



# Family News

DECEMBER 2017

## IMPORTANT DATES:

### DECEMBER

FRI  
8

1st Degree Black Belt Test  
No afternoon classes.  
Please come watch the test  
and support the candidates!

FRI  
15

Holiday Party  
NO Afternoon Lessons

MON  
25

Christmas Day  
School is CLOSED

TUE  
26

Day After Christmas Day  
School is CLOSED

MON  
1

New Year's Day  
School is CLOSED

TUE  
2

Day After New Year's Day  
School is CLOSED

## TESTING SCHEDULE:

Pre-test: December 6 to 13

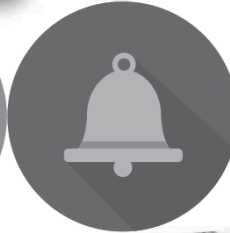
Test: (Thu) December 14

Make Up Test: (Thu) December 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).

# Holiday Party

December 15 Friday



Party Starts at 6:00 pm • Bring a Potluck Dish  
Celebrate the Holiday Season with Fellow Students  
Student Awards • Demo Team Performance



# The Benefits of Stretching

Mayo Clinic

According to the Mayo Clinic, the top five benefits of stretching include:

- **Increased flexibility and joint range of motion:** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.
- **Improved circulation:** Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.
- **Better posture:** Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
- **Stress relief:** stretching relaxes tight, tense muscles that often accompany stress.
- **Enhanced coordination:** Maintaining the full range-of-motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.



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## WINTER CAMP

December  
27 (Wed) to  
29 (Fri)



January  
3 (Wed) to  
5 (Fri)

- Daily drop off at 9 am, pick up at 2 pm
- Tae Kwon Do classes, daily field trips and much more!

**ONLY \$60 per child/ per day.**  
(Lunch Not Included)

**E-mail us to reserve your spot**  
**westamericatkd@gmail.com**  
**or pick up a registration form**  
**in the office**

(Need a minimum of 10 students to hold the camp)

# Stretching Exercises



**1. Neck Flexion/Extension Stretch**  
(forward, then back)



**2. Neck Lateral Flexion Stretch**  
(one side, then the other)



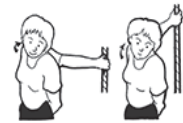
**3. Latissimus Dorsi and Posterior Deltoid Stretch**  
(link hands, push elbows together)



**4. Triceps Stretch**  
(pull elbow across and down)



**5. Shoulder Rotator Stretch**  
(using towel, pull up with the top arm then down with the other)



**6. Pectoral Stretch at 90° and 120°**  
(use a doorway or post)



**7. Bicep Stretch**  
(hands apart)



**8. Supraspinatus Stretch**  
(keep elbow parallel to ground)



**9. Wrist Extensor Stretch**  
(tilt head to opposite side, keep elbow straight)



**10. Thoracic Extension Stretch**  
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



**11. Lateral Flexion Stretch**  
(one side, then the other, push pelvis across as you bend)



**12. Lumbar Extension and Abdominal Stretch**  
(be gentle if sore)



**13. Lumbar Flexion Stretch**  
(be gentle if sore)



**14. Lumbar Rotation Stretch**  
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



**15. Hamstring Stretch**  
(straighten leg)  
i. with foot pointed  
ii. with foot pulled back towards the knee



**16. Hamstring Stretch**  
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



**17. Adductor Stretch**  
(push down with elbows on knees very gently, keep back straight)



**18. Gluteal Stretch**  
(pull knee and lower leg towards opposite shoulder)



**19. Gluteal and Lumbar Rotation Stretch**



**20. Quadriceps Stretch**  
(keep pelvis on floor)



**21. Quadriceps Stretch**



**22. Adductor Stretch**  
(keep foot pointing forward, lunge sideways on bent knee, keep back straight)



**23. Hip Flexor Stretch**  
(keep back straight, tuck bottom under, lunge forward on front leg)



**24. Tensor Fascia Stretch**  
(continue to push bottom forward, whilst pushing hip to the side)



**25. Gastrocnemius Stretch**  
(keep knee straight and heel down, feet facing forward)

The greater danger for most of us lies not in setting our aim too high and falling short; but in setting our aim too low, and achieving our mark.

Michelangelo



# COUPON

Bring this coupon to the Holiday Party and redeem two additional Lucky Draw Tickets. Limit to one coupon per enrolled student. Must be present to win prizes.

Friday, December 15, 2017, 6 pm





# NOVEMBER STUDENTS OF THE MONTH

**Way to Go!**



**BLUE BELT**  
Sai Wong



**You  
Are A  
Star!**



**WHITE BELT**  
Aidan Trias



**BROWN BELT**  
Cade Peterson



**YELLOW BELT**  
Mila Todic



**RED BELT**  
Ben Miller



**ORANGE BELT**  
Dylan Lewis



**SKUNK BELT**  
Maya Kocaman



**PURPLE BELT**  
Augie Pribuss



**BLACK BELT**  
Courtney Islam

**Good Job!**



**GREEN BELT**  
Marley Cannon



**ADULT**  
Carly Schultz

## Congratulations!!!

Blue belt student  
**Carly Schultz**  
for being honored  
Mill Valley School  
District "Profiles of a  
Successful Student"  
Award on  
November 9, 2017.



**And the Winner from  
November Game Entry  
is...**

**Alexander DeLapp**  
(There were multiple correct  
entries. The luck of the draw  
determined the winner.)