



Lindamood's Taekwondo America

Kickin' Times

Volume 2, Issue 10

Oct. 1, 2008

Dates to Remember

- October 2nd—Lil' Dragons testing during regularly schedule class time.
- Oct. 3rd—Closed for Testing set-up
- Oct. 4th—Next Promotional Testing date
Jrs.—10am
Adults—11am
- Oct. 5th—Awards Ceremony & School Picnic at the Taekwondo School
- Oct. 12th—Paintball!
- October 18th—Halloween Party!
2-4pm
- October 25th—Halloween Bag hand-out at Patrick Henry High School volunteers needed!
- November 7-9th—Registrations now available for or Winter Camp.

On the Horizon

- ◆ December—Black Belt Banquet—date, time, and place to be announced soon
- ◆ Spring Break Day Camp!
- ◆ March 2009 Regional Tournament hosted by our school! We will need all hands on deck to help pull off a successful tournament!

New Belts...New Fun!

Effective at the February testing, there will be a new belt series added to our curriculum. The Purple Belt and Purple Senior will be added and the form taught at this rank will be Yul Guk. This is a fun and exciting pattern that will greatly enhance your knowledge of Taekwondo.

These belts will be added between Green Senior and Blue. All students over the current rank of Blue will need to be familiar with this pattern, Yul Guk.

Also added to the curriculum is the 1st Degree Recommended rank. This rank will be added between 1st Probationary Black Belt and 1st Degree Decided Black Belt. There will be a two month waiting period between each of these ranks. The pattern will continue to be Gwang Gae. All students that are not 1st Degree Decided Black Belts as of January 1st will go the path of the Recommended rank. This rank has been added to allow for higher caliber black belts.

Both of these changes are very exciting and welcomed in our school. They are being implemented throughout the entire Taekwondo America system on the same time schedule.

There will be classes in the short future to get everyone, especially Instructors, up to speed on Yul Guk. It is a fun pattern that everyone will enjoy.

If anyone has any questions or concerns, please feel free to chat with Mr. or Mrs. Lindamood.

Join us for Paintball on Oct. 12th!

Got nothing to do Sunday, Oct. 12th? Join us for an afternoon of fun at the Painted Forest in Lynchburg. We need 10 or more people to get the whole facility to ourselves. Which means that it'll be even more fun! Don't own a paintball gun? No problem. Don't own any protective gear? No problem. Never played before? No problem. You can rent everything necessary for around \$15.00, or close to that. Let Mrs. Lindamood know you want to go so we can get a head count!

All players need to be 10 years or older to play. So layer up for warmth and plan on an afternoon of fun!

Regional Winter Camp Get Ready for Fun!

This year's regional winter camp will be held at Camp Hanes in North Carolina, November 7-9th. Deadline to register is October 13th. Registration forms are now available

This camp is open to ALL Jrs. and Adults the rank of Orange belt or higher, ages 8 and above. If you have never been to a regional camp, they are a lot of fun. Much like a tournament where you compete with other students from other schools, you will bunk, eat, and workout with students from other schools.

A great time will be had by all. Make plans to attend! You'll be glad you came.

Space is limited to the first 200 students who sign up!

National Tournament Results

Here are the results from the Gatlinburg National Tournament:

Outstanding Spirit Awards went to:

Andrew Lindamood
Mr. Jearls
Connor Jearls
Jordan Poe

Medals went to:

Connor Brennan, 2nd Sparring
Mr. Taylor Lindamood, 2nd Forms
Caleb Poe, Sparring
Brandon Pope, 1st Forms & 2nd Sparring
Blake Connell, 4th Forms

Be sure to congratulate all these students on a job well done! Next tournament is Kissimee, FL!



We are
Disney
bound!!!



Promotional Testing Information

This next Promotional Testing will be held on October 4th. Juniors will test at 10am and Adults at 11 am.

Mr. Pope will be performing the Demo. You won't want to miss it!

Please have a clean white uniform with all patches attached. If you need your back patch, or school patch, just come see Mrs. Lindamood. Also, Testing Applications are due no later than Sept. 24th by 7:30pm or there is a \$5 late fee added to the regular testing fee. **Students on the 8 weeks program are excluded from the \$5 late fee, however, I do need your Testing App. by the date listed above.

All Orange belts and above must have their gear with them. All Males must wear their groin protector, and all Females must have a white t-shirt or tank top under their jackets. All Sr. Certified Instructors and Instructor Trainees must be at the front table (unless testing).

AWARD CEREMONY—SCHOOL PICNIC

This time we are combining the Awards Ceremony with our annual school picnic. Sign-up sheets will be on the front counter so get the pots and pans out and make your signature specialty! The picnic will be on October 5th at the taekwondo school from 2:00-5:00pm. Bring your basketballs, volleyballs, tennis rackets, etc. and come prepared for fun, and to get soaked!!

Halloween Party-October 18th 2-4pm



Come join us for an afternoon of spooky fun! Wear your costumes and show them off for the costume contest, practice your scariest kicks for the piñatas, and wear your fangs for apple bobbing! Parents with last names ending in A-K please bring a goody. last names ending in L-Z please bring Fruit Punch/Kool-Aide type drink. *Every family bring a bag of candy to the front counter no later than October 17th, so we can stuff the piñatas!