



Academy of Life and Leadership Taekwondo

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New Life Church High Country Homeschool

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

Announcements OCTOBER 2017

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CONGRATULATIONS Color Belts & Black Belts!

Great job on testing and earning your new belts and star ranks! We are now in Section D of our curriculum. Be sure to look at the curriculum papers to see what your new curriculum is for this section. If you have any questions regarding your leadership card or curriculum, please ask a higher belt. **Please remember we are no longer in t-shirt season, your full dobok (uniform) is required in all classes**

Student Appreciation

Stop by the front desk every time you attend class. This week you will receive two tickets for every class attended. During Friends & Family Week /Street Clothes Defense week you can earn 3 tickets if you bring a non-TKD friend or family member. Also, any special events you can earn 5 tickets. You must write your first and last name on all tickets to win. Five of you can win a pizza party for yourself and 10 of your non-Tkd friends!

Friends and Family Week (Oct. 2nd-7th)

What to wear: Wear your street clothes (no shorts please), but please wear an A.L.L. TKD shirt. Helpers must wear their uniform or polo to help in classes. If you have a family member or friend you think would benefit from learning some self-defense, get a Buddy Week Pass from your instructor or the front desk & invite your family & friends to train with you all week. If they become part of our TKD family, you get \$50-\$100 dojang dollars that you can use toward needed equipment, camps, testing, seminars or parent’s nights out.

Comic Con

Coming to Colorado Springs PPCC Rampart Campus October 14th 9am-4pm. In celebration of this upcoming event Master Kunkel has agreed to let the students wear their Ninja Turtle gear instead of their full uniform until Oct. 14th.

White & White SR. Testing

All our White and White Sr’s your testing sign-up sheet and papers will be on the front desk October 19th and will be due October 30th. The test is scheduled November 2nd during the 5:45 class.

Oct 30/31 Costume Contest

Don’t forget to wear your costume to class Monday Oct 30th & Tuesday Oct 31st. A small prize will be awarded to the best costume for each class. Please no scary or gore costumes and no masks during class as this is a safety issue. So please come and have some Halloween fun and share your costume with us

Announcing Tryouts

2018 Competition & Gospel Teams!

Tryouts will be held on Saturday, November 4th 1:00 - 4:00 pm in the Main Dojang

Tryouts are required for Comp Team or Gospel Team membership

If you are interested in trying out for the 2017 Competition Team and/or Gospel Team, please **email Coach Leah Jenik ldjenik@gmail.com** with your name, age, tryout team members and the team(s) for which you would like to tryout (Comp, Gospel, or both). There is no obligation to join if you audition, just great practice and fun. The week after tryouts we will have a meeting to discuss the results and future opportunities. You will then have the chance to decide if you want to continue training on one or both teams.

Audition Requirements:

- 14 years old by December 31, 2017

- Brown belt and above

Prepare for tryouts:

- Know Koryo (Black Belt form)
 - 60 - 75 second creative team demo (2 - 5 members per team) with or without weapons. The routine must include at least 2 front kicks, 2 sidekicks, and 2 round-house kicks. Music is required. (Showcase an area where you are unique such as acrobatics (tricks), weapons, etc.)
 - Tryouts will include a fitness and skills demonstration portion
- **IMPORTANT: Bring your music on an MP3 player**

Attention all Red Belts, Candidates and above

Important Dates November 6th, 18th and 25th!

Exciting times as our Red Executives are nearing the end of their first Taekwondo journey. They, along with Black Belts that are attempting to get their 2nd degree, will be doing their fitness test on Thursday, November 6th from 6:00-8:00 pm. The Graduation Ceremony and Demo run thru is Saturday the 18th at the Event Center. *Candidates, please bring all of your equipment and anyone that is helping you must attend.* The Graduation and Demo is November 25th from 4:00-6:00 pm.

Red Belts and Red Seniors are required to attend the fitness test at least one time prior to their own fitness test. This will be a great chance for you to see the challenges and the opportunities for you to get in the best shape of your lives as you do your final preparations in achieving your Black Belts. Also, you will need to sign up to assist with the cleanup following the Black Belt Demo and Graduation at 6:00 pm on November 25th. *This is mandatory.*

Veterans Appreciation- Train Free in November

We would like to show our appreciation to all our local Veterans. Please help up do this by spreading the word that Veterans can train free for the month of November. Help us support these brave men and women that sacrificed so much to make sure we, as a nation, enjoy the freedoms we have today.

Black Belt Graduation – Winter 2017

Invite your friends and family to this 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 Demo and Graduation will be held Saturday, November 25th, over Thanksgiving weekend. Many families and friends will be traveling into town for this momentous occasion. Come enjoy and support your new 1st and 2nd Degree Black Belt Graduates on that special day. Red Belts and above, please sign up with Master Kunkel to attend and assist with clean up. Your graduation is coming soon, and we want to make it enjoyable for the candidates. Thank you!

Date: Saturday, November 25th

Time: 4:00 to 6:00 pm Demonstration and Ceremony

Location: Chapel Hills Mall Event Center (Across from Dicks on the lower lever)

RED BELT CLEAN UP: Immediately following the Ceremony starting about 6:00 to 6:15 pm.

Save the Date- Holiday Sale-December 2th

*Join us for our biggest Event of the Year-Our Annual Holiday Sale
10 am – 2 pm!*

The great Holiday Pre-Sale is going on now, get a catalog from the front desk to enjoy additional saving. Avoid the rush and lines, order anything in our catalog today and save. Treat the martial artist in your life to everything they want and need. Pre-Sales end November 18th.

Annual Christmas Party Dec 9th @ 1:30-4 pm

Set the date and time in your calendar and come celebrate this most joyous time of the year with us. The kids will get to make crafts in Santa's workshop while the teens and adults enjoy a friendly game of Jeopardy. Santa may even sneak in to see who's been naughty or nice. It's **FREE** for all, just bring an appetizer or dessert to share. But best of all, you get to come in your pajamas!!

December Testing 20th and 21st

We know that December is a very busy time of the year for most of you, this will be the final test of 2017 so that you can start 2018 off on a new belt so please put the dates in your calendar. Testing papers are due by December 14th. Don't forget to invite visiting family and friends to see this wonderful advancement.

Word of the Month – Bravery

Our October "word of the month" is BRAVERY. Bravery means doing what I need to do even when I'm scared. If I or one of my friends are being bullied, I can show bravery by standing up for myself by telling them "back off, leave me alone," or going and asking an adult for help. Both of those can be scary, but if I do it, I'm being brave. Sometimes, when we make a mistake, it's hard to be brave and tell the truth. But if I break something that doesn't belong to me, I can go to the person and tell the truth even though I might be afraid. That's also showing bravery. When we make a mistake, it's what we do with those mistakes – if we do the right thing, that's displays bravery. You can show bravery by telling your instructor, after class during mat chat time, a way that you used bravery recently. We would all love to hear how you use bravery this month.

SCHEDULE OF EVENTS

October

Oct 2-7	Friends and Family Week/Basic Skills Week
Oct 14	Pikes Peak Comic Con-See poster by Front Desk
Oct 24	Info Due for the Newsletter
Oct 30	Paperwork for Wh/Wh Sr. Test Due
Oct 30/31	Halloween-Wear your costume to Mon & Tue Class.
Oct 31	BBC practice-Mall Demo @ 6:30pm

November

Nov 2	Wh/Wh Sr Testing @ 5:45pm
Nov 4	Team Try Outs
Nov 6	Fitness Test 6 pm-8 pm
Nov 18	Graduation and Demo run thru
Nov 23-25	Dojang closed for Thanksgiving
Nov 24	Info due for Newsletter
Nov 25	BBC Graduation 4pm Mall Event Center

December

Dec 2	Save the Date-Holiday Sale @ 10am
Dec 9	Annual Christmas Party @ 1:30 pm
Dec 14	Testing Papers Due
Dec 20/21	Color Belt/ BB Testing
Dec 24	Info Due for Newsletter
Dec 25	Dojang Closed Dec 25 thru Jan 5 th - Yearly meeting Jan 6 th

If there are any other events, you would like to see in the newsletter contact us at familytaekwondo@gmail.com