



A.L.L. TKD
family-taekwondo.com

Academy of Life and Leadership Taekwondo

WWW.FAMILY-TAEKWONDO.COM

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1710 Briargate Blvd Suite 749, 80920
New Life Church High Country Homeschool Program

“The Academy for Today’s Families and Tomorrow’s Leaders”

Announcements April 2017

Lt Green

SUMMER CAMPS.SIGN UP TODAY!!

KIDS! Fun, Fitness, Confidence and Make New Friends

Dates: June 26-30 and July 24-28 **TIME:** 9am-2pm

Confidence Camp is designed for children 4-12. Kids are out of school; so instead of sending them somewhere or calling a babysitter, let them spend the week gaining Leadership & Confidence! This camp is for beginners through the advanced levels. There is NO martial arts experience necessary. Our camp provides many key opportunities for youth. Each day is themed with a new valuable life skill activity to help our youth develop confidence and leadership. Campers will make new and lasting friendships. They will enjoy having fun at Taekwondo, playing games, making creative dream, goal-oriented crafts, swimming, and have a blast at a game created to teach how to speak, read and write Korean. Parents, if you want to help your child have fun, improve their confidence in many areas of life plus get ahead with their Taekwondo, then this is the camp for them! All campers will receive a cool camp T-shirt. Black Belt Club will receive a 20% discount.

Reserve your spot NOW as space is limited- \$50 non-refundable down payment!

Teen/Adult Leadership Camp

Dates: June 26-30 or July 24-28 **Time:** 8:30am- 2:30pm

Leadership Camp is designed for teens/adults 13 and up!

Leadership = Goal Setting; Teamwork; Communication; & Leading people (younger, peers, and older); How to be a leader and not a follower; How to land (or get promoted at) that job; How to find win-win situations even in the challenges; Practical, hands on experience; and the ability to try new things. These are examples of what makes this an all-around awesome camp and experience. Develop the leadership skills needed at home, in school, in the job market, and in the community. Don't miss out on this fun, learning opportunity. Black Belt Club will receive a 20% discount.

Sign up NOW as space is limited!

Photo Contest: Price 50% of Summer Camp

You could win 50% of Leadership or Confidence Camp. Simply take a picture with a local first responder (i.e. policeman, fireman, medical personnel). Submit your photo to familytaekwondo@gmail.com no later than April 29th. One winner will be drawn for each camp.

CONGRATULATIONS on your new belt!

Great job color belts on your new belts! We are now in Section B of our curriculum. Be sure to look at the leadership/curriculum papers to see what your new curriculum is for this section including your break. If you have any questions regarding your leadership card or curriculum sheet, please ask a higher belt. **Parents: We will be going over both of these after each class. Please be present if you can so that you can assist your kids. Thank you.**

New Beginner, Intermediate and Advanced Belts, make sure you get the equipment you need for your new classes at the front desk. Yellow Belts will need a paddle. Green Belts will need sparring gear, and Red & above, it is a great time to get your jump rope, new uniform, and additional sparring equipment needed as you continue to prepare for your Black Belt Test. Also, now that we are in the warmer seasons of Colorado, you can wear your A.L.L. TKD t-shirt or your uniform to class!

Buddy Self-Defense & Street Clothes Week (April 3-8)

Buddy Week & Street Clothes Self-Defense Week is approaching! Plan to invite your friends and share some of what you are learning and **contribute to a more safe, and peaceful society!** Wear your street clothes, but please wear an A.L.L. TKD shirt. (Helpers must wear their uniform or polo to assist in classes.) Make a list now of friends you think would benefit from learning some self-defense! Buddy Week Passes are available from your instructor or the front desk the week following testing. Use these passes to invite your friends to train with you all week with no obligations. If they love it, and decide to join A.L.L. TKD, then you get \$50-\$100 dojang dollars you can use toward needed equipment, upcoming camps, testing, seminars, Kids' nights, etc....

Lone Wolf Tournament on April 22nd!

The Lone Wolf Tournament will be held in Denver on April 22, 2017. This tournament is always one of the top events in Colorado, and this year looks to be no exception. Competition will once again be at Metro State College. We had many students from our demo teams compete last year; all of them returned having had an exciting time. If you are interested in competing, talk to your instructor or email familytaekwondo@gmail.com. Hope to see you all there at this amazing family event!

Confidence Camp

Until Mar 30 \$139

Until April 30 - \$149

Until May 30 - \$159

June & July - \$179

Activity Pass (2-6pm) \$25 day or \$100 wk.

Black Belt Club receives 20% discount

Leadership Camp

Until Mar 30 \$79

Until April 30 - \$89

Until May 30 - \$99

June & July - \$119

Black Belt Club receives 20% discount.

Parent Coaches for the Day- Leading By Example

Parents-here is your chance to set an example for your child. Join your child in their class for some fun and exciting drills with them. This is a great opportunity to work with your child which will motivate them and make them want to work harder. We always say The Family that Kicks Together Sticks Together. Mark your calendar for April 20th and come dressed in comfortable, easy-to-move clothing.

Spring Training Challenge

We want to challenge you to be your best in all you do with us here at A.L.L TKD. Choose two areas you want to improve in (i.e. kicks, vertical jumps, forms, push-ups, sit-ups), go to your Instructors and they will set you some goals to reach. You will then have the rest of the month to meet those goals. Let your instructors know if you need help choosing a challenge or if you are having difficulties meeting your goals.

Black Belt Graduating Class—Spring 2017

Invite your friends and community to this FREE evening of entertainment. The Demonstration and Graduation is something nobody wants to miss. It consists of artistic forms, entertaining musical weapons, and exciting, powerful breaking. The demo will be great for the entire family!

The Demonstration and Graduation will be held Saturday, May 27th (Memorial Day Weekend). Many families and friends of the graduates will be traveling into town for this momentous occasion. Come enjoy and support your new 1st, 2nd and 3rd Degree

WHEN: Saturday, May 27th **TIME:** 4:00 to 6:00 pm Demonstration & Ceremony

WHERE: TBD planned for Chapel Hills Mall

Red Belts & Red Senior Belts:

Mark your calendars for some upcoming dates!

Saturday, May 5th at 5-7 pm – Fitness Test at the Elite Location

Saturday, May 27 at 4:00 pm – BB Demo & Graduation (followed by clean up.)

You are required, as a red or red senior belt, to observe the Black Belt Candidate Fitness test prior to your own as well as support the graduation and assist with clean up. Please check with the front desk to find out where your help is needed with the Demo and Graduation clean up. Your graduation is coming soon, and we ask the juniors to help so the candidates can focus on celebration with their families. Yours is next. Please be sure to mark your calendars and set aside this time in preparation for earning your Black Belt. Thanks!

Plate 725-ZBB Wins Free Gas from A.L.L. TKD!!!

Show your school pride and put a school sticker on your vehicles! Then register the license plates at the front desk for a chance to win FREE GAS.

Congratulations to this quarter's winner white Toyota PriusV Colorado plate 725-ZBB. **Important Note:** You must contact GM Kunkel via in class, email or phone to claim your prize within the following month of winning or you forfeit your prize. April's winner was spotted on the road by our Secret Searcher. If you would like to get a decal or sticker for your vehicle, please see the front desk.

Word of the Month — SELF-CONTROL

Our April word of the month is Self-Control. Self Control is the quality of controlling your actions and emotions and doing what we know we are supposed to do even if we really want to do something else. Kids, you can show self-control by keeping your eyes on your instructor or mom & dad when they are talking to you. You can also show self-control in your taekwondo class by not playing around in class and being a distraction to others or not losing your temper when you're frustrated or hurt. Another way you can show self-control is to not eat all your holiday candy at one time. We'd love to hear how **you** are showing self-control at home, school, work, or in life this month! Share it with us during mat chats!

SCHEDULE OF EVENTS

April

Apr 2	Master Glenn's Birthday! Happy Birthday!
Apr 3-8	Buddy Week & Street Clothes Self Defense
Apr 8	BBC Test w/ GMK
Apr 10	2-4 th BB Test w/GMK
April 16	Easter Sunday
April 20	Parent Coaches Day
Apr 22	Lone Wolf Tournament; all are encouraged to attend
Apr 24	Info Due for Newsletter

May

May 5	Black Belt Candidate Fitness Test 5-7pm
May 6-7	Gospel & Ambassador Team Demo @ Calvary Worship Center
May 14	Mother's Day
May 13	Poomse Seminar-Denver
May 20	BBC Ceremony Run Thru
May 24	BBC Dress Rehearsal
May 24	Info Due for Newsletter
May 27	Black Belt Demo & Graduation 4:00 (<i>No Classes</i>)
May 29	Memorial Day- <i>No Classes</i>

June

Jun 16-18	US Open Hanmadang – Denver, Co
June 15	Testing Paperwork Due
June 18	Father's Day
June 21-22	Testing
June 26-30	SUMMER CAMP: Leadership & Confidence Camp
June 24	Info Due for Newsletter

July

July 24-28	SUMMER CAMP: Leadership & Confidence Camp
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If there are any other events you would like to see in the newsletter contact Tana Karr for more information.