



# Family News

FEBRUARY 2019

## IMPORTANT DATES:

### FEBRUARY



President's Day  
School is CLOSED

### MARCH



Black Belt Test  
School is OPEN

# West America TKD to perform on National TV!

★ Sat., Feb 23, 6 pm, KTVU Fox Ch. 2 or KTSF Ch. 26 ★

## Southwest®

Chinese New Year  
Festival & Parade

## TESTING SCHEDULE:

Pre-test: Feb 5 to 12

Test: (Fri) Feb 8

Make Up Test: (Fri) Feb 15

(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).



# How Taekwondo Helped Me in Life

By Tawnie Winchester

Practicing taekwondo teaches me patience. You don't just get a belt because you want one, you get one when you are ready. And just because you have a certain amount of classes doesn't mean you are entitled to test. Practicing taekwondo is a lifelong art. It takes years and years of commitment. It takes commitment, grit, and patience to attend and train. My practice deepens with each year that I train. With practice you gain a deeper knowledge of whatever you are learning. Unlike technology, in taekwondo, it takes time to perfect something. When I first started taekwondo I was impatient and not as good as I am today. Now I see the importance of waiting.



## A Taekwondo Attitude

By Alex DeLapp

I believe attitude is the most important aspect of taekwondo training. To me, having a proper attitude is more important than how high you can kick, how good you are at sparring, or how well you know your palgaes. When I put on my gi and tie my belt, it is an outward symbol marking the indomitable spirit in me that my teachers have worked hard to show me. A black belt or red gi by itself is only as valuable as the attitude of its owner. Outside of taekwondo, the attitude I have achieved has allowed me to take on many difficult tasks and challenges in schoolwork, music, and sports.

## Attitude

By Sarah Jane Coan

My attitude towards taekwondo over the seven years since I've been doing it has been all over the place. Some days are "I love taekwondo! It's so much fun and everyone there is so nice." And some days are "Taekwondo is hard and I'm sore and I have homework to do and I don't want to go." When I was a red belt, I wanted to quit taekwondo because it was too hard balancing my school life with my sports while still spending time with my family and friends. My mom said she wanted me to get my black belt and then after the test was over, I could quit there on the spot. For a while, that's what I planned to do. Well, maybe not exactly that. But after joining the demo team and realizing how much I liked doing it, I decided I didn't want to quit after all my hard work and throw it away.



## Choices

By Sannah Javaheri

Taekwondo requires commitment, dedication, and a good attitude, and these things are vital to have a successful taekwondo experience. But I never really understood commitment until I realized I needed a lot more classes to test, whoops! When I connect choices to these particular experiences, it really shows that I never thoroughly thought about my decisions, and I never thought about how going to each class will not only improve my techniques, but also give me a break from my day to learn from my teachers, and even friends, and exercise all at the same time.



# SELF DEFENSE CLASS

Taught by Sensei Carlon



Full Contact Dummy Suit for Realistic Drills



- Simple, Effective, Practical
- Easy Techniques to Remember
- Learn How to Defend Yourself and Fight for Your Rights

Sunday, February 10, 2019  
10 am - 12 noon

\$50 each person or  
\$75 for a couple  
at West America Tae Kwon Do  
70 Lomita Drive, Mill Valley, CA

No prior experience required.  
Contact Sensei for more details.  
westamericatkd@gmail.com

# MID WINTER CAMP



Tuesday, February 19 to Friday, February 22

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

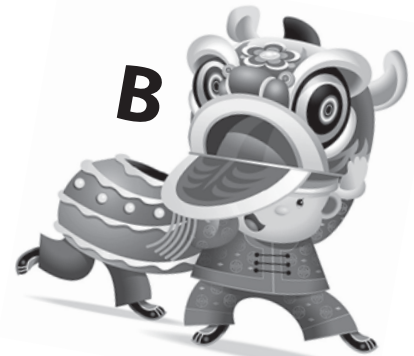
After-care is available; please inquire for rates.

Registration forms available at the dojo.



## Match the Same

Which two lions are exactly the same?



Your Answer is

Your Name

\_\_\_\_\_ and \_\_\_\_\_

Submit your entry to Chantal, or Roger Jr. before February 22, 2019.

One entry per person. If more than one entry have all the correct answers, a lucky draw will determine the final winner.

DETACH AND SUBMIT



# JANUARY STUDENTS OF THE MONTH

**Way to Go!**



**BLUE BELT**  
Frank Tashker



**WHITE BELT**  
Creid Graves



**BROWN BELT**  
Demir Kocoman



**YELLOW BELT**  
Declan Heidenreich



**RED BELT**  
Maria Adkins

**You Are  
A Star!**



**ORANGE BELT**  
Lily Rose O'Brien



**SKUNK BELT**  
Colin Gray

**Good Job!**



**PURPLE BELT**  
Bella Stamps



**BLACK BELT**  
Luke Chase



**GREEN BELT**  
Lara Ertaul



**ADULT**  
Jaclyn Connor

## UPCOMING TOURNAMENT:

### AAU Taekwondo Regional Championship (Region 13)

Saturday, February 16, 2019

Evergreen Valley High School Gym

3300 Quimby Road, San Jose, CA 95128

[www.aautkdopen.com](http://www.aautkdopen.com)

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

