



# WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do  
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[www.westamericatkd.com](http://www.westamericatkd.com)

**July, 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!!**

**AAU NATIONAL  
CHAMPIONSHIPS  
FT. LAUDERDALE, FL  
June 29<sup>th</sup> thru July 4<sup>th</sup>  
Adults & Children  
Competitors  
Point Sparring, Poomse  
(Forms), Team Forms and  
Olympic Sparring  
Check [aautaekwondo.org](http://aautaekwondo.org)  
Or talk with Bob Real or  
Patrick Siu.  
Must have qualified at the  
AAU CA State  
Championships**

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## WEST AMERICA STUDENTS EARN 1<sup>st</sup> DAN BLACK BELTS

There was a grueling FOUR and a half hour Black Belt test at the West America Taekwondo School on June 19<sup>th</sup> - The **13 new black belts are:**

**COURTNEY CHANG; HANNAH  
CHORLEY; T.K. DAHLKE;  
KENDALL ISLAM; ALEX  
LEOGRANDIS; OLIVER  
LEOGRANDIS; KEL MANDIGO-  
STOBA; MITCH MEISLIN; CLAY  
PELO; SANDRA PENN; PEYTON  
RUSSELL; WYATT RUSSELL;  
VERONIKA SKALA.**

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



Bob Real, Julie Boyadjian, Sensei, Valerie Wynn,  
William Decker

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 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

Be sure to show your respect for their incredible accomplishment and bow to them when you see them!

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

# West America Taekwondo Newsletter

## Memorial Day Parade



## Upcoming Tournaments

*Continued from page 1)*

### WEST COAST AAU JR OLYMPIC NATIONAL CHAMPIONSHIPS

July 11<sup>th</sup> and 12<sup>th</sup>.

Damonte Ranch High School  
10500 Rio Wrangler Parkway  
Reno, Nevada

Under 18 years of age only  
Point Sparring, Poomse (Forms),  
Team Forms and Olympic Sparring  
[academyoftkd.com](http://academyoftkd.com)

or talk with Bob Real or Patrick Siu.

Must have qualified at the AAU  
CA State Championships

Many West America Students will  
compete.

GrandMaster Prof Bill Dewart,  
Director

Bob sez' excellent tournament,  
compete if you can!!

### AAU JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

August 1<sup>st</sup> thru 3<sup>rd</sup>.

Des Moines, Iowa

Under 18 years of age only  
Point Sparring, Poomse (Forms),  
Team Forms and Olympic Sparring

Check the website  
[aautaekwondo.org](http://aautaekwondo.org)

or talk with Bob Real or Patrick Siu.

Must have qualified at the AAU  
California

State Championships.



## STUDENTS OF THE MONTH

### JULY 2009

Little Ninjas

**PRESTON LEE**

White belt

**HENRY HARLOW**

Yellow belt

**SKYE MANDIGO-STOBA**

Orange belt

**THOMAS ALLEN**

Purple belt

**SIMON BRUINSMA**

Green belt

**OLIVIA TAYLOR**

Blue belt

**COURTNEY ISLAM**

Brown belt

**BATRI NOVICK**

Red belt

**COOPER CARROLL**

Skunk belt

**TAMARA PORTUGES-FRANGOUL**

Black Belt

**EMI LEMBERG**



## ***SENSEI'S WISDOM***

**“WE ARE WHAT WE REPEATEDLY DO.  
EXCELLENCE IS NOT AN ACT, BUT A HABIT!”**  
*(Actually borrowed from Aristotle – who had a lousy side kick!)*

**Learn to do side kicks properly.**

**Rotate** the supporting leg's foot all the way around –  
**Cock** the kicking leg properly –  
**Lock** the kick out (count 1, 2, 3) –  
**Cock** your foot back properly –  
Keep your **knee up**.

There is no substitute for practicing the kick over and over and over again. Develop the HABIT of doing each kick properly.

There are no short cuts, begin by holding the back of a chair and breaking down the five steps noted above.

Start by kicking slowly – One step at a time - Practice, Practice, Practice and when you are finished practicing – Repeat!!

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