



## Academy of Life and Leadership Taekwondo

[WWW.FAMILY-TAEKWONDO.COM](http://WWW.FAMILY-TAEKWONDO.COM)

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New Life Church High Country Homeschool

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

# Announcements OCTOBER 2018

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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**

### **Teacher Appreciation - Train Free in October**

We would like to show our appreciation to all the hard-working teachers out there as we work together to reinforce valuable life skills in the future generations. Invite your teachers to come to class and train free for the whole month of October. If your teacher has not taken advantage of the program before they will be given a free T-shirt to wear to class.

### **Costume Contest Oct 29<sup>th</sup>-31<sup>st</sup>**

Don't forget to wear your costume to class October 29<sup>th</sup> thru the 31<sup>st</sup>! 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. Come and have some Halloween fun and share your costume with us.

### **White & White SR. Testing Nov 8<sup>th</sup>**

All our White and White Sr's your testing sign-up sheet and papers will be on the front desk October 25<sup>th</sup> and will be due November 1<sup>st</sup>. The test is scheduled November 8<sup>th</sup> during the 5:45 class.

### **Santa's Workshop Camp November 19<sup>th</sup>-21<sup>st</sup>**

Santa's Workshop is coming to TKD! Kid's & Teens are invited. You will have the opportunity to choose & make some amazing and special gifts for your parents, family, or friends. **The cost of the gifts is included in the cost of the camp**, so there is no extra cost to you. All you need to bring is a sack lunch, and an attitude to learn, have fun and be creative. Parents, this is a great opportunity to help your children be independent in their gift giving. They get to choose from the gifts offered and can make a new gift each day. **See email, APP or website to sign up.**

We will also learn some new games, improve taekwondo skills as well as make some new friends. For any questions contact Pam Resner @ 303-829-7583

**Who:** All ages **Location:** Main School in Mall

**Date & Time:** Nov 19-21, 9am-2pm **Cost:** \$40 per day or \$89 for all 3.

### **Announcing Tryouts**

### **2018 Competition & Gospel Teams!**

**Tryouts will be held on Saturday, November 3<sup>rd</sup> 2:00 - 5:00 pm in the Main Dojang**

*Tryouts are required for Comp Jr & Sr Team Membership*

If you are interested in trying out for the 2019 Competition Sr. or Jr. Team, **email Instructor Angela @ Familytaekwondo@gmail.com** (Attn: Tm tryouts) with your name, age, belt rank, tryout team members and the team for which you would like to tryout (Comp, Jr. or Sr.). 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:**

9 years old by December 31, 2017

#### **Prepare for tryouts:**

- Know Koryo (Black Belt form)
  - 60 - 75 second creative team demo (3 - 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, acting and skills demonstration portion
- **IMPORTANT:** *Bring your music on an MP3 player/phone.*

### **Attention all Red Belts, Candidates and above**

### **Important Dates November 9<sup>th</sup> & 24<sup>th</sup>!**

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 2<sup>nd</sup>, will be doing their fitness test on, November 9<sup>th</sup> at the Elite location. Please come by and support those testing. The Graduation Ceremony and Demo run thru is Saturday the 24<sup>th</sup> at the Event Center. ***Candidates, please bring all your equipment and anyone that is helping you must attend.*** The Graduation and Demo is November 24<sup>th</sup> from 2:00-4:00 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 4:00 pm on November 24<sup>th</sup>. *This is mandatory.*

## Veterans Appreciation- Train Free in November

We would like to show our appreciation to all our local Veterans. Please help us 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 2018

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 25<sup>th</sup>, over Thanksgiving weekend. Many families and friends will be traveling into town for this momentous occasion. Come enjoy and support your new 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 24<sup>th</sup>

**Time:** 2:00 to 4:00 pm Demonstration and Ceremony

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

**RED BELT CLEAN UP:** Immediately following the Ceremony starting about 4:00 to 4:15 pm.

## Save the Date- Holiday Sale-December 1st Pre-Sales ends Nov 15th

*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 15<sup>th</sup>.**

## Annual Christmas Party Dec 8<sup>th</sup> @ 1:30

Come join us on Dec. 8th from 1:30-4:30 pm, for a Candy Land Christmas! There will be crafts set up for the kids, and a life-sized version of Candy Land for all. So be sure to wear a solid colored shirt or come as your favorite Candy Land character. Santa may even sneak in to see who's been naughty or nice. We will also be doing a gift exchange so please bring a gently used gift from home for each person participating. (\$5 value for a child or a \$10 value for a teen or adult) There will be 3 groups this year; 3-6, 7-12, 13-adult. It's FREE for all, just bring an appetizer or dessert to share. If you can help, please sign up on the ALL TKD app **See email, APP or website to sign up.**

## 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

13 <sup>th</sup>	BB Class Main location-Reg times
19 <sup>th</sup>	Info Due for the Newsletter
25 <sup>th</sup>	Wh/Wh Sr Testing Sheets Out
25 <sup>th</sup> -28 <sup>th</sup>	ESPN, Comp Tm
29 <sup>th</sup> -31 <sup>st</sup>	Halloween-Wear your costume to class- <b>No Masks Please</b>
31 <sup>st</sup>	BBC practice-Mall Demo @ 6:30pm

### November

1 <sup>st</sup>	Wh/Wh Sr Test Papers Due
4 <sup>th</sup>	Day Light Savings
8 <sup>th</sup>	Wh/Wh Sr Test @ 5:45 pm
9 <sup>th</sup>	Fitness Test
10 <sup>th</sup>	BB Class Main Location-Reg Times
19 <sup>th</sup>	Info Due for Newsletter
19 <sup>th</sup> -21 <sup>st</sup>	Santa Workshop w/ Ms. Pam
22 <sup>nd</sup> -24 <sup>th</sup>	Dojang closed for Thanksgiving/ BBC Graduation
24 <sup>th</sup>	BBC Graduation 2pm Mall Event Center

### December

1 <sup>st</sup>	Save the Date-Holiday Sale @ 10am
7 <sup>th</sup>	TT/LD Test Prep Day
8 <sup>th</sup>	Annual Christmas Party @ 1:30 pm
13 <sup>th</sup>	Testing Papers Due
19 <sup>th</sup> /20 <sup>th</sup>	Color Belt/ BB Testing
19 <sup>th</sup>	Info Due for Newsletter
24 <sup>th</sup>	Dojang Closed Dec 24 thru Jan 3rd- Yearly meeting TBA

If there are any other events, you would like to see in the newsletter contact us at [familytaekwondo@gmail.com](mailto:familytaekwondo@gmail.com)