



# Family News

SEPTEMBER 2017

## IMPORTANT DATES:

### SEPTEMBER

4 (Mon) Labor Day  
School is closed

### TESTING SCHEDULE:

Pre-test: (Wed) September 6

Test: (Fri) September 15

Make Up Test: (Fri) September 22

(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).

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# Excerpts from the Black Belt Test Essay

## June 16, 2017

### Community...

**Colin Ingoldsby**



One important thing that it means is community. The definition of community is a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals. Everybody who tests for a black belt, or is motivated to keep doing tae kwon do is part of a community in the sense that they all have a common goal, to reach the next belt. Throughout my journey in tae kwon do, I have felt like I am part of a community, and have made many friends in tae kwon do. One of my favorite memories where I felt like I was in a community was during the tae kwon do summer camps. I had a lot of fun at those camps. We would go to the bowling alley, the movie theatre, and many other places. I felt like I was a part of the tae kwon do community because I had fun and shared interests with people who also did tae kwon do.



**Cassady Winchester**



Dedication to practice and achieving excellence in tae kwon do has carried over into other areas in my life: school and baseball. Tae kwon do has made me a better student. It has taught me

to do my best in school. When focusing on the teacher I learn new things in school. Active participation helps me stay on track and know what is going on. When I do my home work

consistently I always try my best. I like home work because it is a fun and interesting challenge. This is much like hard training in tae kwon do that dedication and practice rewards me in positive feedback.

I become a better student and I get good grades. If I don't get a grade I like, I work and study harder for the next test. This helps me improve.

### Dedication...



**Sierra Jansen**



As an artist who has experimented with painting, I know for a fact that if you mix all the colors of you will end up with black. For me, those colors represent not paint, but all the different qualities and virtues that got me to where I am now. Red is perseverance. Orange is determination. Yellow is respect. Green is strength, both physical and mental. Blue is practice. Purple is commitment. These are some of the most important morals I have used. But as we know, these six colors are not the only ones in existence. There are thousands if not millions more that we see every day. And we all see differently. Your purple is most likely a slightly different shade than my purple, and that is okay. When I first started here, as a tiny eight years old, I looked at all the black belts with awe and admiration. *Would I ever be that good? Would I ever complete my test and receive my black belt?* Now I can tell that small girl, I did it. And I think she would be proud.



### The Color Black...



# Thank You for a Fun Summer!

**Shaina Mandala**



One thing that I think about excellence is that you know you are excellent at something when other people want to be as good as you are. When you are excellent at something you are other people's role model. This is another benefit of hard work that I forgot to add in. When you work hard you get attention because people acknowledge that you are trying hard. Sensei is my role model because you can see how hard he works at doing tae kwon do and how hard he works to teach other people to be good or even excellent at tae kwon do as well.



## Excellence...

Someday I want to be excellent at tae kwon do but I know that will only happen over time and only if I practice hard and come to class a lot. I also know that if I want to become excellent I will have to take constructive criticism and use it when I'm doing tae kwon do. I know that I will have to continually believing that I can become excellent at some point. And I hope I do.

Photos from Summer Camp 2017



# AUGUST STUDENTS OF THE MONTH



WHITE BELT  
Gus Purcell



BLUE BELT  
Kaiya Forzley



BROWN BELT  
Zara Forzley



YELLOW BELT  
Chloe Lewis  
Dylan Lewis



RED BELT  
Alexander Delapp

**Well  
Done!**



ORANGE BELT  
Elsen Palumbo



SKUNK BELT  
Maya Kocoman



PURPLE BELT  
Shiloh Williams



BLACK BELT  
Sarah Jane Coan

**Wonderful!**



GREEN BELT  
Wyatt Boettger



ADULT  
Jaclyn Conner



**You  
Rock!**