



# Lindamood's Taekwondo America

## Kickin' Times

March 1, 2008

Volume 2, Issue 3

### Dates to Remember

- March 7th—Fight Night at Mr. Abbott's school. No Cardio & No Adult classes that night! See pg. 2
- March 8th—Tournament Prep Class 11:00-12:00. Must be registered for tournament to participate. See pg. 2
- March 9th—Daylight Savings Time ends. Don't forget to set your clocks ahead 1 hour!!
- March 14th—No classes and No ASP
- March 15th—Regional Tournament in Concord, NC
- April 4th—No Classes
- April 5th—Next Promotional Testing Date. 9:00am
- April 6th—Awards Ceremony @ Chuck-E-Cheese 3:00
- June 14th—Emerald Pointe Water Park!
- July 19th—Ladies Self-Defense Workshop. Times to be announced closer to that date!

### I WANNA BE A BLACK BELT

When interviewing new students this is the most common long term goal in participating in Taekwondo, **"I wanna be a Black Belt"**. It is said that less than 2% of all people that begin martial arts classes will ever attain that goal, **"I wanna be a Black Belt"**. Why in this modern time can't it be 100% earn a Black Belt? **"I wanna be a Black Belt"**. It is not that the goal is so lofty that no one can reach it. **"I wanna be a Black Belt"**. It is not that we beat students with steel rods and only the tough will survive. **"I wanna be a Black Belt"**. It is not that classes are too hard. **"I wanna be a Black Belt"**.

Being a Black Belt comes down to Perseverance. Sticking to a goal, no matter how difficult it becomes is a characteristic of being a champion. **"I wanna be a Black Belt"**. Testings are your chance to show your improvement for advancement. To truly do your best at a testing you need to adequately prepare. This preparation means proper attendance at classes and workshops. **"I wanna be a Black Belt"**.

Having Black Belt classes is the key to success. You ask, how can I have a black belt class if I am a Green Belt, or if I am a Black Belt in class with a Yellow Belt? Focus and concentration is the difference. **"I wanna be a Black Belt"**. Some of the most difficult classes I have had over the past 30 years involved simple basic techniques. Perfection of stances, focus, power, and concentration should be the goal of everyone in class. **"I wanna be a Black Belt"**. Being a Black Belt is much more than a colored piece of fabric around your waist, it is an attitude and lifestyle that you build from the first class as a White Belt. Conditioning yourself through strength training, technique building exercises, cardiovascular training, and healthy nutrition will put you in the proper path to the goal of being a Black Belt. **"I wanna be a Black Belt"**.

Adults and Juniors, I challenge you to pick up the gauntlet and work hard at every class. You need to make the commitment to yourself to grow in the art. To not settle with your status quo, make yourself better! To make your next testing the very best. **"I wanna be a Black Belt"**.

Mr. Lindamood

**CONCORD, NC REGIONAL  
TOURNAMENT  
March, 15th**

It's tournament time again!! If you have never participated in a tournament, now's your chance. They are a lot of fun and a great learning experience. And, they are a great way to meet people from other schools that are the same rank as you are! If you would like to register, please see Mrs. Lindamood for a registration form, and hotel information. **\*\*The Taekwondo school will be closed Friday, March 14th, and there will be no After School Program that day as well.**

**LADIES SELF-DEFENSE  
WORKSHOP—JULY 19TH**

We will hold a Ladies ONLY Self-Defense Workshop on July 19th. Mark your calendars and plan to attend this very important workshop. Contact Mrs. Lindamood for what the fee will be. Invite a friend! This workshop will contain important information that could save your life. \*Times to be announced soon!

**Mark your calendars for  
EMERALD POINTE'S, WET N'  
WILD WATER PARK!  
June 14th, 2008**

We are looking at June 14th this year. Sign ups will begin in May but mark your calendars now. We are also looking into renting a Cabana for the day (and hopefully a Cabana Boy-Just kidding!). Ask anyone who went last year and they'll tell you about the great time we all had!



**UPCOMING TESTING DATE &  
AWARDS CEREMONY**

The next promotional testing is approaching fast and a LOT of preparation is still needed to get ready! Get those classes in and you'll be prepared! We will not have classes on April 4th. The Awards Ceremony will be held on Sunday, April 6th at Chuck-E-Cheese's at 3:00pm.

**FIGHT NIGHT AT MR. ABBOTT'S  
SCHOOL—March 7th  
\*No Cardio OR Adult Classes\***

We will be taking a trip up to Blacksburg to spar Mr. Abbott's students for their fight night class. This will be an excellent opportunity to spar people you are not used to sparring. We will leave from our school at 6:00. This is an Adults ONLY event. We will not be having the Cardio class or our Adult Class that night. Don't forget your sparring gear!!

**TOURNAMENT PREP CLASS  
MARCH 8TH**

For those going to the Concord, NC tournament, we will hold a prep class on the 8th from 11:00-12:00. This class will cover proper competition techniques and strategies to do your best.

**CLASS IS LIMITED TO THOSE  
WHO HAVE REGISTERED ONLY**