



WEST AMERICA TAEKWONDO NEWSLETTER

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

www.westamericatkd.com

May, 2010

Tournaments

MEMORIAL DAY PARADE

Meet by Mill Valley Library
Monday, May 31st at 10:00

**We Need Everyone to
March with us!**

Wear your full white Gi
Uniform, Wear your Belt,
Wear comfortable Walking
Shoes

2010 GOLDEN STATE TKDO CHAMPIONSHIP

GrandMaster William C. Kim
Saturday, May 15, 2010

Jesse Bethel High School

1800 Ascot Pkwy, Vallejo
**Forms, Olympic Sparring,
Board Breaking, Creative
Forms and Weapons**

Register on-line:

www.williamkimtdk.com

*Excellent Tournament –
Highly Recommended by
Sensei*

WEST AMERICA TKDO KIDDO! TOURNAMENT

Sunday, May, 16, 2010

Open to all our students –
Little Nijas/Colored and
Black Belts and Enrichment
School Program Students
**Fund raiser for Mill Valley
Schools KIDDO!! Program**
Starts at 10:00.

All students participating
will receive a large beautiful
trophy!!

*Excellent Tournament –
Highly Recommended by
Sensei*

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WEST AMERICA **Kiddo!** TOURNAMENT A MUST DO

COMPETITION LEADS TO CONFIDENCE

Every child is a winner at the West America Taekwondo School tournament, to be held at the dojo on **Sunday, May 16th, starting with Little Ninjas and then the white belts starting promptly at 10 a.m.** Check the schedule below for approximate starting times for other belt divisions.

This fun tournament is the perfect opportunity to compete; the atmosphere is warm and friendly, competitors are matched by belt level, the judging is fair and even-handed, and **EVERY competitor is awarded a beautiful West America Trophy.**

Whether you are a white belt who has never competed before, or a seasoned competitor with a red, skunk or black belt, this is **THE tournament to enter. Little Ninjas, Mill Valley School Enrichment Program Students, regular and private Students** are all encouraged to compete.

The tournament is also a win for Kiddo! **All proceeds from the tournament are donated to Kiddo!**, which works to supplement Mill Valley school budgets.

Sensei reminds all competitors to wear a clean, pressed, **full WHITE GI uniform.** NO Tee Shirts are to be worn in the competition as an outer garment.

The tournament entry fee is \$40. in advance or payable at the door the day of the tournament. To pre-



register, request a flier from Sensei or any of the instructors.

PLEASE REGISTER IN ADVANCE - TO GIVE THE VOLUNTEERS AN OPPORTUNITY TO ORGANIZE THE TOURNAMENT IN ADVANCE!

Commit early/register early - Something better will not come along, then to watch your Student win a Trophy!! **NO REGISTRATION FORM WILL BE ACCEPTED WITHOUT THE ENTRY FEE PAID IN FULL!**

Sensei encourages every child to participate. "This tournament is a wonderful way to build your child's self-confidence," explains Sensei. "It teaches them to feel good about themselves and to feel comfortable in front of an audience."

Advanced Belts – when you apply for your Kukkiwon Black Belt Certification, they will want to know if you have competed in any Taekwondo Tournaments. This is a perfect way to demonstrate to both the Kukkiwon and to Sensei your commitment to being a Black Belt.

Ask Sensei which form is best for your child, and encourage your child to practice that form at home. Do not be afraid or embarrassed to compete, you will be doing the same Forms that you do almost every day at the Dojo.

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West America Taekwondo Newsletter



“2010 AAU CALIFORNIA STATE CHAMPIONSHIPS”

TRADITIONAL POOMSE/FORMS

GOLD MEDAL WINNERS:

CHANTAL CARLON,
 CLAIRE CHAMPOMMIER,
 T. K. DAHLKE,
 ETHAN KIM,
 BILLY LOUIE,
 SKYE MANDIGO-STOBA,
 ROBERT REAL,
 LILY SADIL,
 VERONIKA SKALA.

SILVER MEDAL WINNERS:

KELDON DUANE-McGLASHAN,
 BRANDON LEE,
 MEGAN LEE,
 EMI LEMBERG,
 PATRICK SADIL,
 TAYLOR SCHLABS,
 KEL MANDIGO-STOBA,
 MAX VON FRANQUE.

BRONZE MEDAL WINNERS:

JAKE CAMERON,
 HANNAH CHORLEY
 CAMERON HICKS,
 HAYDEN JAMISON.

POINT SPARRING

GOLD MEDAL WINNERS:

JAKE CAMERON,
 T. K. DAHLKE, (2)

ETHAN KIM, MEGAN LEE,
 EMI LEMBERG,
 CONNOR NORTON,
 LILY SADIL,
 KEL MANDIGO-STOBA, (2)
 MORGAIN MANDIGO-STOBA,
 SKYE MANDIGO-STOBA.

SILVER MEDAL WINNERS:

BRANDON LEE,
 PATRICK SADIL,
 MAX VON FRANQUE.

TEAM POOMSE/FORMS

GOLD MEDAL WINNERS:

TEAM WEST AMERICA

HANNAH CHORLEY,
 BILLY LOUIE,
 VERONICA SKALA.

SILVER MEDAL WINNERS:

BRANDON LEE,
 MEGAN LEE,
 EMI LEMBERG.
 ROBERT REAL.

BRONZE MEDAL WINNERS:

KEL MANDIGO-STOBA
 MORGAIN MANDIGO-STOBA
 CAMERON HICKS.

Happy Mothers Day



I want to personally wish all the Mom's of my students a wonderful Mother's Day on May 9th.

To all my students, if you can, I want you all to thank your Mom's, and tell her that you love her and appreciate all that she does.

*Happy Mother's Day,
Master Carlon*

STUDENTS OF THE MONTH MAY, 2010

<u>Little Ninjas</u>	WILL "BIG WILL" HAMANN
<u>White belt</u>	ALMAZ MAYNARD
<u>Yellow belt</u>	LUKAS AFFELTRANGER
<u>Orange belt</u>	ALEX DAVIS
<u>Purple Belt</u>	ANYA DIMAIO
<u>Green belt</u>	CIARA ROOKE
<u>Blue belt</u>	KELDON DUANE-McGLASHAN
<u>Brown belt</u>	SIMON BRUINSMA
<u>Red belt</u>	JAKE FERGUSON
<u>Skunk belt</u>	CRISTIAN VAZQUEZ-ADAMS
<u>Black Belt</u>	MEGAN LEE

America Taekwondo Newsletter



MEMORIAL DAY PARADE

SUPPORT WEST AMERICA TAE KWON DO MARCH WITH WEST AMERICA IN THE MEMORIAL DAY PARADE

Have Fun, Kick, Punch and Wave To Your Friends!

On **Monday, May 31st**, Mill Valley will hold its annual Memorial Day Parade. West America Tae Kwon Do always has great support from its students marching in this wonderful, "I am proud to be an American" parade.

All West America students, boys, girls, men and women should march as a part of the West America contingent. All students will be demonstrating kicking and punching skills and loud kiyai's. The nationally acclaimed West America Demo Team will also be performing. All to the cheers of the crowd along the parade route. Have fun and wave to your friends as you march. They will be proud to see you.

Parents are welcome to walk along side the West America contingent, snap photos or meet us at the end of the parade at Tam High. There will be fliers with more details at the Dojang.

Wear a **FULL WHITE Gi UNIFORM** and comfortable **WALKING SHOES** and **don't forget your BELT!!** Tee shirts will not be allowed. Do not wear flip-flop sandals. Do wear suntan lotion/block.

We will meet at 10:00 am on the side street - Elma St. – just about opposite the Mill Valley Library - We need everyone to participate.

WEST AMERICA **Kiddo!** TOURNAMENT A MUST DO

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Bring your parents, grandparents and friends to cheer for you.

Be sure to arrive at the tournament early to fully stretch, relax and be ready to compete. The times are approximate – come a little early – don't miss your division.

COMPETITION SCHEDULE - All Times are Approximate

Little Ninjas & White Belts	10:00 – 10:30 a.m.
Yellow & Orange Belts	10:30 – 11:00 a.m.
Purple, Green, & Blue Belts	11:00 – 11:30.
Brown, Red, Skunk, Black Belts	11:30 – Noon.

Sensei reserves the right to combine divisions to make the competition more equitable and balanced. Sensei also may advance or reduce the belt ranking of students to more properly balance a student's abilities.