

****Remember, you cannot test for 2nd Degree until you have attended at least one Black Belt Camp.**

Ask us for more information! **School closed, no classes.**



Summer Day Camp!

Week 1 is fast approaching (June 15th-19th). Day Camp is open to all students and their friends ages 5-13 years old. We've added padded weapons to our program AND we will be covering Bully Basics all 4 weeks. Not only will your child get a week filled with fun and learning, they will continue to build on their Taekwondo skills as well - indoors and out!

Can't get in on Week 1, then check out our other dates for Summer Day Camp: July 6th-10th - Super Heroes; July 20th-24th - Circus; and August 10th-14th - Wild West (including our Wet & Wild Day End of Summer Blow Out!)

Kids Night Out - Proceeds go to Black Belt Camp Fund!

Join us on June 12th, 6:30pm-10:30pm, and help us send as many Black Belts to camp as we can! And have fun too!! If you came to our last lock-in, you know just how much fun they are. If you thought that one was great, this one will be a BLAST!! Remember flashlight tag? We'll do that and MORE!!!

ALL the proceeds will go into the "Black Belt Camp fund" to be split evenly among all campers. We hope to make a lot so we can offset the camp fee.

- * \$20 1st child, \$15 each additional child
- * ALL TA kids and their friends ages 4-12 can come!
- * Games, Pizza, and lots of FUN!

Parents, drop off your kids, go out and enjoy yourselves!

Ladies "Kicks and Cocktails" Workout - June 18th



!Attention ALL Ladies!

You're invited to a Special Class for Just You!

This special class is open to all Ladies whether you are a current student, a Power Kickboxing student, or a devoted Mom sitting on the side. This is an Adult Ladies only class, so set some time aside for yourself, let your husband do the babysitting for an our or two, and come

have some grown up conversation and fun!

"Kicks and Cocktails" class will be Thursday night during the Family Class time, and afterward we will go to Jersey Lilly's for dinner and cocktails.



July Family Campout

Where? Caldwell Fields, Blacksburg, VA

When? July 11th, Noon - till?

Who? All students and their families - including Power Kickboxing students!

Why? Where else can you get a fun, family oriented and FREE event

Bring your tents, sleeping bags, chairs, food, coolers, and outdoor game equipment and spend the day and/or night having fun with other students from our school as well as Mr. Lacy's and Mr. Abbott's schools. This event is being catered by Texas Roadhouse too, so the food will definitely be great! If you can't spend the night, then come spend the day, hang out with friends, and leave whenever you need to! If you stay the night, you'll need to bring your own breakfast foods for the next morning. Also, bring waters/drinks, snacks, etc. for your family.

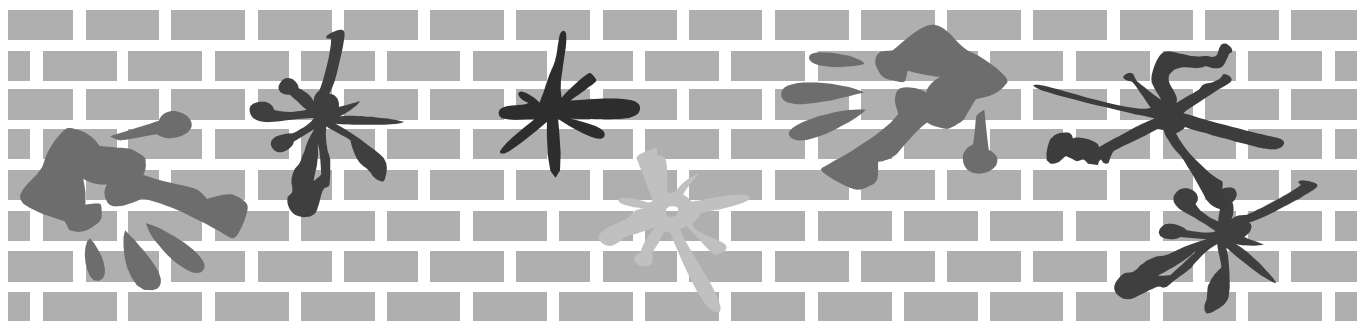
**June is for
DAD!**

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Happy Birthday To:	1	2 *Kaleena McClure	3	4 *Tristan Shanks	5 Testing Juniors - 6:00 Adults - 7:30	6 Clinic with Mr. Ben Price
7	8 Awards Ceremony- Brewster's Ice Cream 6:30pm	9 Dad's "Wings and Things" class 6:45	10 Deadline to register for Camp Week I	11	12	13
14	15 Week #1 of Summer Day Camp! *Seth Schaubach	16 *William Howell	17	18 Ladies Kicks and Cocktails" class 6:45	19 Kids Night Out! 6:30-10:30pm Proceeds go to BB Camp!	20
21	22	23	24	25	26	27
Black Belt Camp! **Closed** wine						
28	29	30				

Paintball Tournament - August 23rd! Don't Miss Out!!

Mark your calendars for Aug. 23rd, because a Paintball War has been declared! Yes, we have declared (paintball) war on Mr. Lacy's and Mr. Abbott's students. We know our students are the BEST and we know that we can cover the competition with paint from head to toe!! We will be going back to the Painted Forest where we have the home field advantage too-hehehe. They don't stand a chance!! Anyone interested in "painting" the competition sign up at the table, we will need a headcount for team t-shirts.



Class Schedule

Time	MON	TUE	WED	THUR	FRI	SAT
12:00-1:00	Family Class (Mixed Belts)		Family Class (Mixed Belts)			
4:30-5:15	Jr. White-Yellow	Jr. Brown-Black	Jr. Orange-Blue	Jr. Brown-Black	Jr. White-Yellow	9:45-10:30 All Juniors
5:15-5:45	Lil' Dragons	Lil' Dragons	Lil' Dragons	Lil' Dragons		10:30-11:15 All Adults
5:15-6:00	Jr. Orange-Blue	Jr. White-Yellow	Jr. Brown-Black	Jr. Orange-Blue	Jr. Sparring (Orange-Black)	
6:00-6:45	Jr. Brown-Black	Jr. Orange-Blue	Jr. White-Yellow	Jr. White-Yellow	6:00-7:00 Adult Sparring	
6:45-7:30	Power Kickboxing	Family Class (Mixed Belts)	Power Kickboxing	Family Class (Mixed Belts)	6:00-7:00 Power Kickboxing Open Gym	
7:30-8:15	All Adults	Power Kickboxing	All Adults	Power Kickboxing		