



# WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do  
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**February, 2010**

## **Tournaments And Important Dates**

West America will be closed on Mon, Feb 15<sup>th</sup>, to commemorate the **PRESIDENT'S DAY** National Holiday.

**Black Belt Ceremony**  
Fri, Feb 19, 2010 – 4:00  
Recent Black Belts will be presented with their Korean Embroidered Black Belts and certificates from the **Kukkiwon International Registry of Black Belts**. Usual classes will be held in the backroom.

**Black Belt Test**  
Fri, Mar 12, 2010, 3 – 6 PN  
Four candidates will Test for their Black Belts. Come watch and support the candidates. Usual classes will be held in the backroom.

**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!!**



*Showing Off their hard earned Medals:  
Chole Jeanmonod, Taylor Schlabs 6 years old, Margaux Jeanmonod 5 years old, Savannah Roelle.*

## **GOLD MEDALS FOR ALL WEST AMERICA TAEKWONDO COMPETITORS AT UBBA NATIONALS**

Students from the West America Tae Kwon Do School, competed in Grand Master Jea S. Kim's annual **United Black Belts of America - National Open Taekwondo Championships**, held at Drake High School in San Anselmo on January 30, 2010.

**For all the West America competitors, except the Kellys and Bob Real, this tournament was their very first competition tournament!!**

In an unprecedented display - every Student from West America won a Gold Medal.

### **GOLD MEDAL WINNERS:**

Thomas Allen  
Camille Bayer  
Chloe Jeanmonod  
Margaux Jeanmonod  
Caelum Kelly  
Carina Kelly  
Robert Real  
Savannah Roelle  
Taylor Schlabs

In studying Tae Kwon Do, West America students exercise hard and learn discipline, concentration and self-confidence, as well as self defense. West America focuses on bringing out the best in its students. "Our students train hard," notes Master Carlon, "and their hard work pays off."

**Congratulations to all the Competitors on a job well done!!**





## **GUNG HAY FAT CHOY! – HAPPY CHINESE NEW YEAR!**

**also KOREAN and JAPANESE NEW YEAR!!**

Gung Hay Fat Choy! (May prosperity be with you)

Happy Chinese New Years - I want to wish all my Chinese, Korean and Japanese heritage students and their families a wonderful New Years on February 14th.

2010 is the Year of the Tiger, which is also known by its formal name of Geng Yin. Be like a Tiger - Caring and Thoughtful.

*SENSEI*



Taylor Schlabs' (6 years old, kindergartener from Old Mill School) response to the question of what it was like to win a gold medal was,

*"I was nervous at first, but winning was so cool! It was great! I felt like a national champion!"*

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## **SKI WEEK SCHEDULE**

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We wanted to update everyone on our Ski Week Schedule:

We will be closed Monday Feb 15th for President's Day.

The studio will be OPEN for the duration of ski week (Tues-Friday) for regular group classes, and we will be open Saturday for private lessons and skunk & black belt classes.

For those going away, we wish you a happy and safe trip!

For families staying close to home, the ski week break is a great time to get some more small group work done and improve on the TKD techniques!

Thank you and best wishes,

*Sensei, Chantal, and Roger Jr.  
West America Tae Kwon Do*



## HAPPY VALENTINES DAY TO ALL THE MOM'S

I want to wish all the Mom's of my students a **HAPPY VALENTINE'S DAY** on February 14<sup>th</sup>. Give your Mom a big hug and tell her that you Love her!!

*Sensei*

### STUDENTS OF THE MONTH FEBRUARY, 2010

Little Ninjas

**MAYA**

White belt

**LILLI MISHALKO**

Yellow belt

**NOAH KING**

Orange belt

**MARGAUX JEANMOND**

Purple Belt

**LILI HEMMERT**

Green belt

**KELDON Mc GLASHAN**

Blue belt

**SIMON BRUINSMA**

Brown belt

**MIA BARNES**

Red belt

**JOSH DANS**

Skunk belt

**JAMES ROOKE**

Black Belt

**RACHEL KOCHHAR**

# America Taekwondo Newsletter

## Basic Beginner Information

**Parents**, please review the following with your children. **It's very important**, in particular the questions listed below about showing "**respect**". The students will be called on in class to give examples out loud. Help them to think about it in advance by having them give you examples on their own, in their own words. This is basic information that students will need to know for Belt Tests:

**Where does Taekwondo come from? KOREA.**

**What does Taekwondo Mean?** Taekwondo means "The Way of Hands and Feet."

In the word Tae Kwon Do, **What does "Do" mean?** It means "The Way."

**Where does Karate come from? OKINAWA** (Oh-kin-AH-wah). (Not Japan)

**What does Karate Mean?** Karate means, "Empty Hand."

**What is the Most Important Aspect of Taekwondo? RESPECT.**

**How Do You Show Respect at the Dojo?** Give some examples.  
Bowing when entering the Dojo; Bowing to the Black Belts; Saying "Yes Sir".

**How Do You Show Respect to Your Parents?** Give some examples.

**How Do You Show Respect to Your Teachers at School?** Give some examples.

What is the name of our School? **WEST AMERICA TAE KWON DO**

**WHAT THREE THINGS ARE PART OF "FOCUS" IN THE DOJO (SCHOOL)?**

**Focus of the EYES – It means looking at the Teac Teacher/Instructor.**

**Focus of the MIND – It means paying attention to the Teacher/Instructor.**

**Focus of the BODY – It means being in control of your Body – Staying still.**

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