



WEST AMERICA TAEKWONDO NEWSLETTER

West America Tae Kwon Do
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September, 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

(Our Dojo)

FUND RAISER for KIDDO!

Mid October, 2009

Large trophies given to all
competitors.

Highly recommended by Bob

AAU FRIENDSHIP TOURNAMENT

Early November, 2009

Prof GGM Bill Dewart

SF State University

(By Stonestown Shopping Ctr)

Excellent Beginners

Free 2010 Membership in AAU
Taekwondo

All Top West America

Competitors will compete.

Highly recommended by Bob

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Sensei with Mel Blaustein



Sensei with Ben Friedman

WEST AMERICA STUDENTS EARN 1ST DAN BLACK BELTS

There were three grueling two hour
Black Belt tests at the West America
Taekwondo School - The **new black
belts are:**

MEL BLAUSTEIN, JULIA FALKOW and BEN FRIEDMAN.

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

Mel Blaustein, is one of the senior
students and Black Belts at West
America. Mel is Medical Director and
Head of Psychiatry at a major San
Francisco Hospital. Mel in his heart
warming essay spoke of the some of
the reasons that he took up
Taekwondo.

In Mel's essay he noted that some
time ago he was violently attacked by
one of his patients and was badly
injured.

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LABOR DAY SCHOOL SCHEDULE



Master Carlon wishes everyone a
happy and safe Labor Day
weekend. The West America Tae
Kwon Do School will be **CLOSED**
on **MONDAY, SEPTEMBER 7th** in
honor of the **Labor Day Holiday.**

The School will be **OPEN** on
Saturday, September 5th, as
usual, for scheduled private classes
and the infamous 3:00 Black Belt
preparedness class.

HAPPY LABOR DAY!!

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WEST AMERICA STUDENTS EARN 1st DAN BLACK BELTS

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Mel had no idea how to defend himself against such a violent attack. During his seven year journey at West America, and now as a Black Belt, he has the self-confidence and ability to defend and protect himself against an attack of any kind.

Julia Falkow hardly broke a sweat during her Black Belt test. However during her sparring portion of the test, not wearing a face mask, she was accidentally popped in the nose, causing a nose bleed. Her white uniform had some blood drippings on it, emphasizing her true abilities as a Black Belt to overcome adversities. Julia did what everyone who completes a Black Belt Test wants to do after the test – she and her family caught a plane to Hawaii to recuperate on the beach – Aloha Julia!!

Ben Friedman was spectacular, having to overcome sparring against, Chris, J.J., Kel, T.K. and Sensei, all bigger than him and all National Sparring Gold Medalists. But Ben had the heart of a lion and demonstrated that he is truly ready to wear a West America Black Belt and took them all on!!

“It is always very rewarding for me to tie the new Black Belt individually on each of the Black Belts students”, noted Master Carlon, “these dedicated students have worked very hard for many years and have earned the right to wear a Black Belt. I am very proud of these students.”

“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”.

Their names 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 their incredible accomplishment and bow to them when you see them!

**THEY WILL BE A BLACK BELT FOR THE
REST OF THEIR LIVES
WE ARE A BLACK BELT SCHOOL!**



KUKKIWON CERTIFICATES AWARDED

During July the following Black Belts received their **Kukkiwon Black Belt Certificates** and were awarded their hard earned **Black Belts with their names embroidered** in Korean onto the Black Belts:

**SOPHIA CHOULOS, JONATHAN SHAW,
HENK TILLMAN, SAM WHITTEMORE.**

**WE ARE VERY PROUD OF ALL OUR
BLACK BELTS**

**THEY WILL BE BLACK BELTS FOR THE
REST OF THEIR LIVES and
WILL NEVER FORGET THIS EXPERIENCE
and JOURNEY!!**



UPCOMING TOURNAMENTS

(continued from page 1)

CALIFORNIA STATE TAEKWONDO CHAMPIONSHIP TOURNAMENT

Sometime in early November, 2009

GMM William C. Kim

In Vallejo or Walnut Creek

Excellent Tournament

*All Top West America Competitors will
compete.*

Highly recommended by Bob



COMING SOON ... NEW SECOND DAN TRAINING CLASS



CALLING ALL BLACK BELTS ***** Sensei is putting together a class, on Saturdays, probably from 4:00 to 5:00 for **Second Dan Black Belt** training commencing on Saturday, September 12th.

"We have a number of First Dan Black Belts that are getting ready to test for their Second Dan Black Belts," Sensei notes, "our dedicated First Dan Black Belts need to learn and polish their Second Dan Black Belt requirements."

"What would be ideal, would be for the all Black Belts to attend the infamous Skunk Belt/Cardio Class", Sensei adds, "and then continue on for advanced, **Second Dan Training** in preparation for their Second Dan Testing."

Stay tuned for the latest developments!!

STUDENTS OF THE MONTH SEPTEMBER, 2009

<u>Little Ninjas</u>	KADER
<u>White belt</u>	TYLER "MR. HAPPY" DELACEY
<u>Yellow belt</u>	ROBBIE MC GLASHAN
<u>Orange belt</u>	SAM VON LOCKERER
<u>Purple Belt</u>	SKYE SCHOENHOEFT
<u>Green belt</u>	NICHOLAS EGAN
<u>Blue belt</u>	LILI "SILLY LILY" SADIL
<u>Brown belt</u>	ANDREW "TWIN" KERNER
<u>Red belt</u>	BURKE "BURKEY" REICHENBACH
<u>Skunk belt</u>	JULIA FALKOW
<u>Black Belt</u>	T. K. "TKD" DAHLKE
<u>Adult Teen</u>	CAMERON "ELVIS" HICKS
<u>Adult</u>	DARYN SPERLING

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MASTER CARLON'S BOOKS and VIDEOS

Just a reminder, Master Carlon has instructional videos and an instructional book for sale.

These instructional guides are not only excellent guides, but they have tremendous value to the students of West America Tae Kwon Do, in that they follow the West America criteria for Tae Kwon Do requirements.

The DVD's feature Master Carlon performing each of the required techniques, both in slow motion, regular motion and from various angles. Sensei also gives much appreciated advice on common mistakes that students make. Most of the West America Black Belts have collected the tapes and refer to them from time to time to refresh their memories.

DVD One - Beginner Belt Level - White, Yellow and Orange Belts.

DVD Two - Intermediate Belt Level – Purple, Green and Blue Belts.

DVD Three – Advanced Belt Level – Brown, Red and Skunk Belt Levels.

The three DVDs are just \$40.00 each.

Master Carlon's book "**Super Karate for Kids**", features among other things, stretching, kicking, spinning and jumping kicking techniques and some proven self-defense techniques for children and adults. Master Carlon will also personalize a message and autograph the book for you. The book is available for \$11.00.

Both the videos and the book make wonderful gifts for West America students.



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