



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
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January, 2010

Tournaments And Important Dates

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

NCTA/2010 CALIFORNIA STATE TAEKWONDO CHAMPIONSHIP

Saturday, January 23, 2010
GrandMaster William C. Kim
Concord Youth Center
Concord, CA
Poomse/Forms Starts – 9:30
Forms, Olympic Sparring,
Creative Forms,
Team Forms and Board
Breaking

*Excellent Tournament -
Recommended by Bob*

2010 NATIONAL GOLDEN GATE OPEN

TKD CHAMPIONSHIP
Saturday, January 30, 2010
GrandMaster Jae S. Kim
United Black Belts of
America

Drake H S, San Anselmo
1327 Sir Francis Drake Blvd.
Poomse/Forms Starts – 9:30
Sign-up Deadline – Jan 22nd.

Sign up on-line/Save \$5.00:

www.kimsma.com

**Forms and Olympic Sparring
Only**

****Excellent Beginners
Tournament*

****Highly recommended by Bob*



Team Forms Gold Medalists: **Veronika Skala, Courtney Chang and Hannah Chorley.**

WEST AMERICA TAE KWON DO "2009 16th ANNUAL AAU FRIENDSHIP TOURNAMENT" DECEMBER 6, 2009

The 16th Annual AAU Friendship Tournament, held on December 6th, at USF, featured more than 250 competitors from California, Nevada, and Washington State. The judging was excellent with **all West America Taekwondo competitors earning at least one medal in competition.**

TRADITIONAL POOMSE/FORMS

GOLD MEDAL WINNERS:

COURTNEY CHANG,
CARINA KELLY,
ROBERT REAL,
VERONIKA SKALA,
KEL MANDIGO-STOBA.

SILVER MEDAL WINNERS:

JUNE BERNSTEIN,
HANNAH CHORLEY.

BRONZE MEDAL WINNERS:

MORGAIN MANDIGO-STOBA,
SKYE MANDIGO-STOBA,
CAELUM KELLY

POINT SPARRING

GOLD MEDAL WINNERS:

MORGAIN MANDIGO-STOBA,
SKYE MANDIGO-STOBA.

TEAM POOMSE/FORMS

GOLD MEDAL WINNERS:

TEAM WEST AMERICA

COURTNEY CHANG,
HANNAH CHORLEY,
VERONICA SKALA.

In the always tough Girls Black Belt Division, West America competitors swept the Division taking First, Second and Third Place Medals – **Courtney, Hannah and Morgaine – You Go Girls!!**

In the Team Forms competition – all the Teams were gathered up together, Adults Juniors and Children Teams – the West America team girls seemed very worried that they were going to have to compete against Adult Teams.

Bob Real told them not to worry, "just go out there and do your best", (knowing that they would not be competing against an Adult Division).

Well, it did not matter much, as the West America Team girl's score beat everyone – hands down, not even close. They would have easily beat the Adult Division competitor. Nothing to worry about

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West America Taekwondo Newsletter



WEST AMERICA STUDENTS EARN 2nd DAN BLACK BELTS

There was a grueling two hour 2nd Dan Black Belt test at the West America Taekwondo School on December 18th. ***The new 2nd Dan Black Belts are:***

PATRICK SIU and SARAH TILLMAN.

As an enthusiastic crowd of parents, friends, and other students watched and cheered, the students demonstrated their command of 18 Forms, kicks, punches, blocks and sparring.

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

After demonstrating their mastery of techniques, each student was asked to reflect on the intellectual and 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 2nd Dan Black Belt. I am very proud of these students."

"The 2nd Dan Test is about precise technical techniques", noted Master Carlon, where a 1st Dan test is more about endurance and a wealth of knowledge. These candidates did very well in for filling the requirements for a 2nd Dan Black Belt."

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

A special thank you to Josh and Michael, our Sparring instructors, who came from Oakland to help with the Sparring portion of the test.

WE ARE A BLACK BELT SCHOOL!

16th AAU FRIENDSHIP TOURNAMENT

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about when you train with Master Carlon and try your hardest!!

And a special congratulations to **Skye Mandigo-Stoba** on her very first competition - following in the footsteps of her brother Kel and sister Morgaine, Skye brought home both a Gold and Bronze Medal!

Congratulations to all the West America Competitors!

THANKS FOR MAKING OUR HOLIDAY PARTY SPECIAL!!

We want to thank all of my students, parents and friends who helped make our Holiday Party the best West America Holiday Party ever!! I think you all will agree that our new Demo Team's performance was exciting and terrific to watch.

The food that was shared was wonderful and the friendship and camaraderie made me feel like we were one big family.

We have so much to be thankful for!

You are all very special to me – thank you for all that you have done to make our school a wonderful training experience and a special time in our lives.

Happy Holidays and have a wonderful and safe New Years!!

SENSEI

And we would like to sincerely thank everyone that contributed to the wonderful, thoughtful gifts that were presented to us,

Sensei, Chantal, Roger and Patrick



TO WIN IN A TOURNAMENT

By Carina Kelly

To win in a tournament you have to have loud kiays, high kicks and a clean form, like me.

Then you will get a Gold Medal, which you deserve and then you will know how to compete in the next tournament and sometimes you will not get first place and that's O.K., because you always try your hardest and that's all that matters.

DO YOU WANT TO WIN A TOURNAMENT?

- Carina Kelly, age 7, is a red belt with a black strip, who has won many tournaments!!

STUDENTS OF THE MONTH

JANUARY, 2010

Little Ninjas

White belt

Yellow belt

Orange belt

Purple Belt

Green belt

Blue belt

Brown belt

Red belt

Skunk belt

Black Belt

Adult

COULTER BERRIDGE

EMILIA ZEGERS

NICK TAYLOR

JONAH STEUER

CASSI KELLY

ANTOINE DENGARD

JESSICA LE

ALEX LE

CREWE HUTSON

SOPHIA BRUINSMA

JUSTICE ALLRED

BRIAN GAB

West America Taekwondo Newsletter

THANKS FOR DECORATING THE DOJO

I want to express a special thank you to the many parents and students that helped to decorate the Dojo with a festive atmosphere and helped to set-up and clean-up our Holiday Party.

In particular I want to personally and sincerely thank:
Donna Dahlke (TK's Mom), T K Dahlke, Caelum Kelly, Dan Kelly (Caelum's Dad), Dennise Allred (Justice's Mon), Karen Lemberg (Emi's Mom).

These people and others who stepped up and volunteered to help decorate the Dojo and tree, giving the Studio a true Holiday Spirit.

Thanks and Happy Holidays,
SENSEI

CONGRATULATIONS TO BOB REAL + PATRICK SIU

Congratulations to Bob Real on being re-Certified and to Patrick Siu on being Certified to be AAU Referees and Judges at Tournaments.

If you are a Black Belt over 15 years old and would like to become a Certified Official, just speak with Bob Real. It looks great on a College Resume and it helps all the West America competitors at Tournaments.



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