



# Lindamood's Taekwondo America

## Kickin' Times

Volume 1, Issue 5

June 1, 2007

### Dates to Remember

- June 1st—No CLASSES due to testing.
- June 2nd—NO CLASSES – Kids Self-Defense Seminar at Lacy's TA, 9am-Noon (ages 7-10) and 3-6pm (ages 11-13). Only 10 spots available. Cost is \$60 per child.
- June 3rd—Women's Self-Defense Seminar, 9am-1pm. Only 10 spots available. Cost is \$125 per person.
- June 4th—Awards Ceremony at TKD School—7:00pm. NO CLASSES. Ice cream social to follow. Sign-up sheets are available in entryway for toppings. The school will provide ice cream, plates, bowls, and spoons & napkins.
- June 9th—Lock-in; register now thru the 8th.
- June 18th—Summer schedule begins (see website—May newsletter link)
- June 28-July 1st—Black Belt Camp. Registration forms are available for all who can come. Must register by June 14th.
- July 14th,—Emerald Pointe! More info to come about group rate, directions, or meeting time at the school.
- August 11th—School picnic at Troutville Park. Food sign-up sheets will be available closer to that date. TA will provide meat and drinks.

### Another Tournament, Another HUGE Success!

The Blacksburg Tournament went on without a hitch, and everyone had a good time! Our school did really well. Here's how everyone placed:

Mrs. Lindamood: 2nd Forms; 3rd Sparring

Taylor Lindamood: 3rd Sparring

**Andrew Lindamood: 4th Sparring**

Jr. Amatepe: 1st Forms; 1st Sparring

Joseph Amatepe: 1st Sparring; 2nd Form

Scott Gutshall: Outstanding Spirit

Logan Jackson: 3rd Forms

**Connor Brennan: 4th Sparring**

**Trent Haddox: 2nd Forms**

Charlie Dooley: UNKNOWN

Brooke Dooley: 4th Sparring

Herb Spangler: 3rd Forms

Nathan Weeks: 1st Sparring

Duncan Sandoz: UNKNOWN

Michael Spangler: 1st Sparring; 2nd Forms

**April Spangler: Outstanding Spirit**

**Laurie Garrison: 2nd Sparring**  
**Rick Barnes: 2nd Sparring; 3rd Forms**

**Forms**

**John Amburn: 4th Forms**

Dana Harris: 4th Sparring

Diedre Trigg: 2nd Sparring

**Savion Trigg: 2nd Sparring; 4th Forms**

**Justin Poage: 1st Forms; 4th Sparring**

**ring**

**Nate Stafford: 3rd Sparring**

**Zak Stafford: 1st Place**

**Carson Peggins: 1st Place**

**Connor Jearls: 1st Place**

Ethan Peggins: 3rd Sparring

Chandler Jearls: 2nd Forms; 3rd Sparring

Mr. Peggins: 1st Forms

Mr. Hughes: 4th Forms

**Names in red type are students who went to their first tournament!**

Congratulations to all who competed!



Make plans now to attend the September Nationals in Cincinnati!

### MONTHLY ATTENDANCE AWARDS

Higher attendance = better performance = more fun

Adult class— Rick Barnes

Juniors class— Connor Brennan

Li'l Dragons class— Carson Peggins

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

### DEMO Team NOW Forming

For ALL RANKS and ALL AGES....See Mr. or Mrs. Lindamood for more information.

# JUNE 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 No Classes Testing	2 No Classes Kids Self - Defense
3 Women's Self-Defense	4 AWARDS CEREMONY 7:00 PM ICE CREAM SO- CIAL TO FOLLOW	5	6	7	8	9 LOCK-IN
10	11	12	13	14 Last day to regis- ter for CAMP	15	16
17	18 Summer Schedule Begins	19	20	21	22	23
24	25	26	27	28 BLACK BELT CAMP	29 BLACK BELT CAMP	30 BLACK BELT CAMP

## Lock In

It is lock-in time again! We will be having our monthly lock in on June 9th. Those of you have been to our lock ins know that this is a super fun night.

We have pizza, soft drinks, snacks, video games, taekwondo games, gladiator fights, snake, dodge ball, hand ball, and lots of other big fun.

Any parent that would like to bring some snacks we would love to have them. We had some awesome strawberry cupcakes last time, THANKS LORI !!

Any games or movies need prior approval to be sure that they are age appropriate.

This is open to ALL AGES! This includes Lil Dragons.

Lock in is only \$25.00 for a full night of fun. Drop off is 6:30PM Saturday. Pickup 7:00AM Sunday.

## Rett Syndrome Stroll-A-Thon

Starting June 1st we will be collecting items for baskets for the Rett Syndrome Stroll-A-Thon. We are focusing on 2 different types of baskets. One will be a "Pamper ME" basket for Mom, and the other will be an "Arts & Crafts" basket for children. We will be collecting items thru Sept. 8th. Anything and everything would be greatly appreciated. The "Pamper Me" basket can include things like candles, bath oils, potpourri, lotions, etc., and the "Arts & Crafts" basket can include items such as crayons, child safe scissors, markers, glue sticks, construction paper, play dough, etc.

Make plans to join us on September 16th at Wasena Park for the Stroll-A-Thon. Mark that day on your calendar and join us in helping the Rett Syndrome Research Foundation raise money for the fight for a cure.

If you want to learn more check out their website at [www.rsrf.org](http://www.rsrf.org).