



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
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www.westamericatkd.com

August, 2009

Tournaments

**DON'T WAIT UNTIL THE
TOURNAMENTS ARE
UPON US –
TAKE SOME PRIVATE
LESSONS FROM OUR
TOURNAMENT
EXPERIENCED
INSTRUCTORS TO
SHARPEN UP and FOCUS
ON YOUR STUDENTS
COMPETITION SKILLS!!**

**CUTA CALIFORNIA
STATE CHAMPIONSHIP
UC Berkeley
Dr. Ken Min and
Master Yushen Lai
Saturday, August 8, 2009
www.cutkda.com**

Forms and Olympic Sparring
only.

Bob sez' not exactly our style
of Taekwondo!



*New Black Belts with Sensei and Bob Real:
Cameron Hicks, Justice Allred,
Morgaine Mandigo-Stoba and Max Von Franque.*

WEST AMERICA TAE KWON DO 2009 AAU NATIONAL CHAMPIONSHIP FT. LAUDERDALE, FLORIDA

TEAM FORMS

SILVER MEDALISTS:

Courtney Chang, Hannah Chorley,
Veronika Skala

BRONZE MEDALISTS:

Emi Lemberg, Elliott Siu, Orion Siu

FORMS

GOLD MEDALISTS:

Courtney Chang
Olivia Jew
Emi Lemberg
Elliott Siu
Patrick Siu

SILVER MEDALISTS:

Hannah Chorley
TK Dahlke
Orion Siu
Veronika Skala

BRONZE MEDALISTS:

Justice Allred
Jake Cameron

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WEST AMERICA STUDENTS EARN 1ST DAN BLACK BELTS

There was a grueling three hour Black Belt test at the West America Taekwondo School on July 23rd - The **four new black belts are:**

JUSTICE ALLRED; CAMERON HICKS; MORGAIN MANDIGO-STOBA; MAX VON FRANQUE.

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 Individual Point Sparring.

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

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Courtney Chang with the Grand Championship Trophy



More fun at the J.O. Morgaine, Megan, Kel and Courtney; Kendall from Mississippi

WEST AMERICA TAE KWON DO "2009 AAU NATIONAL JUNIOR OLYMPICS CHAMPIONSHIPS"

GRAND PRIZE 1ST PLACE FORMS COURTNEY CHANG,

TRADITIONAL POOMSE/FORMS GOLD MEDAL WINNERS: COURTNEY CHANG, MORGAIN MANDIGO-STOBA, PATRICK SADIL,

SILVER MEDAL WINNERS: CREWE HUTSON, SUMMER HUTSON, MEGAN LEE MITKO RADONOV,

BRONZE MEDAL WINNER: KEL MANDIGO-STOBA,

POINT SPARRING GOLD MEDAL WINNERS: MEGAN LEE KEL MANDIGO-STOBA, (2 Gold Medals) PATRICK SADIL,

SILVER MEDAL WINNER: MORGAIN MANDIGO-STOBA.

Morgaine Mandigo-Stoba and Summer Hutson tied for First Place in Forms and needed to compete against one another. and Morgaine said that during the run-off, "all she could keep hearing were voices in her head from Sensei, Chantal, and David telling her to bend her knee; longer stances and lock your

kick", she says that she tried her hardest and beat Summer by one tenth of a point! WOW, that is a close competition!! Morgaine won, just by hearing and doing what Sensei drums into our heads, over and over again.

Many of the parents commented on the good and fair judging at this Reno JO's.

A hardy thank you to GrandMaster Prof. Bill Dewart in putting this National Junior Olympics Championship together, and it keeps getting better and better.

STUDENTS EARN 1ST DAN BLACK BELTS

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spiritual aspects of taekwondo in a short essay they each wrote on a specific topic assigned by Sensei.

"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."

"The word "Do" in Tae Kwon Do means "the way", Master Carlon added, "It is important for a student to understand the "Do" of being a Black Belt - What it means, the responsibility of being a Black Belt".

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.

**THEY WILL BE BLACK BELT FOR THE
REST OF THEIR LIVES
WE ARE A BLACK BELT SCHOOL!**

2009 AAU NATIONAL CHAMPIONSHIP FT. LAUDERDALE, FLORIDA

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POINT SPARRING

GOLD MEDALIST:

TK Dahlke

SILVER MEDALISTS:

Justice Allred

Ethan Kim

BRONZE MEDALISTS:

Jake Cameron

Emi Lemberg

Elliott Siu

Patrick Siu

Several of the Judges asked about our style of Taekwondo Forms, noting how graceful the West America Forms were, with precision and powerful kicks. This being recognized on a National Level is a tribute to the teaching methods of Master Carlon.

STUDENTS OF THE MONTH

AUGUST, 2009

<u>Little Ninjas</u>	HAYDEN "BLONDIE"
<u>White belt</u>	GRACE MC GLASHAN
<u>Yellow belt</u>	SKY MANDIGO-STOBA
<u>Orange belt</u>	KAELLEN HERRERA
<u>Green belt</u>	CAMILLE BAYER
<u>Blue belt</u>	WILL HILDEBRAND
<u>Brown belt</u>	JAKE FERGUSON
<u>Red belt</u>	ZACH GANT VAN VLIET
<u>Skunk belt</u>	TAMARA PORTUGUES-FRANGOUL
<u>Black Belt</u>	VERONIKA SKALA
<u>Adult</u>	NICOLE TAYLOR

West America Taekwondo Newsletter



SHOWING RESPECT

One of the first questions that we learn the answer to, as a beginner white belt is, **“What is the MOST important aspect of martial arts?”** The answer as every white belt will shout out is **RESPECT.”**

The second part of that question is **HOW** do we show Respect at the Dojo or Dojang (taekwondo school)? We bow when we enter and exit the Dojo; we bow to Master Carlon when we first see him; we bow to acknowledge each black belt that we see; we bow when a class begins and when it ends. WOW! A lot of bowing – a lot of Respect!

We say, Yes Sir (or Yes M'am), to the instructors leading the stretching exercises or when training. We also show respect for the instructor by reacting quickly to a command, like stand up, or line up. By doing the command quickly and quietly we show respect. We also show respect in taekwondo when we Ki-Hi very loudly when we are doing a Palgwe (form).

But why is Respect so important in taekwondo and in life? It indicates that you value the greater knowledge that people have earned and you acknowledge those who have proven their abilities (black belts) and it shows your appreciation of them.

Everyone in life appreciates respect, your mom and dad, your teachers, your boss, a policeman, a waitress, even a janitor. Show respect for other people and they will show their appreciation and respect back to you and think more highly of you!

Try your hardest, show respect and stick with it and some day you too will be a Black Belt and other students will bow to you, showing their Respect to you

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