



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
70 Lomita Drive, Suite 8
Mill Valley, CA 94941
415.383.4755
www.westamericatkd.com

April, 2010

Tournaments

BLACK BELT CEREMONY

Friday, April 9th at 4:00
Four Black Belts will receive their Embroidered Black Belts and Kukkiwon Black Belt Certificates

MEMORIAL DAY PARADE

Monday, May 31st at 10:00
by the Mill Valley Library
We Need Everyone to March with West America Taekwondo.

Wear your full white Gi Uniform, Wear your Belt, Wear comfortable shoes

AAU CALIFORNIA STATE TAEKWONDO CHAMPIONSHIP

Sunday, April 18, 2010
GrandMaster Prof. Dewart
S F State University
(Behind Stonestown Shopping Center)
Forms starts at 9:30
Forms, Point Sparring and Olympic Sparring; Team and Creative Forms
Must be an AAU member
Register on-line:
www.academyoftkd.com
Click on Upcoming Events
Excellent Tournament – Highly Recommended by Bob
Qualifier for the National Championships and Jr. Olympics

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MEMORIAL DAY PARADE

SUPPORT WEST AMERICA TAE KWON DO

MARCH WITH WEST AMERICA IN THE MEMORIAL DAY PARADE

Have Fun, Kick, Punch and Wave To Your Friends!

On **Monday, May 31st**, Mill Valley will hold its annual Memorial Day Parade. West America Tae Kwon Do always has great support from its students marching in this wonderful, "I am proud to be an American" parade.

All West America students, boys, girls, men and women should march as a part of the West America contingent. All students will be demonstrating kicking and punching skills and loud kiyai's. The nationally acclaimed West America Demo Team will also be performing. All to the cheers of the crowd along the parade route. Have fun and wave to your friends as you march. They will be proud to see you.

Parents are welcome to walk along side the West America contingent, snap photos or meet us at the end of the parade at Tam High. There will be fliers with more details at the Dojang.

Wear a **FULL WHITE GI UNIFORM and comfortable WALKING SHOES and don't forget your BELT!!** Tee shirts will not be allowed. Do not wear flip-flop sandals. Do wear suntan lotion/block.

We will meet at 10:00 am on the side street - Elma St. – just about opposite the Mill Valley Library - We need everyone to participate.



WEST AMERICA STUDENTS EARN 1st DAN BLACK BELTS

There was a grueling two and a half hour Black Belt test at the West America Taekwondo School on March 12th. **The new black belts are:**

TONY HICKS, JAKE CAMERON, CONNOR NORTON and JAMES ROOKE.

As an enthusiastic crowd of parents, friends, and other students watched and cheered, the students demonstrated their command of palgues, kicks, punches, blocks and sparring.

The climax of the test came during the sparring portion of the test, when each of the exhausted Black Belt candidates had to defend themselves individually when attacked by five attackers simultaneously, then four attackers, then three and so on.

Concluding the physical portion of the test, each student broke multiple boards using punching, chopping and spinning kicking techniques.

After demonstrating their mastery of techniques, each student was asked to reflect on the intellectual and spiritual aspects of taekwondo in a

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WEST AMERICA STUDENTS EARN 1st DAN BLACK BELTS

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Sensei noted that each of these Black Belt candidates in their essays had thanked their parents and expressed their appreciation for all the support that the parents have given to them. Sensei noted that these are the qualities that he strives to instill in his students.

Sensei spoke of Martial Arts as a way of life, Martial Arts is a life study and a life style, Martial Arts gives you a strong mind as well as a strong body.

"It is always very rewarding for me to tie the new Black Belt individually on each of the Black Belts students", noted Master Carlon, "these dedicated students have worked very hard for many years and have earned the right to wear a Black Belt. I am very proud of these students."

Their names will join the names of other West America black belts in the international registry of black belts at the Kukkiwon in Korea, the central international governing body of taekwondo.

WE ARE A BLACK BELT SCHOOL!



I LOVE TO BE CHALLENGED

I think Tae Kwon Do is really cool!!

It is the best sport that I have ever done ☺

I think everyone should try Tae Kwon Do because it keeps you safe when you are in a real fight.

I really feel good when I test for my next belt. I love to be challenged ☺

*By **SOPHIA OSTLAND** –Sophia is an Orange Belt with a Purple Stripe, she is 7 years old and in the First Grade at Edna McGuire School.*

Tournaments

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2010 AAU NATIONAL TAEKWONDO CHAMPIONSHIP Ft. Lauderdale, Florida

Monday, June 28th thru July 2nd

***Highly recommended by Bob

See Bob for actual competition schedule,
or online at www.aautaekwondo.org

Must qualify at AAU Calif States.

4.0 CLUB - ACADEMIC EXCELLANCE

High School and Middle Schoolers – If you achieve a 4.0 or straight “A” Report Card, as a further incentive from Sensei, besides the Gift Certificates reported on in last month’s Newsletter – Sensei will give you a special Blue Uniform Gi, which you will be allowed to wear to class. The **4.0 CLUB Blue Gi Uniform** will also have an “Academic Excellence” arm patch on the shoulder.

Sensei has never before allowed anyone below a Black Belt to wear a blue uniform.

This outstanding ultimate Dojo status symbol will identify you as an elite member of the exclusive prestigious 4.0 Academic Excellence Club.

Just bring in your straight 4.0 Report Card for Sensei to see and you will be immediately entered into the **4.0 Academic Excellence Club** and be allowed to wear the Blue Uniform.

GET YOUR BLUE UNIFORM FOR ACADEMIC EXCELLENCE

IT'S AS EASY AS THAT TO BECOME A MEMBER OF THE 4.0 CLUB



STUDENTS OF THE MONTH APRIL, 2010

Little Ninjas

MATEO

White belt

ANTHONY RUANO

Yellow belt

CHRISTINA KLYOE

Orange belt

CLAIRE CHAMPOMMIER

Purple Belt

GABI

Green belt

SKYE SCHOENHOEFT

Blue belt

MAX NEELEY

Brown belt

JUNE BERNSTEIN

Red belt

CREWE HUTSON

Skunk belt

JULIAN LE PELCH

Black Belt

VERONIKA SKALA

Adult

It's the wonderful time of the year...



SUMMER CAMP

2010



*Field Trips Including Beach,
Bowling, Movies...*

*Fun Games Incorporated into Daily Training
Faster Belt Advancement*



Camp Fee

\$275 for every weekly session
(Monday to Friday).
Drop off at 9 am and pick up at 2 pm.
(Lunch not included)
Ask for Family Discount*

Camp Dates

First Camp: June 21 to 25
Last Camp: August 16 to 20
(See flyer/registration form for details)

Space fills up quickly! Act now!

For more information, call (415) 383-4755
or go online at www.westamericataekwondo.com



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70 Lomita Drive, #9, Mill Valley, CA 94941

*See address of location for details for the location.

