



Family News

NOVEMBER 2017

IMPORTANT DATES:

NOVEMBER

FRI
10

Veteran's Day
School is CLOSED

THU
23

Thanksgiving Day
School is CLOSED

FRI
24

Day After Thanksgiving
School is CLOSED

SAT
25

Private Class Resumes
on Saturday

TESTING SCHEDULE:

Pre-test: November 2 - 8

Test: (Thu) November 9

Make Up Test: (Fri) November 17

(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).

Holiday Party

December 15 Friday



Party Starts at 6:00 pm • Bring a Potluck Dish
Celebrate the Holiday Season with Fellow Students
Student Awards • Demo Team Performance



AGAIN!

By Jenny Douglas

It's hard to describe the feeling you get when you finish a round of kicking combos for the second time and while your wiping your sweat and trying to catch your breath, you hear Sensei say, "Again." Why? To build stamina. Our classes that focus on building stamina consist of extra repetitions - doing kicks 10 times so that you can handle 5 easily during a test. We strengthen our muscles so that we will have the power to endure the long test that lies ahead.



I have encountered this type of training before. When I was a student at music school, in preparation for my senior recital, I played through a very difficult, long piece for my teacher. When I finished and looked to her for comments and suggestions, all she said was, "Play it again." She knew that in order to perform your best under pressure, you need to have the energy and ability to play it well twice.

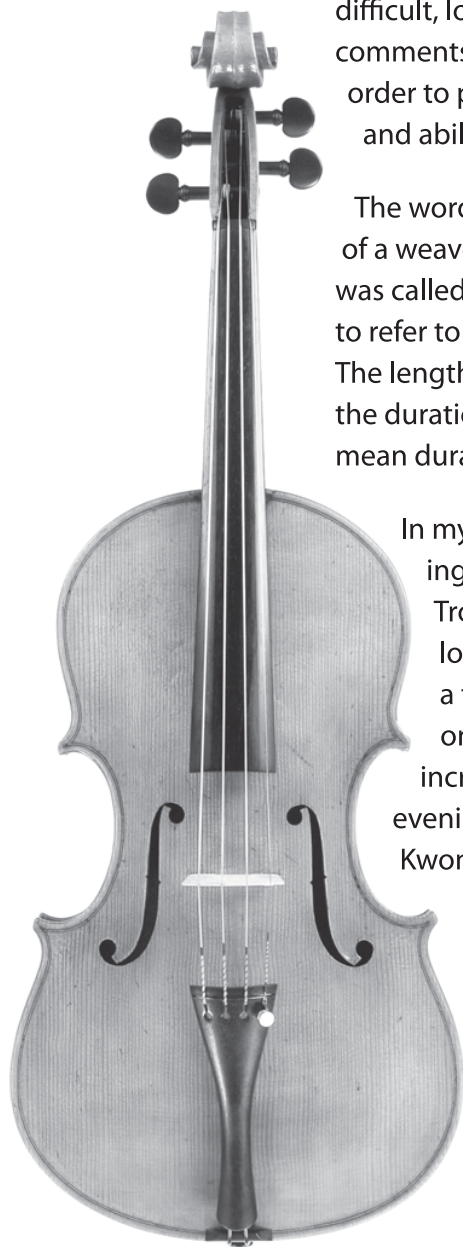
The word stamina is ancient. It was originally a Latin word referring to part of a weaver's loom. The series of threads that ran lengthwise in the loom was called a stamen. Roman mythology used the plural of the word, stamina, to refer to the threads of life spun by the three sisters known as the Fates. The length of the thread they spun for a person (their stamina) determined the duration of that person's life, their Fate. In English, stamina continues to mean duration, now in the sense of endurance or staying power.

In my professional life as a musician, one of my current jobs is performing in the pit orchestra for San Francisco Opera's performances of Les Troyens. The opera tells the story of the Fall of Troy and it is 5 hours long. Five hours of playing our instruments almost constantly. It is a true test of our physical and mental stamina. At our dress rehearsal on Tuesday, I found myself glancing at the clock, which moved incredibly slowly. So I looked for other ways to get through the evening and the advice that surfaced in my mind came directly from Tae Kwon Do: Focus your eyes. Focus your mind. Focus your body.

Stamina is not something that can be learned or memorized. It can only be earned with dedicated training. Stamina encompasses all of the other elements of Tae Kwon Do. Building your stamina requires hard work, commitment, and perseverance. Using your stamina requires discipline and focus.

Sensei, thank you for saying "again."

AGAIN!





MOVIE NIGHT
Fri., Dec 1

Open to everyone



COUPON

Bring this coupon to the Holiday Party and redeem two additional Lucky Draw Tickets. Limit to one coupon per enrolled student. Must be present to win prizes.

Friday, December 15, 2017, 6 pm



Congratulations!

Skunk belt student Sannah Javaheri made it to the second round of the Chopped Junior Championship. Watch her compete on Food Network, Season 6 episode 11 "Stick with it!"



Circle your answers below.

- Where does tae kwon do come from? (KOREA, shown below)
- What do you do before you enter the dojo? **BOW**
- What is the name of the first degree black belt form? **KORYO**
- Where is Sensei's home town? **NICE** France

K O R E A R E E
 O W E H A E U Y
 R L S A B I R T
 Y T P F G N A B
 O L N I C E I O
 Y S C L G J W W

 Your First Name

 Your Last Name

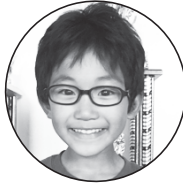
Submit your entry to Chantal OR Roger Jr. before Friday, December 15, 2017. One entry per person. If more than one entry have all the correct answers, a lucky draw will determine the final winner.

DETACH AND SUBMIT



OCTOBER STUDENTS OF THE MONTH

Good Job!



BLUE BELT
Sai Wong



WHITE BELT
Odin Pudelka



BROWN BELT
Sam Johnston



YELLOW BELT
Zoe Clark



RED BELT
Alex DeLapp



ORANGE BELT
Grace Davis



SKUNK BELT
Ryan Bell



PURPLE BELT
Elsen Palumbo



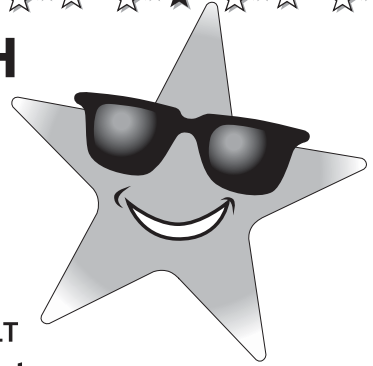
BLACK BELT
Monica Caruso



GREEN BELT
Mirielle Harkins



ADULT
Sophia Harkins



**You
Are A
Star!**

Buon lavoro!

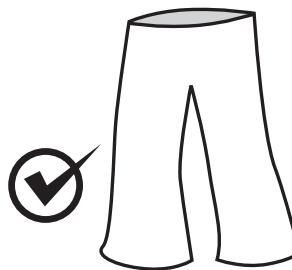
BE RESPECTFUL TO OUR DRESS CODE



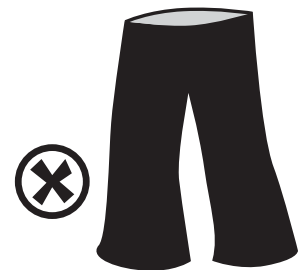
A clean T-shirt with WATKD logo, OR a clean white dobok



NO T-shirt with other graphics, OR tournament t-shirts



A clean, white TKD pants



NO color pants unless black belts. No sweat pants. Demo team can wear color pants on practice days.

DON'T FORGET YOUR BELT!