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www.Lindamoodstkd.com

Dates to Remember

- * **May 2nd—Mommy and Me workout at 10:00am**
- * **May 9th—Class in the Grass! 3pm at the Taekwondo School. Open to All Adults –Green thru Black Belt**
- * **May 16th—Board Breaking Clinic at Noon**
- * **May 17th—Paintball. Painted Forest, Lynchburg VA. More info to follow. Open to all students ages 10 and up.**
- * **May 21st-23rd—National Black Belt Conference**

School Closings:

- May 21-24th
- May 25th

Lindamood's Taekwondo America

Kickin' Times

May 1, 2009

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Black Belt Conference

This May Taekwondo America is introducing a new event: the national Black Belt Conference. It will be held May 22nd and 23rd in Atlanta, GA, and is open to all Black Belts age 13 and above (or who will be 13 within 60 days of the conference). There will be a National Testing for anyone testing for 3rd Degree or above (there will be NO testing at Black Belt Camp this year), a special agenda for instructors who need to get their Junior or Senior Certified (or who need to re-certify; this is the ONLY time all year the certification seminar is offered), and there will also be a variety of workouts and seminars to choose from throughout the course of the Conference. For more information or a registration form, please see Mrs. Lindamood at the front counter. Mr. Lindamood will be testing for 4th Degree Senior Black Belt that weekend!

GOOD LUCK!!

Mommy and Me workout

On Saturday, May 2nd we will be kicking off our Moms Train Free month with a special Mommy and Me workout. The class will be begin at 10:00am and is open to ALL Taekwondo students ages 3 to 17 and their mothers (sorry, no dads). We will go over Taekwondo basics and have a good time. There is no need to sign up, but kids, be sure to pick up an invitation for your mother at the front counter. There will be no regular classes this Saturday due to this special workout.

Board Breaking Clinic

On Saturday, May 16th at noon, we will be having a board breaking clinic here at the Taekwondo school. If you're struggling to break boards or just want to break real wood this is the clinic for you! The cost for the clinic is \$30 and includes ten boards. Instructors are expected to be on hand to help and may participate if they would like. After the clinic is finished the Instructors and SWAT team members will go to the Lindamood's house to roast hotdogs and make S'mores with the broken wood! The last day to register is May 8th.

OUTSIDE Promotional Testing!

Date: Friday, June 5th - All Juniors - 6:00pm
Friday, June 5th - All Adults - 7:30pm

*Saturday-Special Seminar with Mr. Ben Price Juniors at 9am—Adults at 10am. **BE SURE TO SIGN-UP SO WE HAVE A HEAD COUNT

Demonstration given by special guest Mr. Ben Price from Concord, NC

Attire: Since this is an outside testing no uniform jacket will be required. **However**, all students **MUST** wear a Taekwondo America t-shirt, their belt, and **white uniform pants**. Anyone showing up with a non-Taekwondo America t-shirt will be required to purchase one prior to testing. If it rains, or looks like it could, we will hold testing inside.

Orange Belts and above **must** have their sparring gear in order to test!

Awards Ceremony: Monday, June 8th at Brewster's Ice Cream on Williamson Road - 6:30pm

Testing Registration

Before registering for testing students must have the proper number of classes as well as all stripes on their belt. All student must pre-register by filling out a Testing Application and turning it in to Mrs. Lindamood by May 20th. Testing fees may be paid at that time or by Friday, June 5th (\$50 White-Senior Brown; \$65 Red-Senior Red; \$85 Black Belt and Instructor testing). **All previous no-changes need to register as well** (there is no charge for a previous no-change), and students currently on the 8 Week Special need to fill out a Testing Application as well—just write 8 Weeks on the application when turning it in. Joining the Facebook event **DOES NOT** sign you up for testing. Students unable to test during their scheduled time due to extenuating circumstances need to see Mrs. Lindamood ASAP to set up alternate arrangements. Red belts and above cannot perform a make-up testing.

Testing Advancement Requirements

All colored belts (white thru senior red) must have all of their stripes on their belt in order to test, and have attended the required number of classes for their rank.

All colored belts receive three chances to perform their pattern(s) and one-steps correctly.

All orange belts and above must have their sparring gear at testing. Also, you must have all organizational patches on your uniform at this time.

Red belts and above cannot perform a make-up testing.

All students that do not successfully pass testing due to mistakes on their form, one-steps, or inadequate free-sparring will be called prior to Awards Ceremony.

Brown belt and above students that do not successfully break all of their board stations will not be called. Not breaking all stations is an automatic no-change. If two or more foot techniques are required for board breaking you must use both feet. If two or more hand techniques are required for board breaking you must use both hands. All males 15 and up must break two inch stations. Testing for 3rd and up must break one three inch station.

Brown belts and above receive 3 chances at each station to break their boards/wood.

Black Belts receive two chances to perform their patterns correctly.

All First Degree Probationary Black Belts will be testing for First Degree Recommended this testing.

Paintball!

We will be going to The Painted Forest paintball range in Lynchburg on May 17th. Anyone wanting to go (ages 10 and up) needs to register and pay by May 15th. See Mrs. Lindamood to register and for more information. Be sure to bring a change of clothes, some snacks and drinks, money, and all your paintball stuff! We will go somewhere to eat afterwards, so bring plenty of spending money too. Anyone wanting to go, but needing a ride, let Mrs. Lindamood know and we can make travel arrangements. There will be a signup sheet on the front counter. Signup now thru May 13th. ****No credit cards please!**

Cost for the entire day is \$15.00. This includes the helmet, the paintball gun, and all the air you will need. You can bring your own paintball gun if you have one but you will need to purchase their paintballs in order to play. They will refill your air canister for a fee as well. Be sure to bring money to buy paintballs too!

May 2009

Upcoming events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*Happy Birthday To You!!					1	2 Mommy and Me workout 10:00am
3	4	5	6	7	8 Last Day Reg. for Board Breaking Clinic *Mr. Ametepe	9 Class in the Grass! *Be sure to sign-up so we have a head count!
*Evan Heck						
10	11 *Mrs. Francis	12	13 Paintball signup deadline	14 *Bruce Cammarata *Shane Foyt	15	16 Board Breaking Clinic
17 Paintball!!	18 *Mr. Joseph Francis	19	20 Testing applications deadline!	21	22 Black Belt Conference	23
					← CLOSING →	
24	25 Closed Mem. Day *Justin Poage	26	27 *J. Arrington	28	29	30
31						

- 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
- June 15th-19th—Summer Camp Week I
- June 25th-28th—Black Belt Camp Greenville, SC
- July 11th—Blacksburg Camp out at Caldwell Fields Jefferson Nat'l Forest - open to All Ranks
- July 18—Regional Tournament— Lake Norman, NC

Summer Day Camp!

Not sure what to do with your kids this summer? Then sign them up for our Summer Day Camp! Week 1 is fast approaching (June 15th-19th), and there's still time to sign up! See Mrs. Lindamood for more information, or for a brochure with field trips, dates, themes and prices. 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 outdoors! Other dates for Summer Day Camp are 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!)

*Be sure to sign your child's name under the correct week or weeks on the form at the front counter!

Shoes on the Workout Floor

This is just a reminder to everyone that shoes are not allowed on the main workout floor. The reason for this is that shoes can have oil on them, or other items on the soles that can damage the surface of the mats—even if you try to walk lightly.

Regional Adult “Class in the Grass” Workout

Join us on May 9th at 3pm at the Taekwondo school for an afternoon of fun! We will be joined by Mr. Abbott's and Mr. Lacy's students too!! Afterward we will go to El Rodeo for more fun, food, and fellowship. This event is open to All Adult students Green thru Black Belt only. Bring your gear and wear your full uniform.

For those that like to plan ahead July 11th will be a Regional Family Camp Out in Blacksburg's Caldwell Fields Jefferson National forest. This event will be open to all students and their families! Bring your sparring gear, tents, chairs, food, and outdoor games.

Both these events will be great ways to meet other people and make friendships that will last! And its FREE! Always a plus!!



TAEKWONDO PROMOTIONAL TESTING APPLICATION

LAST NAME:	
FIRST NAME:	
AGE:	CURRENT RANK:
TESTING DATE:	
APPLICATION DUE: MAY 20th	
TESTING START TIME:	
TESTING FEE: <i>Check the appropriate rate below</i>	
<input type="checkbox"/> \$50 Li'l Dragons (if turned in BEFORE 7:30 pm on application due date) <input type="checkbox"/> \$55 Li'l Dragons (if turned in AFTER 7:30 pm on application due date) <input type="checkbox"/> \$50 White-Sr. Brown (if turned in BEFORE 7:30 pm on application due date) <input type="checkbox"/> \$55 White-Sr. Brown (if turned in AFTER 7:30 pm on application due date) <input type="checkbox"/> \$65 Red-Sr. Red (if turned in BEFORE 7:30 pm on application due date) <input type="checkbox"/> \$70 Red-Sr. Red (if turned in AFTER 7:30 pm on application due date) <input type="checkbox"/> \$85 1st—2nd Sr. Black (if turned in BEFORE 7:30 pm on application due date) <input type="checkbox"/> \$90 1st-2nd Sr. Black (if turned in AFTER 7:30 pm on application due date) <input type="checkbox"/> \$85 Instructor Testing (if turned in BEFORE 7:30 pm on application due date) <input type="checkbox"/> \$95 Instructor Testing (if turned in AFTER 7:30 pm on application due date)	

- READ AND CHECK ALL THAT APPLY AT THIS TIME:**
- I understand that this application may be turned in early, but absolutely **MUST BE turned in by 7:30 pm 2 Wednesdays prior to testing** to receive the regular testing fee, or my belt may not be here in time for Awards Ceremony.
 - I understand that ALL testing fees are due prior to testing.
 - I will be paying for testing by one of these methods:
 - Personal check # _____ AMT \$ _____
 - Cash
 - Credit /Debit Card on file*
 - New Credit/Debit Card*
- *Use selected card **NOW** or **WAIT** until: _____
Enter Date

 Parent's/Adult's Signature _____ Date
FITNESS * FAMILY * FUN!

**DO NOT WRITE INSIDE THIS BOX
FOR JUDGES ONLY**

Judging Scale 1 to 5
 1= Needs Improvement 5= Perfect

Form					
Main Form	1	2	3	4	5
Second Form	1	2	3	4	5
One-Steps					
Combo #1	1	2	3	4	5
Combo #2	1	2	3	4	5
Combo #3	1	2	3	4	5
Combo #4	1	2	3	4	5
Combo #5	1	2	3	4	5
Sparring					
Round #1	1	2	3	4	5
Round #2	1	2	3	4	5
Round #3	1	2	3	4	5
Round #4	1	2	3	4	5
Board Breaking					
First Attempt	<input type="checkbox"/> Yes			<input type="checkbox"/> No	
Second Attempt	<input type="checkbox"/> Yes			<input type="checkbox"/> No	
Third Attempt	<input type="checkbox"/> Yes			<input type="checkbox"/> No	
Comments	_____				

	Number of Classes attended this testing cycle: _____				

RESULTS

PASS **NO-CHANGE**

Check us out at www.Lindamoodstkd.com