



5650 Cloverdale Road
Roanoke, VA 24019
561-0900

www.Lindamoodstk.com

Dates to Remember

- * **March 8th—**
Daylight Savings Time begins. Set your clocks forward!
- * **March 13—**
Deadline to register for Tournament
- * **March 14th—**
Sparring Tournament Prep Class
- * **March 17th—St. Patrick's Day**
- * **March 18th—**
Testing Applications due
- * **March 20th—**
Spring begins
- * **March 21st—**
Forms Tournament prep classes

**Testing Application is on page 3

Second Forms

Red Belt Juniors-Ki-Bon

Sr. Red—Black Belt Juniors AND Adults will all do Yul-Guk (Purple Belt form)

*Red Belt Adults will do one of the White, Yellow, or Orange belt forms. So, know all 3!

Lindamood's Taekwondo America

Kickin' Times

March 1, 2009

Volume 3, Issue 3

Roanoke Regional Tournament Prep Classes

We will hold two tournament preparation classes to get everyone ready to "tear it up"! The first one will be on March 14th for forms. The second will be March 21st for sparring and one-steps—bring your gear (Orange-Black Belts).

Here is the agenda for both Saturday Prep classes:

White & Yellow belts—10am

Orange-Blue belts—11am

Brown-Black belts—12pm

*Only for those students signed up for the tournament. All times are approximates as some groups could run over depending on attendance

Instructors will be needed for these prep classes!

*Please note that there will be no regular Saturday morning classes March 14, 21, or 28



New this Year: Summer Day Camp!!

Want to give your child an exciting summer? Then we have just the plan for you! And, you can bring a friend to share in the week's fun with you! Choose from any of the weeks below—OR—sign up for all 4 weeks! Each week is different, unique and loaded with fun and learning! Our Summer day Camp is open to all students and their friends ages 5-13!

June 15-19	Olympics	Tye-Dye	Mill Mtn. Zoo
July 6-10	Super Heroes	Super Hero Dress up	Bowling
July 20-24	Circus	Silly Sunglasses	Roller Skating
August 10-14	Wild West	Crazy Hat Day	Wet & Wild Day!

AND, we've added padded weapons and Bully Basics to each week!



March 2009

Upcoming events:

- April 2nd—Lil' Dragons Testing
- April 3rd—No Classes. Sparring seminar with 5th Degree Black Belt Mr. Penn from Greensboro, NC! Juniors 5pm Adults 6:30pm (Bring your gear!)
- April 4th—Promotional Testing for everyone White-Yellow-9am Demo at 10am Orange-Black to follow Demo
- April 6th—Awards Ceremony at Fire-house Skate N' Play! *No Classes*
- April 13-17th is Spring Break!
- April 15th—TAX FREE Day! All purchases of school merchandise are TAX FREE!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Be sure to bring in your food donations to Judge's Room	2	3	4	5	6	7
8 Daylight Savings Time Begins! Set your clocks forward	9	10	11	12	13 Deadline to register for tournament Colleen Burns	14 Sparring Tournament Prep classes
15	16	17 Happy St. Patrick's Day!	18 Testing Applications Due Barton Woolwine	19	20 Spring Begins! Cory Bess	21 Forms Tournament Prep classes Mr. Pate
22	23	24	25	26	27 Alexia Heck	28 Tournament! Mr. Lindamood
29 Connor Jearls	30	31	Happy Birthday To You!			

