



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
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October, 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!!***

WEST AMERICA TKDO Kiddo! TOURNAMENT FUND RAISER for KIDDO!

(Our Dojo)

October 25, 2009

*Large trophies given to all
competitors.*

Highly recommended by Bob

16th AAU FRIENDSHIP TOURNAMENT

Sunday, December 6, 2009

Prof GGM Bill Dewart

San Francisco State University
(Behind Stonestown Shopping
Center)

Poomse Starts – 11:30 to 1:00

*Excellent Beginners
Tournament*

*Free 2010 Membership in AAU
Taekwondo*

All Top West America

Competitors will compete.

Highly recommended by Bob

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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, October 25th**, 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 and regular 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

COMPETITION SCHEDULE - All Times are Approximate

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

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West America Taekwondo Newsletter



WEST AMERICA - KIDDO! TOURNAMENT

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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.

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.
ndo.

UPCOMING TOURNAMENTS

(continued from page 1)

**ALL CALIFORNIA STATE TAEKWONDO
CHAMPIONSHIP TOURNAMENT**
Saturday, November 14, 2009
GGM William C. Kim + GGM Koo
Solana County Fairgrounds, Vallejo, CA
For information, visit www.williamkimstkd.com
Phone: 707-556-8181 Email: tkdstudio@yahoo.com
Excellent Tournament
All Top West America Competitors will compete.
Highly recommended by Bob



**Sensei with our newest proud Black Belt
Julia Falkow.**

Her story was featured in last months September, Newsletter.



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.



WEST AMERICA HALLOWEEN PARTY

OUR ANNUAL WEST AMERICA HALLOWEEN PARTY TO BE HELD ON FRIDAY, OCTOBER 30TH, WILL BE A HOWLING SUCCESS!!

WE WILL HAVE FUN AND GAMES AND LOTS OF CANDY!! STUDENTS ARE TO COME TO CLASSES DRESSED IN HALLOWEEN COSTUMES!

WE HOPE THAT YOU HAVE A SAFE AND FUN HALLOWEEN AND COLLECT LOTS OF TRICK OR TREAT LOOT.

STUDENTS OF THE MONTH OCTOBER, 2009

<u>Little Ninjas</u>	COULTER BERRIDGE
<u>White belt</u>	EMILIA ZEGERS
<u>Yellow belt</u>	LILY HEMMERT
<u>Orange belt</u>	SAM VAN LOKEREN
<u>Purple Belt</u>	THOMAS ALLEN
<u>Green belt</u>	LOLA VON FRANQUE
<u>Blue belt</u>	JESSICA LE
<u>Brown belt</u>	OLIVIA CHAMBERLAIN
<u>Red belt</u>	KIMIKO "THE MOCHI QUEEN" SHIRO
<u>Skunk belt</u>	CONNOR NORTON
<u>Black Belt</u>	MORGAIN MANDIGO-STOBA
<u>Adult</u>	TINA VERA-BUONCRISTIANI

IMPORTANT DATES - MARK YOUR CALENDERS

A few important dates coming up soon:

BLACK BELT CEREMONY – Friday, October 9th at 4:00
Recent West America Tae Kwon Do Students (first group of 16)
who have passed their Black Belt Test, will now receive
their embroidered Black Belt + their Kukkiwon Black Belt Certificates.

BLACK BELT NIGHT OUT with SENSE!!
Friday, October 23rd at 7:00 (time to be confirmed)
Only Black Belt Students – Pizza, Games at the Dojo!!

West America Tae Kwon Do Annual HALLOWEEN Party
Friday, October 30th at regular scheduled Belt Class Times.
No regular Classes will be held – only Fun and Games Classes.
Wear a Costume - Come expecting a Howling Fun Time!!

West America Tae Kwon Do 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.

West America Closed for Thanksgiving and Friday:
Thursday, November 26th and Friday, November 27th

West America will be open on Saturday, November 28th
For scheduled private lessons.

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TAE KWON DO**
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