



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

Academy of Life and Leadership Taekwondo

WWW.FAMILY-TAEKWONDO.COM

719-260-4700

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

"The Academy for Today's Families and Tomorrow's Leaders"

Announcements August 2018

Sunburst Yellow

SAVE THE DATE – August 25th: Classes & Picnic

For a change of pace, come join us outside! Classes will be held in the park in the morning & immediately followed by food, games, & amazing demos. Partake in some truly awesome food & fun. If you would be willing to help cook or cleanup for this event, please let us know on the back of sign in sheet. We are looking for volunteers & are grateful for your assistance. You can use it as giving back or community service as well! The school will be providing hamburgers & hotdogs. Please bring a **side dish** to share & **drinks** for your family. Signups are not required; however they are very helpful so we know how much food to purchase and prepare. You can check the app and let us know you are coming too! There is a sign up at front desk so please stop by and let us know how many are coming.

WHEN/WHERE: Saturday, August 25th, 2018 at Fox Run Regional Park

CLASSES: 10:30 am Fitness class; 11-Noon All Belt Classes
11-Noon Demo Team Training

PICNIC: Eating around Noon

Safety Day @ Chapel Hills Mall – August 4

Come help us celebrate Safety Day at the mall from **noon to 3pm** with lots of information and fun. **Our Self Defense class will be 11 am** followed by a demo in the center of the mall at 1:00pm. There will also be classes after the demo 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.

White/White Sr: **TBA**

Beginners/Intermediate: **TBA**

Advanced: **Sept 22nd @ 1pm**

BB: **Sept 22nd @ 1pm**

Little Dragons/Tiny Tiger: **Aug 18th @ 1pm**

Back to School Drive-Aug 1st-25th!

We want to support our teachers by helping provide what they need most. We have polled some local teachers and learned that most teachers spend about \$1000 of their own money each year to support the kids they teach.

Teachers have asked for the following school supplies: white printer paper, dry eraser markers, Kleenex, glue sticks and pencils.

We want to fill their needs and reward you for helping. This is a contest between 6 different teams, with **winners receiving a party in September!** The school drive will run thru: **August 1st-25th.**

The teams are as follows:

1. Tiny Tigers and Little Dragons
2. White Belts and White Sr., Beginner Belts (Yellow and Orange)
3. Intermediate Belts (Green, Purple, Blue and Blue Sr)
4. Advanced Belts (Brown, Brown Sr, Red, Red Sr and Red Exec)
5. Black Belts

Each item donated has points assigned to it. The team with the most points on Aug 25th wins a Party in September!

Items values listed below:

1. 12 pack of pencils: 1 point
2. 4 pack Expo (Dry-Erase) Markers: 2 pts
3. 4 Pack Elmer's Glue Sticks: 2 pts
4. 6 Pack Elmer's Glue Sticks: 3 pts
5. Tissue Box: 5 pts
6. 12 pack Elmer's Glue Sticks: 6 pts
7. Ream White Copy Paper (500 sheets): 10 pts

Not limited to just these supplies, others are welcome but will not add points!
See your instructors, Ms. Shannon, Mr. Jim or flyers around the school for more information.

Tiny Tigers & Li'l Dragons' Test Prep Day – Sept 7th

Tiny Tigers and Li'l Dragons come practice with Instructor Angela and her Jr Instructors and Helpers before your next test! All Tiny Tiger/Li'l Dragons will be earning their recommendation stripe (Purple stripe), and any final stripes plus playing fun games together. Sign up at the front desk before Friday **Sept 7th** to reserve your spot, if you need to do a makeup please sign up at front desk. Cost is \$20/person. **Time: 5:30 pm-7:30 pm.** Please bring a snack! This event will be held at main dojang location. All helpers please sign up at front desk as well.

Annual Teen Camp Out September 8th & 9th

Teens! Join us for the Annual Teen Camp Out held at the Resner's home. Signups are not required; however, they are very helpful so we know how much food to purchase. Signup sheet will be posted at the front desk or RSVP via text/phone to Ms. Pam. Come for evening activities or for those camping, please bring tents, sleeping bags, clothes, jacket, flashlight, etc. Some of the fun activities will include: Volleyball, Badminton, Zip-line, Flashlight Tag, and a Bonfire with S'mores.

Bring friends! Questions, or directions, please text or call Ms. Pam at (303) 829-7583.

DATE: Saturday, Sept 8th, 4:00 pm – Sunday 9th 9:30am

BRING: Please bring a snack/drink to share

PRICE: \$10 per person to help cover hamburgers/hotdogs, S'mores & breakfast

Quarterly Belt/Star Testing Sept 19th & 20th

Quarterly Belt/Star testing will be Wednesday & Thursday, Sept 19th & 20th. Please make sure you sign up for your test (papers will be out around the 30th of Aug), been recommended by your instructors, & ***your papers are turned in by Sept 13th. Black Belts planning to Star Test, also be sure you attend the mandatory run through on Tuesday 18th @ 6:30pm BB Class.***

The schedule is as follows:

	<u>Wednesday</u>	<u>Thursday</u>
4:00pm	Lil' Dragons	
5:00pm	Yellow and Orange	Tiny Tigers
6:00pm	Green thru Blue Sr.	White & White Sr. Belts
7:15pm	Brown to Red Sr.	Black Belts

Word of the Month – ENTHUSIASM

Our August "word of the month" is ENTHUSIASM. Enthusiasm is showing an eagerness, passion or devotion toward something. When you are excited about what you are learning and share it with others, you are showing enthusiasm. When you pay attention and participate in class by answering questions from your instructor like a "ten kid," you are showing enthusiasm. You can show enthusiasm to others by having a positive attitude when something doesn't go quite like you would like. A smile can help encourage others and show enthusiasm. You can also show enthusiasm by jumping in and helping others with a cause you care about – and earn your yellow strip for community service while you are at it! We'd love to hear how **you** are showing enthusiasm at home, school, work, or in life this month! Share it with us during mat chats!

SCHEDULE OF EVENTS

August

30 th -Aug 3 rd	Confidence and Leadership Camp
1 st	Ninja Warrior Training @ 6:30 pm
4 th	Chapel Hill Mall Safety Day
9 th	Wh/Wh Sr. Test Papers due
11 th	BB Classes at Main Location-Reg times
15 th	Ninja Warrior Training @ 6:30 pm
16 th	Wh/Wh Sr. Test @ 5:45 Class
18 th	LD/TT Quarterly Party @ 1 pm Main Location
19 th	Info Due for the Newsletter
25 th	Annual Picnic in the park
29 th	Ninja Warrior Training @ 6:30 pm
30 th	Testing papers out

September

3 rd	Labor Day – Dojang Closed
7 th	Lil Dragon Day 5:30pm-7:30pm
8 th	BB Classes at Main Location-Reg times
8 th & 9 th	Teen Camp out
13 th	Testing Paperwork Due
14 th	Black Belt Candidate Recommendation Test: 6pm-9pm
18 th	BB Mandatory Star Test Run Through: 6:30pm
19 th	Info Due for the Newsletter
19 th & 20 th	Quarterly Color Belt and BB Star Testing: See times and dates
22 nd	Dojang Closed: Brainstorming Meeting: Adv Belts & higher welcome

If there are any other events, you would like to see in the newsletter contact Front Desk @ 719-260-4700 or familytaekwondo@gmail.com for more information.