



# Lindamood's Taekwondo America

## Kickin' Times

### Dates to Remember

- Sept. 1— New schedule begins.
- Sept. 1st & 3rd— CLOSED
- Sept. 10—Demo at Richfields Retirement Community at 10:00am
- Sept. 12—Last day to register for Tournament
- September 16—Stroll-A-Thon at Wasena Park.
- September 21-22— National Tournament held in Ft. Mitchell, KY. Deadline to register is Sept. 12th.
- October 5th— Promotional Testing here at 7:00pm. This will be a "test" run to see if Friday night testings work better.
- October 7th—Awards Ceremony here at the taekwondo school from 3:00-5:30 (see page 2).
- October 20th—Rett Syndrome Break-A-Thon.
- October 22, 24, 26th—Picture days.
- October 22nd is Buddy Day! Bring a friend and receive a free ice cream treat! Then bring them to the Halloween party!
- October 27th— Halloween party from 2:00-5:00. (See page 2)
- November 9-11—Make plans now to attend Winter Camp.

**NEW STUDENTS  
WELCOME!  
SHERRI KONST  
AMBER KONST**

### Second Form

Red Belts: Joon-Gun  
Black Belts: Choong-Moo

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### 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. Registration brochures will be available as soon as we receive them. Deadline to register is October 13th.

This camp is open to ALL Jrs. And Adults belt ranks, and all ages. 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

Because most of the instructing staff will be at the National Tournament September 21-22, there will be a couple of scheduling changes. Mr. Peggins will be covering Sept. 20-22 classes so the schedule will be as follows:

Sept. 20th-21st: 5:30-8:00 classes will only

be taught *these 2 days*

Sept. 22nd: Normal schedule

Thank you Mr. Peggins for covering these classes for us! We REALLY appreciate it.

### School Picnic a Great Time!

Everyone had a great time at the school picnic Aug. 11th. Thanks for all the great food, and for all the help in setting and cleaning up! And for the many runs to the Quickie Mart! Next year we will do it again, but in June or September (so we don't roast while playing volleyball!).

### Testimonials & Pictures Needed

We would like to put testimonials & pictures on the website, in pamphlets and brochures, etc. If you have any pictures from in and out of school events (i.e. testings, tournaments, picnics); and have a testimonial about what taekwondo has done for you, your child(ren), or your family please submit them to Mrs. Lindamood in writing, or email them to LindTKD@cox.net.

### Demo Team Opportunities

We have a couple demos approaching. The first is on Sept. 10th at Richfield Retirement Community at 10am. And the second is at Life Church, Thor Jacksen's youth group-date and time to be announced. These would be perfect opportunities for the Demo Team to show their stuff! Our first Demo Team meeting is scheduled for Sept. 7th after the last class ends at 8:00. It won't take long so if you are interested in being involved and creating some fun demo skits, weapons forms, etc. please come to the meeting to get all the information.

## RETT Syndrome Baskets

When you enter the school there are two baskets above the shoe shelves. These two baskets are for the RETT Syndrome silent auction. Time is drawing closer and these baskets are not yet overflowing. The blue basket is for youth aged arts and crafts. The yellow basket is for pampering Mom's with bath oil, lotions, etc.

Purchase an extra craft item like crayons, modeling clay, finger paints, papers, etc. the next time you are at the grocery store. Or some lotion, bath oil, perfume, nail polish to put in the baskets.

Deadline for donations is September 6th at the last class. After that it will be too late to get involved.

Please join us September 16th at Wasena Park for the Stroll-A-Thon. Come participate in this day of Family fun, and help us with the obstacle course. It will be a fun day for a good cause!

Hope to see you there!



## Halloween Party-October 27th

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 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!*



## Buddy Day—October 22nd

Like ice cream? Have a good buddy? Well, these two will go hand in hand. Bring your buddy Monday, the 22nd, during YOUR class time and you both receive an ice cream treat. Then they can come to ANY White-Yellow belt class, Family class, or All Juniors class the rest of the week. So show off those super cool taekwondo moves and invite your buddy!

### **Friends that Kick together—Stick together!**

\*Remember: If their parents sign your buddy up with a regular membership (no 8wks) you receive a \$45.00 credit! This credit can be used to pay for your testing, or you can purchase something behind the counter.

## Promotional Testing

This next Promotional Testing will be held on October 5th at 7:00pm. This will be a "test" run to see if evening testings work better than Saturday morning. This time the Li'l Dragons will test the same night as everyone else. They will go first however. **\*See page 1 for second forms for those whom that applies to\***

Mr. Hughes 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 just come see Mrs. Lindamood.

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). **The Award Ceremony** will be a lot of fun. We are looking forward to it. Parents with last names for A-K please bring a goody. Last names from L-Z please bring some kind of Fruit Punch/Kool-Aide drink. After the kids get their new belts and certificates Parents can leave (or stay) and the kids will have a good time playing dodge ball, karaoke, etc. Even if you no-changed, or didn't test still come party with us. (October 7th from 3:00-5:30)

## MONTHLY ATTENDANCE AWARDS

**Higher attendance = better performance= more fun**

Adult class— Laurie Garrison (12 classes)

Juniors class— Connor Brennan (21 classes)

Li'l Dragons class— McKenna Barber (11 classes)

**These students will receive a Gift card**

**from Bruster's Ice Cream**

## Kickin' Times

# Kid's Club

Kickin' Times is starting a kid's club just for you! In each newsletter we will feature fun games, interesting facts, and cool stuff just for kids!

Do you want to contribute by drawing a picture, writing a poem or short story? Do you have a healthy recipe you want to share with other students? Or do you want to tell what Taekwondo means to you? Submit us your contributions by the 10th of every month by email and it may appear in the next newsletter or on the website!



### *Peaches and Cream Smoothie*

1 cup evaporated milk  
1 tablespoon sugar  
1 cup vanilla yogurt  
2 fresh peaches, washed and sliced (seed removed)  
Blend for one minute  
Serves 1

**Hey, kids!** Need a yummy snack to boost your energy after a long day of school and TKD practice? Just grab an adult, a blender and the ingredients for one of the following recipes, and you'll have a delicious smoothie ready in no time!

### *Banana Nut Smoothie*

1 cup milk  
1 cup vanilla yogurt  
1 large banana  
1/4 cup pistachio nuts or walnuts  
Blend for one minute  
Serves 1

### *Strawberry Delight Smoothie*

1 cup milk  
1 cup vanilla yogurt  
4 large strawberries (or 1 cup frozen strawberries)  
1 small banana cut up  
Blend for one minute  
Serves 1

### *Cinnamon Apple Smoothie*

1 cup milk  
1 cup vanilla yogurt  
1 small apple  
1/2 teaspoon ground cinnamon  
Handful of ice cubes  
Wash and peel apple. Cut up into cubes and take out the seeds.  
Add ingredients and blend for one minute  
Serves 1

Visit Easy Kid Recipes website at [easy-kids-recipes.com](http://easy-kids-recipes.com) where you'll find more kid-friendly recipes and cooking tips.

# Kickin' Times

# Kid's Club

## THE TENETS OF TAE KWON DO COURTESY

The five Tenets of Taekwondo are guiding principles. If you understand the meaning of the tenets, you will know how you are expected to behave as a Taekwondo student. But the tenets are not just important in Taekwondo practice. If you practice the Taekwondo tenets at home and at school, you will be able to get along better with your parents, teachers, brothers and sisters, and friends. You will also work hard at home and at school, which will help you feel confident and good about yourself.

Courtesy is the first tenet of Taekwondo. When you are courteous, you politely say "please" and "thank you". You hold the door open for the person behind you, rather than letting it slam shut. You pick up after yourself at home, instead of leaving a mess for your parents.

Courtesy shows that you care about others. You do not hurt the feelings of those around you. If other students are being mean to someone at your school, you do not join in with them. You show by example that being kind to others is best.

There is an old saying called "The Golden Rule": "Do unto others as you would have them do unto you." The Golden Rule is really just another name for courtesy. If you treat other people the way you would like all people to treat you, you will make other people happy to be with you.

Think about the ways you can show courtesy at home and at school. Think about the ways you are treated with courtesy. Every day you should practice courtesy, the first tenet of Taekwondo.

### Did You Know?

Seoul, the South Korean capital, just means "the capital" in the Korean language.

Evidence suggests people lived on the Korean Peninsula as far back as 700,000 years ago!

South Korea uses the "won" for currency. One U.S. dollar equals to approximately 1,000 won.

Children in Korea are considered to be one-year-old when they are born, and they become a year older on New Year's Eve instead of the anniversary of their birthdays!

### Word Find

Recently Korea had it's National holiday called Chusuk-similar to our Thanksgiving. Now you can find the following words from the story!

These words may be up-and-down, straight across, diagonal or backwards. Lettes may be used more than once. Find the words from the following list and circle them to complete the challenge!

ANCESTORS  
CHUSUK  
JUNGCHUJEOL  
BEANS  
EAST  
KOREA  
BEOL-CHO  
FAMILY  
SEONG-MYO  
BLESSINGS

HANGAWI  
SONG PYEON  
BOW  
HAYREST  
THANKS  
CHA RYE  
HOLIDAY  
TRADITION  
WEST

