



# Family News

APRIL 2017

**EXTRA! EXTRA!!!**



**#1**



**WATKD DEMO TEAM WINS  
1ST PLACE IN SF CHINESE NEW YEAR  
PARADE 2017!!!**

**TESTING SCHEDULE:**  
**Test: (Fri) April 7**  
**Make Up Test: (Fri) April 21**  
 (all students will test during the same time as regular class. Testing for advanced belts (brown and up) will begin at 4:45 pm. Please remember to bring your testing paper, testing fee, and sparring gear (purple belts and up).

## REGISTRATION NOW OPEN!

*Kick it with us this summer!*

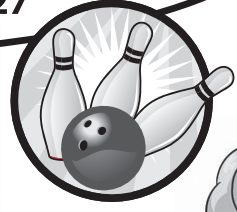
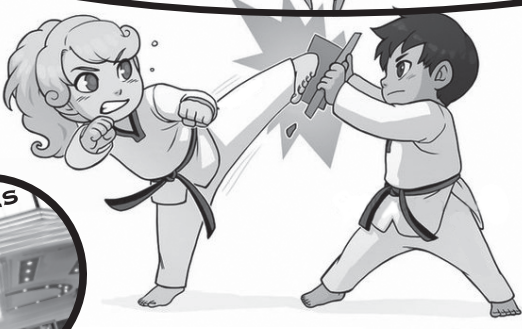
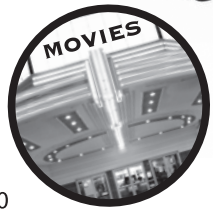
# SUMMER CAMP 2017

First Camp Begins on June 27

*Daily Field Trips  
Including Beach,  
Bowling, Movies...*

**ONLY \$295** each week  
**Early Bird Special**  
**\$800 for 3 weeks**  
**if you register**  
**before June 1**

**Camp Dates**  
 First Camp: June 26 to June 30  
 Last Camp: August 14 to 18



**For more information,**  
**call (415) 383-4755**  
**or go online at**  
**[www.westamericatkd.com](http://www.westamericatkd.com)**



## Wax On, Wax Off

by Patrick Siu

A teenager Daniel recently moved from New Jersey to California with his mother. He quickly discovered he didn't fit into the beach surfer crowd, and was being bullied by a group of karate students who studied under a violent teacher in town. In one encounter, Daniel was saved by Mr. Miyagi, a karate trained handy man. Daniel begged Mr. Miyagi to teach him karate, for self defense, and also for an upcoming tournament. Mr. Miyagi agreed, but to Daniel's surprise, he only asked him to do chores around his house during every training sessions. In one of those occasions, Mr. Miyagi asked Daniel to wax his old car, and thus the line "Wax On, Wax Off" was made synonyms with the movie *The Karate Kid* (1984).

Daniel failed to see the purpose of the clockwise/counter-clockwise hand motions. When he expressed his frustration, Mr. Miyagi revealed that Daniel had been learning defensive blocks through muscle memory by performing the chores. At the end of the learning phase of his training, Daniel was amazed at what he had "learned" when he thought he was just doing everyday tasks.

These days, the word chores has a very bad connotation. Most children shun chores. Some of the most often complains: "It's boring!!!"

"Do I have to do this everyday?"

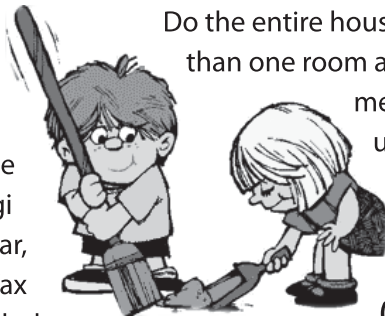
"How come my brother/sister is not doing his/her share?"

But you will be surprised how some of the easy, common chores around the house, engage different muscle groups, and have significant health benefits.

Here is a partial list I found on *Daily Mail* by Peta Bee.

### 30 minutes of vacuuming (90 Calories\*)

Vacuuming works your arms because of the pushing and pulling it entails. Do the entire house in one go rather than one room at a time — it will mean that you work up a real sweat.



### 30 minutes of carrying shopping bags home (190 Calories\*)

Try to make sure you have evenly-weighted bags in each hand - or swap on the way home. Every now and then, rest the bags on the floor and then bend your knees before lifting them again. This simulates free weights at the gym.

### 30 minutes of washing the car (143 Calories\*)

It might take longer than whizzing your motor through the car wash at

the local garage, but the advantages are that you will work your arms and abdominal muscles as you reach to clean the roof and other awkward places.



### 30 minutes of raking leaves (225 Calories\*)

Because you are pulling against a resistance (i.e. wet leaves), raking is a form of weight-training. It works all the major muscles in the legs and upper body.

### 30 minutes of loading the dishwasher (105 Calories\*)

So putting your dirty dishes in a machine rather than washing them by hand is the easy way out, but believe it or not, the bending and reaching action will help you fight off the flab.

### 30 minutes of weeding (115 Calories\*)

All the bending down to pick out weeds from the garden means that you are working your thighs and buttock muscles. Try to make sure you don't bend from the waist down, as it can strain your lower back.

### 30 minutes of dusting (50 Calories\*)

It may be less taxing than a lot of chores, but if you have a lot of high shelves or trinkets to be moved, then the calories burned will mount up. Much of the benefit is in the stretching actions as you reach out with your duster.

So next time when your parents ask you to help around the house, let's practice being respectful in words and in action. Think of it as a common goal. The goal to keep the house clean so everyone can reap the full health benefits. You breathe



better. You will not trip over your own toy. All the while, you are also quietly engaging martial art training.

### General Precautions

Parents do consider if these activities are age appropriate for your children.

It is a good idea to do some stretching exercises and a few abdominal crunches before you do your household cleaning workout. This will help to keep your back and ab muscles

tight while you twist, bend and lift. Be slow in sharp forward bending movements. Engage your core muscles at all times to protect your body. You can also protect your lower back by stretching your hamstring muscles.

*\* The calorie projections are based on a 150 lb. female doing approximately 30 minutes of an activity. Actual calorie burning will differ from person to person.*

*"Mill Valley Salutes Memorial Day"*

# Mill Valley Memorial Day Parade



- ★ SUPPORT WEST AMERICA TAE KWON DO
- ★ SHOW YOUR APPRECIATION OF THE COMMUNITY
- ★ HAVE FUN, KICK, PUNCH AND WAVE TO YOUR FRIENDS!

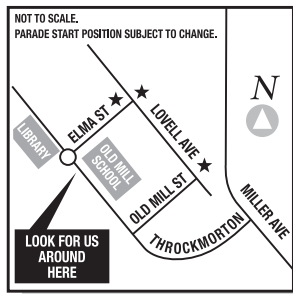
**Wear FULL WHITE UNIFORM and LIGHT SNEAKERS.**

**Don't forget your BELT!**

**Monday, May 29, 2017**

**Meet at 9:45 am**

**At the corner of Old Mill Street and Throckmorton Avenue**



## SOUTHERN CALIFORNIA AAU QUALIFIER



Saturday, May 13, 2017  
Bishop Contay Our Lady Loretto High School, Los Angeles  
Contact [masterkwak@amaa-usa.com](mailto:masterkwak@amaa-usa.com) for details

(The only remaining qualifier if you want to compete in the Nationals)

*You're never too old to start learning, and you're never too young to aim high and achieve great things*

Asa Hutchinson



# PHOTOS FROM THE SELF DEFENSE SEMINAR TAUGHT BY SENSEI CARLON



"What a great class! Can't wait for the next one!" *Nicki A.*  
 "It was so great! Definitely will be there next time, and my friends too:)" *Naama K.*  
 "I would love to take the next one!" *Juliette R.*

Look for Future Seminar Dates in the Coming Months

## MARCH STUDENTS OF THE MONTH

Way to Go!



BLUE BELT  
Kaiya Forzley



You Are A Star!



WHITE BELT  
Dylan & Chloe  
Lewis



BROWN BELT  
Jack Callaghan



YELLOW BELT  
Sophia Wellmeier



RED BELT  
Sanna Javaheri



ORANGE BELT  
Adelle Cortis



SKUNK BELT  
Theo Prestwich



PURPLE BELT  
Emily Kideckel



BLACK BELT  
Peter Colwell

Good Job!



GREEN BELT  
Dessie Koehn



ADULT  
Cammy Bergen