



# Family News

MARCH 2018

## SPRING BREAK CAMP

**Monday, April 11 to Friday, April 15**

Daily drop off at 9 am, pick up at 2 pm

- Learn new techniques-- jumping kicks, blocks, defensive drills
- Fun field trips every day
- Double class credits

**\$295 for one child; \$590 for two; \$60/ day.**

**Drop ins available. (Lunch Not Included)**

**E-mail us to reserve your spot [westamericatkd@gmail.com](mailto:westamericatkd@gmail.com)**

**After-care is available; please inquire for rates.**

**Registration forms available at the dojo.**



### TESTING SCHEDULE:

**Pre-test: March 7 to 15**

**Test: (Fri) Marchy 16**

**Make Up Test: (Fri) March 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).

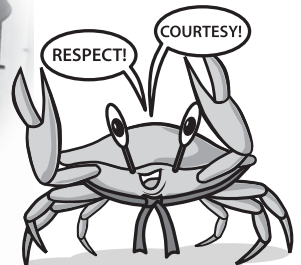
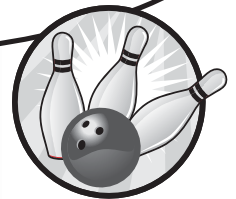
## REGISTRATION COMING SOON!

*Kick it with us this summer!*



# SUMMER CAMP 2018

**First Camp Begins on June 18**



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

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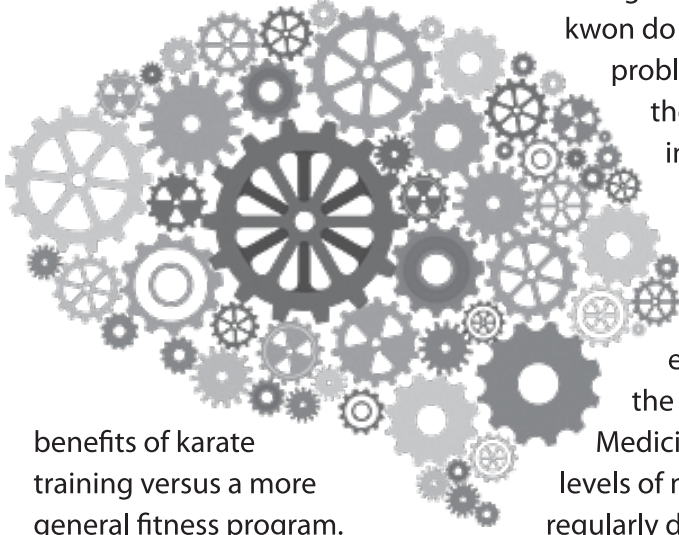


# Health Benefits of Martial Arts

## Excerpts from BerkeleyWellness.com

Martial arts can provide numerous health benefits for people of all ages. Here's a summary of benefits uncovered in some recent research:

**Cognitive improvements.** A 2016 study in the *Journal of Sport and Health Science*, which included 89 older women and men, average age 70, looked at the possible cognitive-



benefits of karate training versus a more general fitness program. The participants were randomly assigned to one of three groups. One group practiced karate twice a week for five months. A second group did traditional fitness activities twice a week for five months, including running, strength training, gymnastics, and other activities that build coordination, balance, strength, and body awareness. A third (control) group just continued their normal activities. Only the karate group showed improvement in attentiveness (as measured by the ability to divide attention between two tasks), reaction time, and mental resilience under stress (which involved a computer test that required the user to react to

rapidly changing colors and sounds). Karate's specific blend of aerobics, balance, and coordination may have a particularly beneficial effect on the brain.

**Balance, strength, endurance.** A review paper, published in 2014 in the journal *Societies*, looked at four studies that included 112 people over age 40 who participated in taekwon do or karate. Despite some problems in methodology, all the studies indicated improvements in balance and the ability to stand for a longer time period on one leg, as well as in reaction time. A small, earlier study, published in the *British Journal of Sports Medicine*, compared the fitness levels of middle-aged adults who regularly did soo bahk do, a Korean martial art, or were sedentary. Those



in the martial arts group—who practiced at least twice a week for the three prior years—had greater strength, balance, flexibility, and aerobic capacity and less body fat. In particular, they had stronger quadriceps muscles and could perform more sit-ups and pushups.



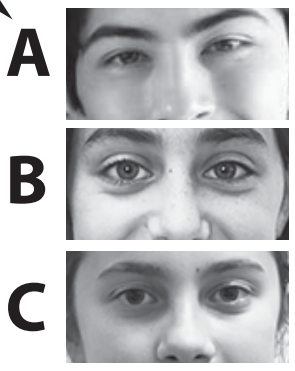
**Fall reduction.** In a 2016 study in the *Journal of the American Geriatric Society*, older adults with recent injuries from falls were randomized to either take tai chi classes or do leg strengthening exercises for six months. Those in the tai chi group were significantly less likely to fall, and significantly less likely to be injured if they did fall, compared with those in the leg strengthening group.

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Reprint with Permission.  
Full article available at  
<http://www.berkeleywellness.com/fitness/exercise/article/health-benefits-martial-arts>

**WIN  
A PRIZE!**

# The Eye of the Tiger (or tigress?)



Your Answers

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your Name

\_\_\_\_\_

Submit your entry to Chantal, or Roger Jr. before March 20, 2018.  
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 

## Photos from Chinese New Year Parade

It never gets old... It only gets cold(er)... For the third year in a roll, we are invited to perform in the Southwest Airline Chinese New Year Parade. A picture worths a thousand words. Everyone had a good time, and we dazzled the crowd along the way. Thank you everyone for a great team effort. Happy Year of the Dog! **Sensei Carlon**



Alex and Andrew were mad because they were not allowed to kneel...



The Lovely Ladies...



Enjoying the Sight and Sound...



Bracing the Bitter Cold...

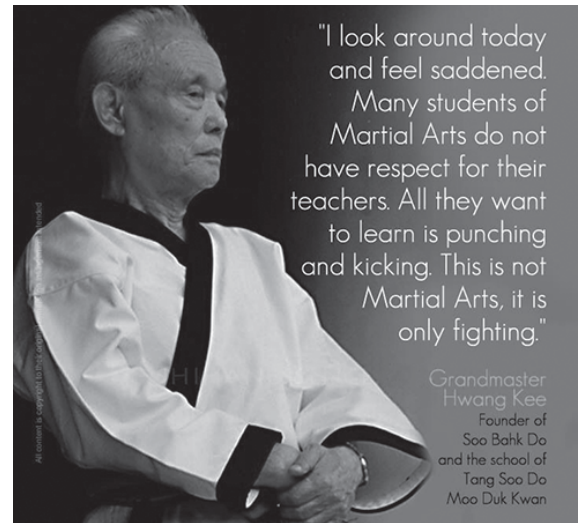


A Quick Selfie with the Policeman...

**Results from 2018  
AAU Taekwondo  
Pacific District  
Championship  
February 10, 2018**

**Forms Bronze Medal:  
Natalie Schaffer**

*Congratulations  
Natalie!*



"I look around today and feel saddened. Many students of Martial Arts do not have respect for their teachers. All they want to learn is punching and kicking. This is not Martial Arts, it is only fighting."

Grandmaster  
Hwang Kee  
Founder of  
Soo Bahk Do  
and the school of  
Tang Soo Do  
Moo Duk Kwan

**FEBRUARY STUDENTS OF THE MONTH**

**Way to Go!**



**BLUE BELT  
Dessie Koehn**



**WHITE BELT  
Victoria Rice**



**BROWN BELT  
Jack Robinson**



**YELLOW BELT  
Dominic Etchevers**



**RED BELT  
Zara Forzley**

**You  
Are A  
Star!**



**ORANGE BELT  
Abigail Lee**



**SKUNK BELT  
Eamon Tavacoli**



**PURPLE BELT  
Dylan Lee**



**BLACK BELT  
Luke Coan**

**Good Job!**



**GREEN BELT  
Shane Cessna**



**ADULT  
Adi Duenas**