



# WEST AMERICA TAEKWONDO NEWSLETTER

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

[www.westamericatkd.com](http://www.westamericatkd.com)

**March, 2010**

## **Tournaments And Important Dates**

### **West America Black Belt Test**

Fri, Mar 12<sup>th</sup> at 3:00 to 5:00  
Come support the four  
candidates. Watch a real  
exhausting Black Belt Test

### **Black Belt Ceremony**

Friday, April 9<sup>th</sup> at 4:00  
Three Black Belts will  
receive their Embroidered  
Black Belts and Kukkiwon  
Black Belt Certificates

### **AAU CALIFORNIA STATE TAEKWONDO CHAMPIONSHIP**

Sunday, April 18, 2010  
GrandMaster Prof. Dewart  
**S F State University**

(Behind Stonestown  
Shopping Center)

Forms starts at 9:30

### **Forms, Point Sparring and Olympic Sparring; Team and Creative Forms**

Must be an AAU member  
Register on-line:  
[www.academyoftkd.com](http://www.academyoftkd.com)  
Click on 'Upcoming Events'  
*Excellent Tournament –  
Highly Recommended by  
Bob. Qualifier for the  
National Championships  
and Jr. Olympics*

*(continued on page 2)*



## **BLACK BELT CEREMONY**

In a moving and motivational Black Belt Ceremony the following recently promoted students received their embroidered Black Belts with their names and the Dojo name in Korean and their Kukkiwon International Taekwondo Black Belt registration certificate and Identification card.

**SARAH TILMAN – 2<sup>nd</sup> Dan**

**JUSTICE ALLRED**

**MEL BLAUSTEIN**

**JULIA FALKOW**

**CAMERON HICKS**

**ALEX LEOGRANDIS**

**OLIVER LEOGRANDIS**

**MORGAIN MANDIGO-STOBA**

**MAX VON FRANQUE**

Master Carlon commented on how proud he is of the dedication and commitment of these students to train hard for several years to earn their Black Belt. They will be Black Belts for the rest of their lives, and for the understanding and dedication of what it takes to strive for a difficult goal is a lesson that will stay with also stay with them for the rest of their lives.

They now have joined with an elite worldwide community of Black Belts.

**WE ARE A BLACK BELT**



## **TUTORS WANTED**

A great addition to the West America School has been the **Homework/Project tables** in the hallway just outside the school's main entrance.

We would like to have some older students who will work with the younger students to help them with Homework or Projects. Help them learn and motivate them. Tutoring is very rewarding, as the tutor really sees progress and grasping of ideas and concepts by the younger students.

All this is a part of the "Do" in Tae Kwon Do. As we all know - Do means "The Way".

Master Carlon has provided pencils and crayons for coloring and artwork.

Also if you have any workbooks, project books or educational books; bring them in for all to share.

**TUTORING IS VERY  
REWARDING**

# West America Taekwondo Newsletter

## Tournaments

*(continued from page 1)*

### 2010 AAU NATIONAL TAEKWONDO CHAMPIONSHIP

Ft. Lauderdale, Florida

Monday, June 28<sup>th</sup> thru July 2nd

*\*\*\*Highly recommended by Bob*

*See Bob for actual competition  
schedule,*

*or online at [www.aautaekwondo.org](http://www.aautaekwondo.org)*

*Must qualify at AAU Calif States.*

## NEW 4.0 CLUB

With our continued commitment to motivating excellence in schoolwork, Master Carlon has started a **4.0 Club** – open to **High School and Middle School students** who achieve a **4.0 or straight "A" Report Card.**

Just bring in your report card and show Master Carlon or Chantal your 4.0 Report Card and receive a free reward of a Gift Certificate from the APPLE Store, Jamba Juice or other fine merchants.

**IT'S AS EASY AS THAT TO RECEIVE  
YOUR FREE REWARD**



## STUDENTS OF THE MONTH

### MARCH, 2010

Little Ninjas

White belt

Yellow belt

Orange belt

Purple Belt

Green belt

Blue belt

Brown belt

Red belt

Skunk belt

Black Belt

**BRYNN KRARNLICH**

**HIRO CHEMERS**

**ETHAN CHASE**

**QUINN CHESSER**

**MAX SERGUEEVA**

**THOMAS ALLEN**

**JESSICA LE**

**KIMI SHIRO**

**KIRA BARNES**

**COLEMAN MORROW**

**JULIA DANIEL**