



Family News

FEBRUARY 2018

IMPORTANT DATES:

FEBRUARY
**MON
19**

Presidents' Day
School is CLOSED

TESTING SCHEDULE:

Pre-test: February 7 to 15

Test: (Fri) February 16

Make Up Test: (Fri) February 23

(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).



West America Tae Kwon Do to perform on National TV!



★ Sat., Feb 24, 6 pm, KTVU Fox Ch. 2 or KTSF Ch. 26 ★

Southwest



Chinese New Year
Festival & Parade



UPCOMING TOURNAMENT:

AAU Taekwondo Pacific District Championship

Saturday, February 10, 2018

San Jose City College Main Gym

2100 Moorpark Avenue

San Jose, CA 95128

www.aautkdopen.com

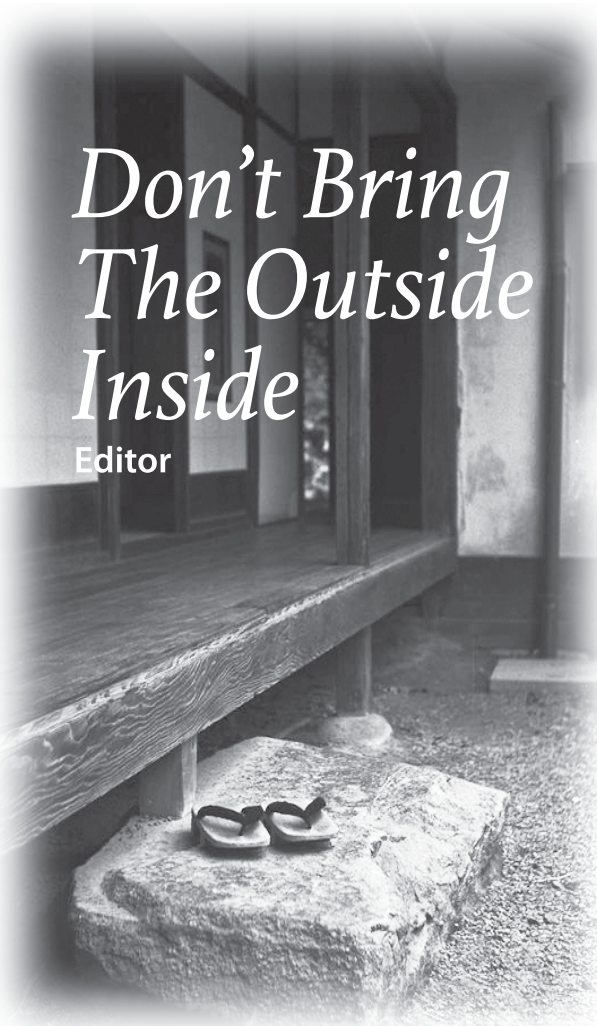
*(The only Northern California
qualifier for AAU National in
Fort Lauderdale in July)*

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Don't Bring The Outside Inside

Editor



(Photo courtesy of David Ito Sensei, Aikido Center of Los Angeles.)

In most Asian cultures, it is still considered to be disrespectful to enter a home with one's shoes on, thus, it is natural that martial arts practitioners entering the dojo (or dojang in tae kwon do) for training would remove their shoes. This is a courtesy practice to prevent you from treading dirt into someone's home or damaging the tatami mats with shoes. The Japanese tradition in particular separates 'inside' from 'outside.' They believe bad karma can adhere itself to shoes. If you enter the dojo with your shoes, you are bringing bad spirits from the outside to the inside.

Consider this next time when you are about to enter the dojo: what negative energy are you bringing from the outside? Frustration because you are late, and feel like you are pressed by time? Grumpiness because you have a bad day in school? Fear because you just learn a new technique, and do not quite master it yet? Visualize leaving them outside with your shoes. They will hinder your training.

Everything we do, even outside the dojo may be considered martial art practice. Place your shoes in pairs side by side. Place them along the foot of the wall. Strive to develop our character, and maintain our sense of discipline, purpose and respect. To anyone visiting our dojo for the first time, does the placement of the shoes outside the door reflect the pride we hold for our dojo?

Excerpt from First Degree Black Belt Test Essay

What Taekwondo Did to My Life

By Tawnie Winchester

When I was in kindergarten, I was not interested or ready to start taekwondo. Yet I had an experience that changed my mind. I remembered being bullied by 3 classmates. They were all much bigger than me. They covered my mouth and my nose. I couldn't breathe, defend myself, or say stop. At that moment I knew it was time to start taekwondo. I started the very next day. My first teachers were Chantal and Rachel. I felt very lucky to have Chantal and Rachel to myself. Chantal kept me as a white belt for a long time so that she could teach me new and advanced moves. As my training progressed in taekwondo, my confidence grew stronger. I was able to stand up for myself in any conflict. I wasn't scared to present speeches in front of the whole class. Taekwondo has also improved my focus in school. As a public school student, there are many kids that have a hard time paying attention and have trouble listening. I am able to focus on the teacher and tune them out because of taekwondo. I learned how to focus the body, mind and spirit. Taekwondo has made me a more confident, focused, and stronger person. These life skills will follow me wherever I go.



Be considerate of others. In this way we can clear our mind, humble ourselves, and begin the practice of tae kwon do before even entering the dojo.



Consider this next time when you are about to enter the dojo: find a good spot for your own shoes. Observe how the other shoes are lining up. Are they aligned straight? If not, move them until they are. Lead by example and allow others to emulate our right actions. This certainly includes your school backpack, sparring equipment, musical instrument or anything you bring with you that day to the dojo.

MID WINTER CAMP



Tuesday, February 20 to Friday, February 23
 Daily drop off at 9 am, pick up at 2 pm

- Learn new techniques-- jumping kicks, blocks, defensive drills
- Fitness and agility games and unique activities that teach teamwork and leadership skills
- Different field trips each day

ONLY \$240 per child. (Lunch Not Included)
E-mail us to reserve your spot westamericatkd@gmail.com
After-care is available; please inquire for rates.
Registration forms available at the dojo.

WATKD CHAMPIONS!!!

**Results from 2017
 Golden State Tournament
 January 27, 2018**

San Anselmo

Forms Gold Medals:

- Liyam Adani
- Jayden Carter
- Tatum Hudson
- Courtney Islam
- Maya Kocaman
- Emi Mihara
- Elsen Palumbo

Forms Silver Medals:

- Marley Cannon
- Kaiya Forzley
- Demir Kocaman
- Asher Petter

Forms Silver Medals:

- Zara Forzley



*Congratulations to all competitors!
 Everyone at West America TKD is proud of you!*



Recognition from
The Honorable
Jared Huffman.
California's Second
District, United
States Congress

JANUARY STUDENTS OF THE MONTH

Way to Go!



BLUE BELT
Wyatt Boettger



WHITE BELT
Giovanni Torres



BROWN BELT
Maria Adkins



YELLOW BELT
Liam Nunes



RED BELT
Alexandra Tapia



ORANGE BELT
Mila Todoc



SKUNK BELT
Ava Nevolo



PURPLE BELT
Tatum Hudson



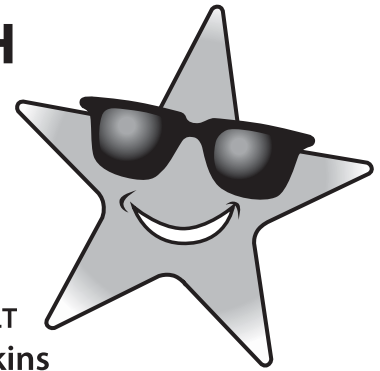
BLACK BELT
Jordan Engel



GREEN BELT
Elsen Palumbo



ADULT
Aneta Skala



**You
Are A
Star!**

Good Job!