



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
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www.westamericatkd.com

November, 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!!***

**ALL CALIFORNIA STATE
TAEKWONDO
CHAMPIONSHIP
Saturday, November 14, 2009
GGM William C. Kim +
GGM Koo**

Solana County Fairgrounds,
Vallejo, CA

www.williamkimstkd.com

Phone: 707-556-8181

*Excellent Tournament All Top
West America Competitors will
compete. Highly recommended
by Bob*

**16th AAU FRIENDSHIP
TOURNAMENT**

**Sunday, December 6, 2009
Prof GGM Bill Dewart**

San Francisco State University
(BYStonestown Shopping Ctr)
Poomse Starts – 11:30 to 1:00

Excellent FOR Beginners

*Free 2010 Membership in AAU
Taekwondo*

All Top West America

Competitors will compete.

Highly recommended by Bob

EVERYONE'S A WINNER AT Kiddo! TAEKWONDO 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

THOMAS ALLEN, ANTHONY BASNIGHT, COLTER BERRIDGE, JUNE BURNSTEEN, JAKE CAMERON, QUINN CHESSLER, HANNAH CHORLEY, SUMMER HUTSON, MAIGAUX JEANMONOD, ALEX LE, NICHOLAS LE, BILLY LOUIE, LOLA VON FRANQUE, CIARA ROOKE, QUINN SMITH, NATHAN STEUER, TOMAS ZEGERS.

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IMPORTANT DATES - MARK YOUR CALENDERS

**West America Closed for
Thanksgiving and Friday:
Thurs, Nov 26th and Fri, Nov 27th**

**West America will be open on
Sat, Nov 28th for scheduled
private lessons.**

**West America TKD Annual
Holiday Party
THURSDAY, December 10th, 2009
at 4:00**

No classes this day.

All Students and Families are invited. Highlights include Demos and Awards. Please bring a Pot Luck to share with everyone.

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WEST AMERICA - KIDDO! TOURNAMENT

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SECOND PLACE TROPHIES

JUSTICE ALLRED, ELLA BOGAN, SOPHIA BRUINSMA, DANIL CUFFE, LUCA CUFFE, QUINN CULHANE, JOEY GLASSNER, JEREMY GLOATES, SEBASTIAN GRAHAM, GARY GRIFFITH, CARINA KELLY, KADER KAYSER, JESSICA LE, CAMILLE NORAY, CONNOR NORTON, SKYE SCHOENHOEFT, MAX SERGUEEVA, RACHEL SULCINER.

THIRD PLACE TROPHIES

WILL BASNIGHT, CAMILLE BAYER, SIMON BRUINSMA, T.K. DAHLKE, ANTOINE DANGEARD, JULIETE DANGEARD, PIERCE GLASSNER, AARON GLOATES, HENRY HARLOW, CAMERON HICKS, CREWE HUTSON, COLIN INGOLDSBY, EDAN HAYDON-JAMISON, CASSI KELLY, SKYLER MANDIGO-STOBA, IAN MC CORMIC, ADAM MOGILNICKI, JACE MONTI, COLEMAN MORROW, MAX NEELLY, GRACE NEWMAN, BURKE REICHENBACH, CAMERON TAYLOR, KERRY TAYLOR, MACY TAYLOR, NICK TAYLOR, TAYLOR SCHLABS, JONAH STEUER, 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.



WEST AMERICA STUDENT EARNS 1st DAN BLACK BELT

There was a grueling two hour Black Belt tests at the West America Taekwondo School - The **new black belt is:**

CATE WILMOTH

An enthusiastic crowd of parents, friends, and other students watched and cheered, as CATE demonstrated her command of palgues, kicks, punches, blocks and sparring.

"It is always very rewarding for me to tie the new Black Belt individually on new Black Belts students", noted Master Carlon, "this dedicated student has worked very hard for many years and has earned the right to wear a Black Belt. I am very proud of her."

"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".

Her name will join the names of other West America black belts in the international registry of black belts at the Kukkiwon in Korea, the central international governing body of Taekwondo.

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

SHE WILL BE BLACK BELT FOR THE REST OF HER LIFE!!

IT'S HERE NOW...NEW ALL BLACK BELT TRAINING CLASS

CALLING ALL BLACK BELTS ***** Sensei has put together a class, every Saturday, from 3:00 to 4:00 for **ONLY BLACK BELTS**; training has commenced.

Come early and socialize with the other Black Belts and to stretch well, to be able to Rock n' Roll promptly at 3:00.

All Black Belts are invited to train in this Black Belt Training Class, just \$10. per class as usual.

"We have a number of First Dan Black Belts that are getting ready to test for their Second Dan Black Belt," Sensei notes, "our dedicated First Dan Black Belts need to learn and polish their Second Dan Black Belt requirements and all Black Belts of every level will benefit from this specialized Black Belt training."

If there are not at least 8 Black Belts attending this class, Sensei will need to combine the class with the infamous 3:00 Skunk Belt/Cardio Class.

STUDENTS OF THE MONTH NOVEMBER, 2009

Little Ninjas

MARGAUX JEANMONOD

White belt

QUINN SMITH

Yellow belt

SYDNEY PARK

Orange belt

CIARA ROOKE

Purple Belt

THOMAS ALLEN

Green belt

LOLA VON FRANQUE

Blue belt

JUNE BERNSTEIN

Brown belt

GARY GRIFFITH

Red belt

SUMMER HUTSON

Skunk belt

JAKE CAMERON

Black Belt

BILLIE LOUIE

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West America Holiday Party



HOLD THE DATE! The annual West America Taekwondo School Holiday Party will be held this year on **THURSDAY, DECEMBER 10TH** at 4:00 PM at the West America Tae Kwon Do School.

All parents are invited

The party will feature a performance by the West America Demonstration Team and Yearly Awards will be given out.

PLEASE BRING A POTLUCK DISH FOR ALL TO SHARE!

Please volunteer to help get the party organized, give your name and phone number to Sensei, Bob Real, Chantal, Roger or Patrick Siu.

Watch for announcements on the bulletin board!

Please Note: There will be no classes on this date.

BLACK BELTS - GET YOUR JUDGING CERTIFICATION

GrandMaster Prof. Bill Dewart, will be conducting an **Official's Training Clinic** at his Dojang, **Academy of Taekwondo, 988 Oak St., San Francisco on November 15th from 12 till 5.**

This is the perfect opportunity to get your AAU Judging and Referee's Certification.

Bob Real will be attending and would be happy to take any 15 Year Old (or almost 15) or older Black Belt to the clinic.

It's an easy and fun way to learn how to be a Judge and it looks very good on a College Application/Resume.

It also helps the West America competitors at tournaments to have West America judges, judging our own style of Taekwondo! Long stances, locked kicks, pausing while doing a Form.

Bob notes – do not worry about failing the Clinic – **everyone attending gets their Certification.** A lesson from life – showing up is more than half the requirements for success!