



Family News

MAY 2017

IMPORTANT DATES:

MAY

29 (Mon) Memorial Day
School is CLOSED

TESTING SCHEDULE:

Pre-test: (Wed) May 3

Test: (Fri) May 12

Make Up Test: (Fri) May 19

(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).

SOUTHERN CALIFORNIA AAU QUALIFIER



Saturday, May, 13, 2017
Bishop Contay Our Lady Loretto High School, Los Angeles
Contact masterkwak@amaa-usa.com for details

(The only remaining qualifier if you want to compete in the Nationals)

"Mill Valley Salutes Memorial Day"

Mill Valley Memorial Day Parade



- ★ SUPPORT WEST AMERICA TAE KWON DO
- ★ SHOW YOUR APPRECIATION OF THE COMMUNITY
- ★ HAVE FUN, KICK, PUNCH AND WAVE TO YOUR FRIENDS!

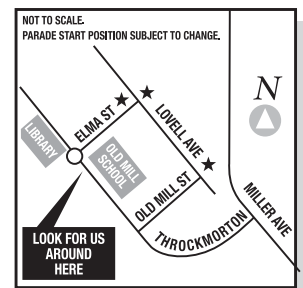
Wear **FULL WHITE UNIFORM** and **LIGHT SNEAKERS.**

Don't forget your BELT!

Monday, May 29, 2017

Meet at 9:45 am

At the corner of Old Mill Street and Throckmorton Avenue



10

REASONS WHY A MARTIAL ARTS EDUCATION IS A GOOD THING FOR THE SELF-RELIANT KID

by Jennifer Osuch

In my opinion all of these are great life skills, and it just makes sense to my husband and me to teach them to our children no matter what the future holds. There are a number of different Martial Art disciples all a little different but all instill these values. There are a number of different things to look for when looking to study Martial Arts.

1. Confidence: When you're confident you can defend yourself, and don't come across as an easy target that most bullies look for. Also, if you have accomplished something

a little difficult then you have confidence that you can move onto a new level, not just in martial arts but in any area of your life.



2. Defense: My boys may not be able to take on any opponent in the world. However, they have learned techniques to help them defend themselves in hostile situations.

3. Learn How to Take a Punch: This is a difficult concept for a mother to get her head around let alone accept. The best defense in most situations is to run, flee or remove yourself from the situation. If there is some reason you have not left the situation it usually means your opponent has thrown the first punch and is on top of you or has attacked you in some way. If you



REGISTRATION NOW OPEN!

Kick it with us this summer!



SUMMER CAMP

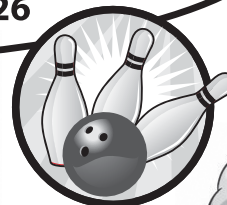
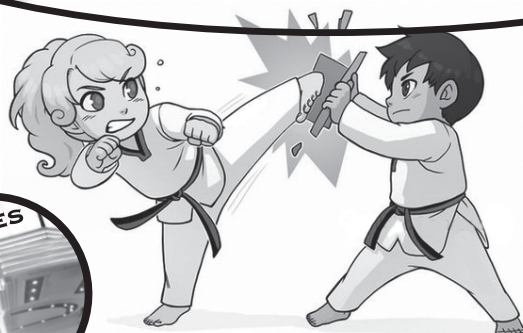
2017

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 1

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



BORN TOGETHER. TRAIN TOGETHER.



Only two pairs are real twins and training in our dojo.

Your Answer

_____ and _____

Your Name

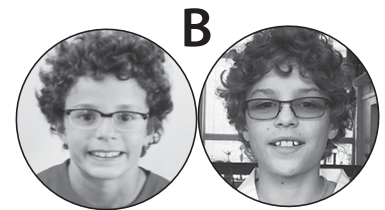
Submit your entry to Chantal, or Roger Jr. before **May 20, 2017**. One entry per person.



Penelope Josephine



Drew Jonathan



Cooper Noah



Dylan Chloe

know what it feels like to take a punch and keep your wits about you, you're chances of survival are much greater.

4. Discipline: This is another point that ripples throughout a child's life. However, to master the different levels of any martial art you've got to have physical and mental discipline. Martial arts give children practice using the body and mind in harmony.



5. Endurance: Martial arts is a sport, you build strength and endurance.

6. Leadership: Part of becoming a black belt and higher is teaching

beginning students. My older son is now teaching younger students and this is part of his training.

7. Health: We have an epidemic of childhood obesity in this country. Martial Arts is a great way to get moving and burn off calories.

8. Fight in a Controlled Environment: This one was hard for me as a mother. Of course at first it was cute. My little five year old child sparring with another five year old was nothing more than two clumsy kids trying to hit each other. My oldest son sparring during his black belt test was stomach turning. But my boys have the experience of fighting and they've learned it in a controlled environment without getting hurt. (at least hurt too badly)

9. Situational Awareness: This goes along with confidence and defense



but studying martial arts requires that you always be aware of your environment.

10. Ability to Assess an Opponent: If you can determine that your opponent is weak in an area you can use that to your advantage in any hostile environment. This is an invaluable skill.

Reprint with permission. Follow Jennifer Osuch's insightful blog at **AreWeCrazyOrWhat.net**



WATKD Demo Team was awarded First Place again in the 2017 Southwest Airline Chinese New Year Parade

On the night of April 28, the award ceremony was held at New China Restaurant in Chinatown. 58 tables filled the grand dining hall to the full capacity. Former San Francisco Mayor Willie Brown, and current member board of supervisor Aaron Peskins graced the occasion and handed out the award to each recipients.

The award is a nicely framed picture that captured a performing moments during the parade. We will proudly displayed it next to our last year's award photo.

APRIL STUDENTS OF THE MONTH

Way to Go!



BLUE BELT
Ellie Corsello



WHITE BELT
Tatum Hudson



BROWN BELT
Jack Callaghan



YELLOW BELT
Grace Davis



RED BELT
Ryan Bell



ORANGE BELT
Frank Tashker



SKUNK BELT
Sion Farin



PURPLE BELT
Neyla Kaul



BLACK BELT
Shania Mandala



GREEN BELT
Sai Wong



ADULT
John Ko



**You
Are A
Star!**

Good Job!