

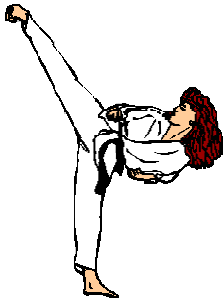


WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
70 Lomita Drive, Suite 8
Mill Valley, CA 94941
415.383.4755

www.westamericatkd.com

June, 2010



EVERYONE A WINNER at **Kiddo!** TOURNAMENT

The normal Sunday morning quiet and calm at Master Roger Carlon's, West America Tae Kwon Do School gave way to loud kiyai's and bursts of applause, as competitors demonstrated their proficiency before a discerning panel of black belt student judges and an enthusiastic audience of parents and friends at West America's annual Kiddo! Fundraising Tournament.

Kiddo!, otherwise known as the Mill Valley Schools Community Foundation, also won big. All proceeds from the tournament, which drew students from both the West America Tae Kwon Do School and the Mill Valley Schools Enrichment Program, were donated to Kiddo!

West America has been one of the top contributors to Kiddo! for many years.

Master Carlon has always believed in the importance of sharing our good fortune with others. In addition to teaching his students the values of taekwondo – focus, perseverance, respect, and positive self-image – he also imparts the lesson of giving back to the community in any way one can, whether with money, volunteer services, donations of food or clothing, or other means.

"It was a terrific tournament, everyone tried their hardest," Master Carlon noted, "I want my students to be the good citizens of tomorrow."

FIRST PLACE TROPHIES

JAKE BREITBARD, CLAIRE CHAMPOMMIER, GABY CLAWBERBERY, KELDON DUANE-McGLASHAN, FLETCHER HESSEL, CAMERON HICKS, COLIN INGOLDSBY, HAYDEN JAMISON, ETHAN KIM, JULIAN LePELCH, LILI MISHALKO, CIARA ROOKE, TAYLOR SCHLABS, LAUREN TERRY, MIA WILSON,

SECOND PLACE TROPHIES

LUKAS AFFELTRANGER, COLTER BERRIDGE, SOPHIE BRUINSMA, NIKO CORNETT, T.K. DAHLKE, CHRISTINA KLYCE, SKYE MANDIGO-STOBA, JAC MARTIN, GEORGE McGLASHAN, AVI PENKOFE, SAMANTHA NICHOLS, SKYE SCHOENHOEFT, JACK SHEPLER, DAPHNE SHIEBLER, RACHEL SULCINER,

THIRD PLACE TROPHIES

JONAS BARNES, SIMON BRUINSMA, JAKE CAMERON, JULIETTE DANGEARD, CAMILLE DeNORAY, ZACH GANT VAN VLIET, JOSIE JAMISON, MARGAUX JEANMONOD, LELAND LEVASSAR, BECK LORSCH, ALEX MORMORUNNI, GIGI MORMORUNNI, BARRETT NICHOLS, EVE O'NEILL, MAX SERGUEEVA, CAMERON TAYLOR, LOLA VON FRANQUE, MAX VON FRANQUE, RYAN WITWICKI-FADDEGON,

Congratulations to all the Competitors! And kudos to all the parents and Black Belt volunteers who so ably assisted in registration, judging and score keeping.

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HELP PAULA'S IRON MAN TRIATHLON JOURNEY

Will Hamann's (yellow belt) Mom, Paula, has been spending the last year training for her first Iron Man Triathlon (2.4 mile swim, 112 mile bike ride, 26.2 mile run) with the Leukemia and Lymphoma Society's ("LLS") Iron Team. Although Paula is training for an individual event, she, like all members of the team, is racing for something bigger—to provide hope to individuals suffering from blood cancer and to raise money that LLS can use to provide patient services and fund research here in the Bay area.

Paula got involved with LLS after a good friend of hers was diagnosed with Non-Hodgkin's Lymphoma at age 20. Watching Bonnie suffer through chemotherapy, radiation, and, at age 20, the decision whether she needed to preserve her ability to have children left a mark that hasn't gone away; even though Bonnie was one of the lucky ones and her cancer has been in remission for the past 6 years. Her son, Henry, turned 4 this month.

If you'd like to learn more about Paula's Journey to Iron Man Louisville on August 29th, please read her blog: www.paulasironjourney.blogspot.com.

If you'd like to help out those suffering with blood cancer by making a donation to



EAST BAY CHAMPIONSHIP ST. MARY'S COLLEGE April 24, 2010

West America's own **COLTER BERRIDGE** won a Gold Medal performing Palgwe #4.

**WE ARE VERY PROUD OF
COLTER**

the Leukemia and Lymphoma Society, <http://pages.teamintraining.org/sf/louisir10/paula.hamann>. Your donations are tax deductible and help the society provide much needed patient services, fund research, and provide hope to so many.

What is up for Paula after the Iron Man? She plans to ask Sensei if she can join a mom's Tae Kwon Do class when the Triathlon is completed.

Find out why I'm swimming 2.4 miles, biking 112 miles, and running 26.2 miles all on the same day. www.paulasironjourney.blogspot.com <http://pages.teamintraining.org/sf/louisir10/paula.hamann>

HELP PAULA'S FIRST IRON MAN TRIATHLON—

**140 MILES TO PROVIDE HOPE AND
FIND A CURE**



Happy Father's Day

I want to personally wish all the Dads of my students a wonderful **Father's Day** on Sunday, June 20th.

To all my students, if you can, I want you all to thank your Dad, and tell him that you love him and appreciate all that he does.

Happy Father's Day,
SENSEI, also a dad!!

STUDENTS OF THE MONTH JUNE, 2010

<u>Little Ninjas</u>	BRETT HUBERT
<u>White belt</u>	LAUREN TERRY
<u>Yellow belt</u>	COLIN INGOLDSBY
<u>Orange belt</u>	LILI MISHALKO
<u>Purple Belt</u>	GABY CLAW-BERBERY
<u>Green belt</u>	GEORGE McGLASHAN
<u>Blue belt</u>	KELDON DUANE-McGLASHAN
<u>Brown belt</u>	ETHAN KIM
<u>Red belt</u>	JAC MARTIN
<u>Skunk belt</u>	JULIAN LePELCH
<u>Black Belt</u>	CAMERON HICKS
<u>Adult</u>	CHRIS INGOLDSBY

America Taekwondo Newsletter



left to right: Kaelan Herrera, Eliza Ross, Orion Siu, Elliott Siu

ACADEMIC ACHIEVERS EARN THEIR BLUE UNIFORMS



THANK YOU FOR MARCHING IN THE MILL VALLEY PARADE!

I want to thank all my students who marched with West America Taekwondo in the Mill Valley Memorial Day Parade on May 31, 2010.

Thanks to you, we won First Place in the Parade competition!!

Participation in the Mill Valley Parade is very important showing Community Spirit and Community Pride. It was awesome watching about a hundred West America students marching together - all in full uniform doing kicks, punches and kiahing loudly together. I am very proud of all the students that marched with our unit; It is very important for our School/Dojo and the Community!

And I am especially proud of all the little people / Little Ninjas / White Belts that walked all that long way and still had energy to end the Parade with strong Kicks and Punches!!

And a special thanks to all the parents that helped out; walking along side our contingent, keeping the students in line, handing out promotional fliers, etc.

Thanks again,
SENSEI