



Lindamood's Taekwondo America

Kickin' Times

Dates to Remember

- Sept. 6th-Break-A-Thon at the school @ 10am *No Juniors class this date
- Sept. 8th -Junior's class schedule moves forward to 4:30 start time; See updated schedule
- Sept. 13th— 11 am Instructor's Meeting. All Instructors and S.W.A.T Team members need to attend
- Sept. 14th—Stroll-A-Thon at Wasena Park. Walk starts at 1:30pm rain or shine.
- Sept. 24th—Last Date to turn in Testing Applications
- Sept. 25th - 27th-Closed for National Tournament in Gatlinburg, TN
- Oct. 4th—Next Promotional Testing date
Jrs.—10am
Adults—11am
- Oct. 5th—Awards Ceremony & School Picnic at Troutville Park
- October 18th—Halloween Party!
- November 9-11-Make plans now to attend Winter Camp.

Ir's Second Form

Red Belts: Do-San
Sr. Red Belts: Hwa-Rang
Black Belts: Choong-Moo
*All Adults (14 years and above) of these same ranks are responsible for learning all required second forms for your next promotional testing

Volume 2, Issue 9

Sept. 1, 2008

Regional Winter Camp- Get Ready for Fun!

This year's regional winter camp will be held at Camp Hanes in South Carolina, November 9-11. Deadline to register is October 13th.

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

All registration forms need to be turned in to Mrs. Lindamood NO LATER than **Sept. 16th**, to guarantee receiving a t-shirt at the discounted price. The absolute last date to turn in your form (minus the t-shirt pre-order) is **Sept. 24th**. We leave early on the 25th and if I don't have your registration form you don't get to compete.

Instructor Meeting-Sept. 13 @ 11am

All Instructors and S.W.A.T Team members need to attend this meeting. It won't last any longer than 30 min. This meeting is also open to any student wanting to enter into the Instructor Trainee or S.W.A.T Team programs. We will be going over some very important teaching information and want us all to be on the same page so all students get taught all the information related to their belt level.

Schedule Start Time Change Effective Sept. 8th

With most of our new Instructor Trainee's being in Middle School, we have seen the need to move the schedule forward 15 minutes. This should make it a bit easier for everyone to get home from school, drop their book bags, hang out a minute before heading to the taekwondo school. We want this to begin as soon as possible so we have set the 8th as the start date. No classes have been changed at all, and this does not affect the Lil' Dragons class times, nor does it affect the

Adults or Cardio Kickboxing start times. Also, the schedule will remain the same, just start at 4:30 rather than 4:15.

Updated schedules are available at the front counter reflecting this change.

RETT Break-A-Thon & Stroll-A-Thon

This year's Break-A-Thon will be here at the taekwondo school on Sept. 6th at 10am. There will not be a Junior Board Breaking class on this date due to this event. Any monies collected must be brought with you, along with your donation form, in order to receive your 10 pieces of wood. Any student who has collected \$70 or more will get their name entered into a drawing for an **MP3 Player!**

If you have collected donations and are participating in the board breaking please let Mrs. Lindamood know by Sept. 5th so we can get your wood cut. If you do not let Mrs. Lindamood know then Mr. Lindamood will not cut wood for you! This event is fun and all proceeds go to the International Rett Syndrome Research Foundation to help find a cure for this disease. You can learn all about this disease and how it affects entire families at WWW.IRSRF.ORG.

The Stroll-A-Thon is a walk held at Wasena Park (Sept. 14th), as well as a silent auction with some really wonderful prizes to bid on. Come by and check out this event and place a few bids. This event is held rain or shine so wear your tennis shoes and check the weather forecast and come by and have fun supporting one of our families whose daughter is living with this disease.



Halloween Party-October 18th

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 24th, so we can stuff the piñatas!*



Promotional Testing Information

This next Promotional Testing will be held on October 4th. Juniors will test at 10am and Adults at 11 am. ***See page 1 for second forms for those whom that applies to***

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 Troutville Park from 2:00-5:00. Bring your basketballs, volleyballs, tennis rackets, etc. and come prepared for fun!!

Scholastic Achievement Program

Don't forget to give your Teacher the S.U.P.E.R Scholastic Achievement Program information and start earning stars for your belt!

See Mrs. Lindamood for more information and to get a copy of the forms!