



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

Academy of Life and Leadership Taekwondo

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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

May 2018

Lt Purple

Advancement Camp w/ GMK

(Black Belt Club Members Only)

Step up the training with a one-week challenging camp and earn all your strips and next belt in one-week, limited spots available (10). Open to dedicated and focused color belts and Black. Check with your instructors or Mr. Jim and if they recommend you to the camp sign up early. Camp is **Apr 30-May 12, be flexible**. Details are on the App. Your essay is due to Mr. Jim as soon as possible. These are the days and times, be flexible: Mon-Wed @ Elite Location 5-7pm, Thur (5-7) and Fri (5-9) Main Location. Sat may be a mix between the two locations (9-5). Sun (3-6). This camp includes a Leadership/Community Service Project on either May 11 or 12th. The 12th is the Mother’s Day Demo, the 11th is a morning demo.

Black Belt Graduating Class—Spring 2018

Invite your friends and community to this FREE evening of entertainment. You don’t want to miss the Demonstration and Graduation. It consists of artistic forms, entertaining musical weapons, and exciting, powerful breaking. The demo will be great for the entire family!

Friday, May 11 at 6:30 pm – Fitness Test at the Elite Location

May 22nd 6:30 & May 25th 5 pm BBC Demo Dress Rehearsal, Set Up

May 26th Family Practice and Lunch 10 am

The Demonstration and Graduation will be held Saturday, May 26th (Memorial Day Weekend). Many families and friends of the graduates will be traveling into town for this momentous occasion. Come enjoy and support your Black Belt Graduates on their special day. Red Belts and above, please check with the front desk to find out where your help is needed with the Demo and Graduation.

Your graduation is coming soon, and we want to make it enjoyable for the candidates.

WHEN: Saturday, May 26th **TIME:** 2:00-4:00 pm Demonstration & Ceremony

WHERE: Chapel Hill Mall Event Center, by Dick’s Sporting Goods store

Red Belts & Red Senior Belts:

Mark your calendars for some upcoming dates!

Friday, May 11th at 6:30 pm – Fitness Test at the Elite Location

Saturday, May 26 at 2:00 pm – BB Demo & Graduation (followed by clean up.)

You are required, as a red belt or red senior belt, to observe the Black Belt Candidate Fitness test prior to your own. Please be sure to mark your calendars and set aside this time in preparation for earning your Black Belt.

SUMMER CAMPS.SIGN UP TODAY!!

KIDS! Fun, Fitness, Confidence and Make New Friends

Dates: June 18-22 and July TBA **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.

Reserve your spot NOW - Sign up NOW as space is limited!

\$50 non-refundable down payment!

Until May 30 - \$159 June & July - \$179

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

Black Belt Club receives 20% discount

Teen/Adult Leadership Camp

Dates: June 18-22 or July TBA **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!

Sign up NOW as space is limited!

\$50 non-refundable down

Until May 30 - \$99 June & July - \$119

Black Belt Club receives 20% discount

Parents and Grandparents Train Free for May & June

2 Months of Free Training — have fun, fitness, build confidence and build friendships. Make an Investment in yourself and have fun doing it. Just see Mr. Jim to sign up. If you haven't already taken advantage of this in the past, you will receive a free uniform.

Mother's Day Demo

Families can build fun and memories with Family Demo Opportunity. We are looking for families that would like to share their Taekwondo gift for Mother's Day Demo. If you and your family are interested please see your Instructor, GMK or Front Desk. Don't forget we have a very special Family Demo Class Saturdays @ 9:45-10:45. Sign Up today to perform with your mom for others in the Chapel Hills Mall, **Saturday 12 May at 12:30 PM.**

Youth Night & Activity Night w/ GM Kunkel

Youth Night (Ages 10-14) Come have fun getting to know other kids and teens through games, Christian worship music, teaching, goal setting, and lots of fun with Grand Master Kunkel!!! Every other Wednesday at Elite location see calendar for dates! For Youth Activity Nights (Age 15-26) These nights coincide with the same weeks as the Wednesday night young youth night. (Usually the 2nd & 4th Friday) It is opposite the ninja warrior Fitness training weeks as well.

Quarterly Parties!

We have many quarterly parties coming up this month. These parties are for our students and their families to get to know each other. There will be lots of fun games, food, drink and you will be going over a few of the things that have been shown to you in this quarters classes. This is a totally free event for our students and their whole families.

Please RSVP on the APP so that we know how many to plan for.

Beginners/Intermediate: **May 19th 1pm-3pm**

Advanced: **June 30th 1 pm-3 pm**

BB: **June 30th 1 pm-3 pm**

Little Dragons/Tiny Tiger: **TBA**

Word of the Month - FOCUS

Our "word of the month" is Focus. It means to actively make yourself pay attention to a task, lesson, or activity. Notice that Harry shows "Focus of the eyes" by Looking at his parents when they are talking to them. He shows "Focus of the mind, by paying attention to his homework and getting it done in a timely manner." He shows "Focus of the body, by not moving around when his teacher is talking at school."

We'd love to hear how **you** are showing the word of the month at home, school, work, or in life this month! Share it with us during mat chats

SCHEDULE OF EVENTS

May

Apr 30-May 12	Advancement Camp w/ GMK
3rd	Wh/Wh Sr Testing papers out
9th	Y.N (Ages 10-14) 6:30pm-8pm
10th	Wh/Wh Sr Paperwork due
11th	BBC Fitness Test W/ GMK 6:30 pm
12 th	Free Community Event: Stranger Danger &
12 th	Mother's Day Work out.
12th	Trivia Night Fundraiser, Adults only
12th	Mother's Day Demo 12:30-1:30
13th	Mother's Day
19th	Quarterly Parties; Beg/Inter
19th	Info Due for Newsletter
22 nd	Demo Dress Rehearsal/Set up
23rd	Y.N (Ages 10-14) 6:30-8 pm
25th	Youth & YA Night 8pm
25 th	Demo Dress Rehearsal/Set up
26th	BB Demo and Graduation 2pm

June

1 st	Ladies Night Out
1 st	Youth Activity Night (Ages 15-26) 8pm-930pm
2 nd	ATU Nationals
7 th	Testing Papers Available
9 th	Outdoor Movie Night-@ Rushes
13 th	YN (age 10-14 th) Elite Location 6:30 pm
15 th	LD/TT Test Prep Camp 530pm-730pm
15 th	Youth Activity Night (Age 15-26) 8pm-930pm
17 th	Father's Day
18 th -22 nd	Confidence and Leadership Camp
19 th	Info due for Newsletter
21 st	Testing Papers Due
23 rd	Board Breaking Day w/ Mr. Aaron 1pm
26 th	BB Mandatory Run Thru 6:30pm Main Location
27 th -28 th	Color Belt and Black Belt Testing-See Testing Schedule
30 th	No Classes-Instructor/Brainstorming Meeting 10am

If there are any other events you would like to see in the newsletter contact us at Familytaekwondo@gmail.com by 19th of the month.