



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
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Mill Valley, CA 94941
415.383.4755

www.westamericatkd.com

December, 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!!*

**16th AAU FRIENDSHIP
TOURNAMENT**
Sunday, December 6, 2009
Prof GGM Bill Dewart
San Francisco State
University
(Behind Stonestown
Shopping Center)
Poomse – Forms Starts –
11:00 to 1:00
Sign up on-line:
www.academyoftkd.com
*Excellent Beginners
Tournament
Free 2010 Membership in
AAU Taekwondo
All Top West America
Competitors will compete.
Highly recommended by
Bob*



West America Holiday Party

HOLD THE DATE!

The annual West America Taekwondo School Holiday Party will be held this year on THURSDAY, DECEMBER 10TH at 5:00 PM at the West America Tae Kwon Do School.

All parents are invited.

The party will feature a performance by the West America Demonstration Team and Yearly Awards will be given out.

PLEASE BRING A POTLUCK DISH FOR ALL TO SHARE!

Please volunteer to help get the party organized, give your name and phone number to Sensei, Bob Real, Chantal, Roger or Patrick Siu.

Watch for announcements on the bulletin board!

Please Note: There will be no classes on this date.



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BILL DECKER'S DAD FINISHES HAWAIIAN IRONMAN RACE

Richard Decker, a 65 year old, successful businessman and the dad of Bill Decker, a West America 3rd Dan Black Belt, competed in and finished probably the most difficult race in the world – **the Hawaiian Ironman**. Richard had trained for two years to compete in this race, going to bed every night before eight o'clock, getting up every morning at four A.M.! He swam several miles in the Bay, or ran many miles or rode his bike several hundred miles every morning before breakfast.

The Hawaiian Ironman race consists of a 2.4 mile swim in the ocean, then a 112 mile bike ride, then a full 26.2 mile running marathon.

The race began before six in the morning near Kona, Hawaii. Temperatures were 95 degrees. Richard did very well in the swim and the bike race portions, but on the run, at mile five; Richard pulled his Achilles tendon at the back of the ankle. He said he was running "UGLY!".

The race shuts down at 12:00 midnight – just before midnight, Richard was still out running ugly in the lava fields. A race official on a motorcycle came by and told Richard to pick up the pace if he wanted to finish. Richard borrowed the official's cell phone and called his family, who were still at the finish line waiting and had no idea what had happened to him, he had been out racing for over 18 hours.

He told them that he was just a few miles from the finish line and could not make it. His son Bill said "No Way!", and ran out to meet his dad. With just one mile to go and a little over 10 minutes left in the race – Bill gave his dad the support and encouragement he needed to run that "LAST MILE". Richard and Bill ran the last mile in 10 minutes.

Richard was the last finisher to cross the finish line with just **48 SECONDS** left before they closed the race!! Talk about Indomitable Spirit, which Bill learned about in Taekwondo.

Richard with tears in his eyes said that he just could not have finished the race without the support of his son, Bill!!

RICHARD DECKER IS AN IRONMAN!

To Get Your Black Belt

By Andrew Kerner

To get your black belt, it takes a lot of work and motivation. A lot of people think it will be easy and you won't have to do a lot. But, it's not like that. It takes hard work and lots of patience. After a couple of days of being a white belt, you might think it is easy. But then after purple belt, it starts to get harder.

It is very hard to get a black belt. Most of the students are not black belts yet! The average amount of years to get your black belt is four to five years. When you are a black belt it's got to feel great!

DO YOU WANT A BLACK BELT?

-Andrew Kerner, age 8, is a red belt who wants to get his black belt!

WILLIAM C. KIM ALL CALIFORNIA STATE CHAMPIONSHIP



Chantal Carlon - 1st
Hannah Chorley - 1st
Caelum Kelly - 1st

Thomas Allen - 2nd
June Bernstein - 2nd
Gary Griffis - 2nd
Carina Kelly - 2nd
Billy Louie - 2nd

Caelum Kelly said that he owes his First Place Trophy to being able to really, really focus on his Form and not let his mind wander. What a great lesson for school, sports and life!

STUDENTS OF THE MONTH DECEMBER, 2009

Little Ninjas
White belt
Yellow belt
Orange belt
Purple Belt
Green belt
Blue belt
Brown belt
Red belt
Skunk belt
Black Belt

TOMAS ZEGERS
CAMILLE NORAY
QUINN CULHANE
NATHAN STEUER
JULIETTE DANGEARD
SEBASTIAN GRAHAM
CAMILLE BAYER
IAN Mc CORMAC
CARINA KELLY
JEREMY GLOATES
CAMERON HICKS

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IMPORTANT DATES - MARK YOUR CALENDERS

A few important dates coming up soon:

West America Tae Kwon Do Annual Holiday Party

THURSDAY, December 10th, 2009 at 4:00

No classes this day. All Students and Families are invited. Highlights include Demos and Awards. Please bring a Pot Luck to share with everyone.

2nd DAN BLACK BELT TEST

Friday, December 18th at 4:00

Come and support the 1st Dan Candidates as they test for their 2nd Dan Black Belts. Watch them perform 18 Forms!

West America Tae Kwon Do Closed for New Years

THURSDAY, December 31st, 2009 and FRIDAY, January 1st, 2010.

No classes this day.

The Dojo will be closed on **Monday, January 18, 2010**, to observe the **National Martin Luther King** holiday.

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