



# Family News

JUNE 2019

## IMPORTANT DATES:

**JUNE**

**FRI**  
**7**

**Black Belt Test**  
Afternoon class is OPEN

**MON**  
**17**

**First Day of Summer Camp**  
Afternoon class is OPEN

## TESTING SCHEDULE:

**Test: (Fri) June 6**

**Make Up Test: (Fri) June 12**

(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!

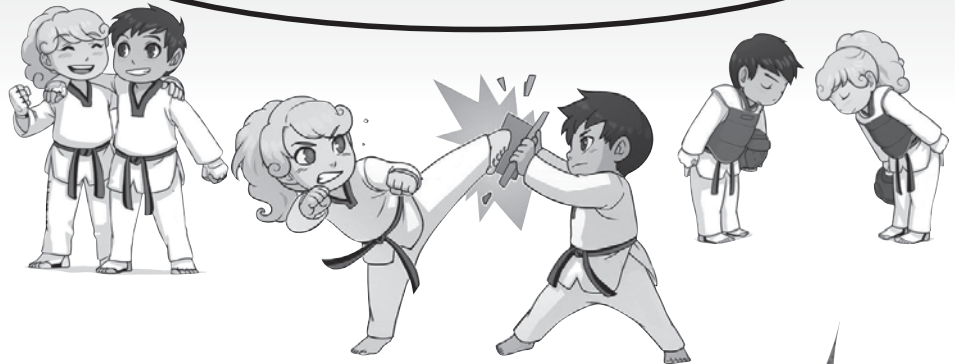
*Kick it with us this summer!*



# SUMMER CAMP

**2019**

**First Camp Begins on June 17**



### FIRST SESSION JUNE 17

- *Field Trips Including Bowling, Laser Tag, Mini Golf, Beach, Park, Movies...*
- *Fun Games Incorporated into Daily Training*
- *Faster Belt Advancement*



#### Camp Fee

\$295 for every weekly session  
(Monday to Friday)  
Drop off at 9 am and pick up at 2 pm  
(Lunch not included)  
Aftercare available after 2 pm

#### Camp Dates

Camps all summer!  
First Camp: June 17 - 21  
Last Camp: August 12 - 16

### Act now! Space fills up quickly!

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



**WEST AMERICA TAE KWON DO**  
70 Lomita Drive, #8, Mill Valley, CA 94941



# Mill Valley Memorial Day Parade 2019



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!



*Thank you  
for honoring  
the heroes for  
their service.*



**Adena Friedman**, the chief executive of US stock market giant Nasdaq, says that being a black belt in taekwondo has helped her become more fearless in business. The 49-year-old boss of the Nasdaq took up the martial art more than a decade ago, after taking her two sons to classes from a young age.

"It is a great discipline for my body and mind," she says. "It has impressed upon me the idea that success is in my control. It has also helped reduce the fear of getting [metaphorically] punched. I know that I can get hit, and it's not the worst thing in the world. I just need to decide to get back up, and keep fighting."

"I hope that my career path encourages women in the workforce to realize that there is a track to leadership roles in every industry," she says.

Taking up a martial art, may also help. Ms Friedman, who always makes time for taekwondo, says it reminds her "that if I want to get better, it is completely up to me to take the initiative to work harder".

Source: BBC. Follow this link to original posting. <https://www.bbc.com/news/business-48205206>



# All Gold Medalists!!!



On May 11, 2019, Grace Davis, Dylan Lewis, Ava Tomnay, and Cleo Tomnay all took gold in the Golden State Tae Kwon Do Championship. Good job, girls!

*Congratulations!  
We are so proud of you!*

# GRADUATES... 2019



**Jax Connor** graduated from Tamalpais High School. She is attending San Jose State University in the Fall.

SAN JOSE STATE



**Courtney Islam** graduated from Tamalpais High School. She is attending Cal Poly at San Luis Obispo, California in the Fall.



**Jonathan Garsson** graduated from Tamalpais High School. He is attending University of British Columbia, B.C. Canada in the Fall.



**Keeley Lannigan** graduated from Tamalpais High School. She is attending University of California at San Diego, California in the Fall.



**Nicholas Bishop** is attending University of California at Davis, California in the Fall.

UC DAVIS  
AGGIES



**Emma Schlager** graduated from Emory University, Atlanta, GA, majored in biology and minored in dance.

EMORY

From the small children when you first became my students, to the fine young men and women creating your career path, I am very proud of your achievements. **Sensei Carlson**

## Postcards from Places



When you travel this summer, send us a photo of places you visit or post it on Facebook. We will publish it in our Family News when it resumes in September. Happy traveling!



# MAY STUDENTS OF THE MONTH

## Way to Go!



WHITE BELT  
Neil Curry



BLUE BELT  
Jade Koch



BROWN BELT  
Ruby Goldblatt



YELLOW BELT  
Dante and  
Marco Laconte



RED BELT  
Wyatt Boettger



ORANGE BELT  
Masha Gologorskaya



SKUNK BELT  
Emi Mihara

## Good Job!



PURPLE BELT  
Devon Welte



BLACK BELT  
Nicholas Bishop



GREEN BELT  
Eliana Carter



ADULT  
Wendy Dalia

## You Are A Star!



## YouTube

To all students of West America Tae Kwon Do: it is the first time since 1983 that Sensei has decided to put his instructional videos on line on YouTube.

Take advantage of it! You can progress for FREE!

You can search by typing in **"1987 World Kata Champion"**

It is a three parts series of:

Basics I Basics II Advanced

Watch also Sensei's demonstration in the 1999 Munich Budo Gala with his student Chris Eaglesmith (30,000 spectators)

You can search by typing in **"Roger Carlon Budo Gala"**

