



Family News

JUNE 2017

REGISTRATION NOW OPEN!

Kick it with us this summer!



SUMMER CAMP

2017

First Camp Begins on June 26

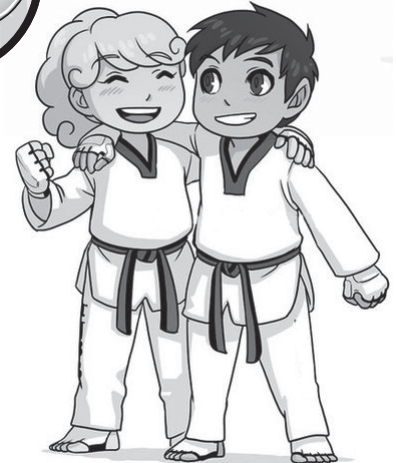
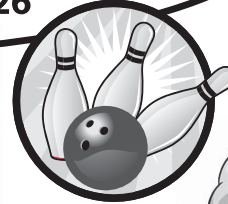
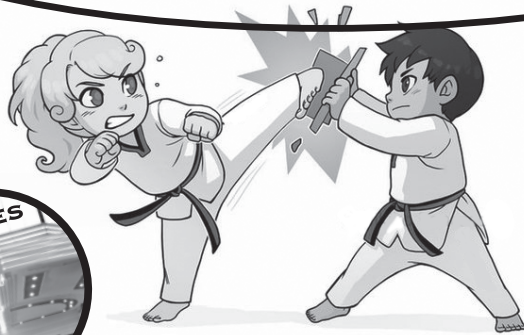
*Daily Field Trips
Including Beach,
Bowling, Movies...*

ONLY \$295 each week
Early Bird Special
\$800 for 3 weeks
if you register
before June 15

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



IMPORTANT DATES:

JUNE

16 (Fri) Black Belt Test
NO classes but
everyone is welcome
to come, watch
and support the
candidates

TESTING SCHEDULE:

Pre-test: (Wed) June 7
Test: (Fri) June 9
Make Up Test: (Fri) June 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).

End of The Year Party

June 15, 4 - 6 pm

No classes that day except white belt and
adult class. We appreciate our awesome
TKD families. Come on by and join us for
a celebration with snacks and drinks.

Bring your
friends!





SENSEI SAID... The Importance of Stretching

Stretching is extremely important in life. Everyone, regardless of age, should stretch on a daily basis for their own well-being. When we stretch regularly, we feel better, move better, and less prone to injuries. As we age, stretching helps us avoid back and hips problem, maintain better balance and be fluid in our movements.

Strangely enough, after 3 years old, we start to get stiffer... I stretched my children on a daily basis after

they were born. When I changed their diapers, or when I played with them, they were used to being stretched and enjoyed the exercise. I challenged my son once to see if he could put his mouth to his foot when doing the splits. The price of the bet was a video game, and it took him 3 weeks to achieve. (It took me 1 year of everyday tai chi to achieve it...)

My work took me to lots of interesting places. I was a bartender in a

restaurant called "Bali" in downtown San Francisco near the Transamerica Pyramid. The owner Madame Bali was a Russian American woman, raised in China. She knew all the celebrities and loved the ballet dancers. Mikhail Baryshnikov, Rudolf Nureyev, to name a few were always



*Natalia Makarova
gracing the audience in Russia*

visiting Madame Bali. I met all of them and had the chance to chat with Natalia Makarova, a famous ballerina from Russia. She said, "Roger, I stretch all day long, anytime, anywhere and I started ballet at 4 years old."

In 1982, I met my mentor from Canada, Master Jean Frenette, the first competitor to do a 180° side kick in competition. He was able to a 225° stretch propping his feet on 2 sets of telephone books in a splits all the way to the ground. He took me under his wings and taught me all the secrets of flexibility.

I was a cross country star runner in high school and switched to 400 meter hurdles to help my team get more points. To my surprise, I won every race. I had to stretch a lot to become agile and flexible. I trained with the Olympic Track and Field Team from Senegal. My friend Amadou Gakou took third in the 400 meter dash in the Mexico Olympic Games in 1968.

Mill Valley Memorial Day Parade 2017



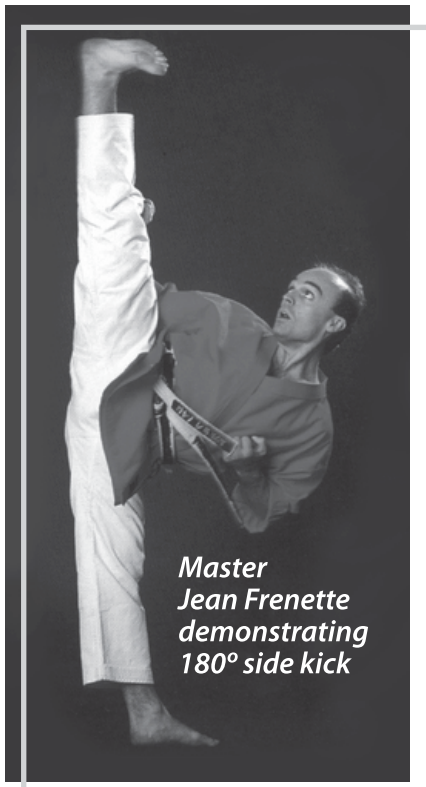
We Won #1 Again!

Each year, we participate in the Mill Valley Memorial Day Parade because we are a proud member of the community. Thank you students for helping to put on a great show and demonstrate focus! We could not have done it without the help of the many parents coordinating the student groups, leading the lines, and handing out flyers. A big thank you from Sensei!

Photo Courtesy of: Matthew Coan, Jason Fiber

After I finished my army duty, I moved to the U.S. and started tae kwon do training instead. I fell in love with the kicks and the spinnings. My flexibility from years of hurdle training was helpful in my new endeavor in martial arts. My best experience with martial arts flexibility happened in 1980. I did tai chi everyday at 6 am in the panhandle area in San Francisco. We had to spend 1 hour stretching before the class began. After one year, I was able to touch my mouth to my toes, with leg straight.

If you want to achieve good stretching, you need a lot of patience. When you stretch, you need to hold the 1 minute count to get the full effect from the stretch. Unfortunately, in classes we do not have enough time on stretching. I advise my serious students to stretch whenever they can-- at home, in the office or during breaks. Don't forget to stretch before you sleep, it will relax your body, and mind and will help you have a great night's rest.



Master Jean Frenette demonstrating 180° side kick

WATKD CHAMPIONS!!!

Results from 2017 Golden State Taekwondo Championship May 13, 2017

Forms Gold Medals:
Liyam Adani
Alexander DeLapp
Devon Winchester
Tawnie Winchester
Sai Wong

Forms Silver Medals:
Charley Fiber
Maya Kocaman

Forms Silver Medals:
Vihaan Dalal
Ava Nevolo
Eva Ngarangad

Open Forms Gold Medal:
Tawnie Winchester

Results from 2017 AAU Taekwondo Championship May 13, 2017

Gold Medal Team Form:
Jordan Engel
Courtney Islam
Shaina Mandala

Forms Gold Medals:
Courtney Islam
Shaina Mandala

Vallejo



Southern California



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

Winner from Last Issue's "Born Together, Train Together" Game



Penelope



Josephine



Dylan



Chloe

All with correct entries are:
Kaiya Forzley
Keegan Heidenreich
Ryka Kashi

BLACK BELT CHRIS INGOLDSBY RAN 100K UNDER 14 HOURS



With a run this long, it's not only about becoming physically ready but also mentally ready as well, so TKD's "focus of the mind" and "focus of the body" were VERY applicable in my work on completing the 100K. Like every goal, it's important to set out a plan on how to achieve it, but you must be able to adapt when things don't go as you expect. Don't let it get you down, but figure out how you can make it work. Also, this a team effort. Christi assisted me through my long training runs, and both she and Colin were my aid station crew, assisting me with hydration, nutrition, sock changes and encouragement. Without them, I'm not sure I could have finished. When I started training, I didn't think running more than 62 miles was possible, but similar to TKD, once you succeed in some milestones, you can start to envision meeting the goal.

MAY STUDENTS OF THE MONTH

Dobar Posao!



BLUE BELT
Charley Fiber



WHITE BELT
Mila Todic



BROWN BELT
William Zegart



YELLOW BELT
Greyson Lundgren



RED BELT
Ben Miller



ORANGE BELT
Asher Petter



SKUNK BELT
Sierra Jansen



PURPLE BELT
Wyatt Boettger



BLACK BELT
Nicholas Bishop



GREEN BELT
Dane Migliori



ADULT
Krishna Dalal



**You
Are A
Star!**

Bra Jobbat!