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February 2010

Calendar grid for February 2010 with days of the week and dates. Includes notes for tournament meetings and testing days.

Please become an ATA Ambassador!

Students and parents join us as we work with the ATA to celebrate the 40th anniversary of the ATA. When you bring in a friend to try out a class, we will say thank you by giving you a gift.

If your friends sign up, in addition to our normal \$25 ambassador credit, you will receive exciting prizes.

If your friend is under 18 years old, a parent must be present. Members of the same family count as one referral.

Schedule of events

- Feb. 6th 2:30 Tournament Meeting
Feb 6Th 3:45 Judging Seminar
Feb 13 3:00 pm. Demo at Veterans Building
Feb 19th Tiny Tigers Testing
Feb 19th Kids White, orange, yellow belt testing
Feb 20th Camo and above kids, adult and Blackbelt Testings
Feb 27th Tournament— Stockton



If you are going to Spring Nationals register at www.ataonline soon to get early bird pricing.

Testing

Are you ready to show off your moves? Testing is February 19 and 20th. Practice, work hard, set your goal for the next test. Please be aware that there are NO make up tests.

Friday Feb. 19 All rank Tiny Tigers— 4:30
Kids White, Orange, Yellow 5:30

Saturday Feb 20
Kids Camo—Red Belt 9:30
All Adults— 12:00
All Black Belts— 2:00

Black Belt ceremony 4:00

Tournament meeting

Join us for the first tournament meeting of the year. Feb. 6th at 2:30. It is exciting to have earned a tournament for 2010. Tournaments are exciting and fun to host; they are also a lot of work.

Judging Seminar

There will be a Level 1 and Level 2 judging Seminar Feb 6th from 3:15– 5:00 pm. You must be at least 12 years old and a first degree black belt to certify level 1.

There is a \$7.50 charge ( for the chevron) to certify Level 1, and \$5 fee for Level 2. Recertification is free.

Where are you with your fitness goals for 2010?

Parent's get 30 days free and a free uniform if you want to for our exciting taekwondo classes. Adult Classes are Tuesday and Thursday at 10:00 am or 6:30 pm and Friday 6:30 and Saturday 11:10 am.

Tournament Feb 27th

Come show off your moves Feb 27th at the Edward's tournament in Stockton. The tournament is the week after testing. There is no better time to demonstrate your taekwondo than the week after testing.

Tournaments are a great way to make new friends, learn something new, show off your mad skills, and have fun!

We have earned a tournament this year, but the way we earn a tournament is by supporting other's tournaments.

So talk to your friends, arrange to carpool and come join in the fun!

Goals

Having a goal is to want something and be willing to work hard for it. Goal setting is a way to learn how to improve your life. The skills your learn in taekwondo will stick with you your whole life; making you a strong leader wherever you go.

Courtesy

Show courtesy by being kind and considerate of others and expressing thanks for what they do for you. Be sure to tell someone thank you when they are kind to you, helps, you or shares with you.

We use courtesy in the taekwondo studio, by saying thank you , or good job to our partners. Standing when Black Belts approach us, and calling black belts by Mr., Ms. or Mrs. and their last names.

Courtesy means thinking of others. One of the most important ways to show courtesy in your life is by not using put-downs and insults to embarrass or hurt others.