



ATA Strong Campaign & T-Shirts

I am excited to announce our school's participation in the new **ATA Strong** campaign! Martial arts has tremendous benefits, and this campaign is designed to reward students for being an active within our organization. As many of you have noticed, we have updated a panel on our pro shop wall with the new gear that can be purchased with special red coins. These coins can be earned for:

- Referring buddies to our school
- Participating in special seminars
- Submitting photos of you training while on vacation
- Participating in outside demonstrations
- Joining our instructor training program

Redemption information will be posted on the wall by our front counter.

At larger regional and national/world-level tournaments, gold ATA Strong coins will be awarded. These gold coins can only be redeemed at certain events, but for much cooler prizes!

Also... T-shirts may be worn in lieu of uniform tops until 10/1.

Nick Zorn, 4th Degree Black Belt

School Owner, West of the Moon ATA
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WORD OF THE CYCLE: **PERSEVERANCE**

MEANING: "Never giving up."

STUDENTS OF THE CYCLE

Tiny Tigers (Beg)	Ella Baker
Tiny Tigers (Int)	John Dickinson
Beginner	Kyle Maszak
Intermediate	Sarah Thom
Advanced	Stacey Limacher
Black Belts	Keirstyn Blomquist

Hail to the Chief... Instructor!

Starting August 28th, I will be offering a morning class on Tuesdays from 9:30-10:30a for all ranks, ages 15 and up. If there are any parents that are home during the day but can't find time in the evening to take class, this is an excellent way to get started!

We're going to be changing the way we reward kids for academic success. We don't want to give out a clip for every test, quiz and report card that a child brings in. Instead, we will give out one clip per "A" or your school's equivalent of an "A" on a report card.

That being said, we'd still like to reward kids for their academic accomplishments. Instead of sending them into class with just their work, please fill out a note card with a brief statement about why your child deserves academic recognition so we can share it with their class. It's up to YOU, the parent, to decide what is worthy of a clip for your child. *Please help us recognize your child's outstanding effort!*

Charlotte Kennerly, 3rd Degree Black Belt

Chief Instructor, West of the Moon ATA
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CHIEF INSTRUCTOR'S TRAINING TIP OF THE CYCLE:

Never miss an opportunity to practice balance. Stand on one foot when brushing your teeth, helping clean dishes, waiting in line or anytime when you are standing. Every little bit of practice helps you be stronger.



The Limacher Family with Chief Master Minton (left) and Grandmaster In Ho Lee (right)

Regional Tournament Results

7/28 ▪ Bloomington, Illinois

Dickinson, Shea: 2nd forms, 1st sparring

Dickinson, John: Awesome competitor

Fauber, Lisa: 1st forms, 2nd sparring

Iyer, Om: 3rd sparring

Limacher, Gabe: 3rd forms

Limacher, Jeff: 1st sparring

Limacher, Merek: Awesome competitor

Limacher, Stacey: 1st forms, 1st sparring

Olah, Cydney: 2nd creative forms, 3rd creative weapons

Thom, Sarah: Awesome competitor

We're extremely proud of everyone that competed at the tournament. Our next regional tournament is on **September 22nd** in **Tinley Park, Illinois**. Students competing for the first time, or those that do not know an entire form are welcome to compete in a NOVICE division. All students under the age of 17, regardless of rank, will receive a competitor trophy/medal for competing.



NEW Black Belt Essay Requirement

The path to black belt is different for everyone. We want you to tell us what Taekwondo means to you and what it has done for you. Therefore, as a recommended black belt, you will need to write a short essay about your experiences so far to receive permission for your black belt testing.

Your essay must be a minimum of 1 page, and it will be published on our web site.



Kidz'n Power Safety Tip of the Cycle:

When a child is separated from their parent, it's always safest for them to find a mom with other kids or a grandmother for help. **Never get in a stranger's car!**

TEXT MESSAGE REMINDERS

Session start dates, important events,
closings due to inclement weather

Text **KARATE** to **77948**

TESTING CYCLE OVERVIEW

AUGUST

SUN	MON	TUES	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18 Rank Testing
19	20 Session Starts	21	22	23	24 Parent's Night Out	25 Pool Party
26	27	28	29	30	31	

8/25 • POOL PARTY, 7:30-9:30p

Come and celebrate the end of summer at our annual pool party. We've rented the entire Civic Center Pool (Aquatic Park) for 2 full hours. Cost is \$10 per family. Please bring a dish to pass.

5 Ashlawn Ave, Montgomery, IL 60538

8/24 • PNO, 7:00-10:00p

Parents can drop off their kids and while they're out enjoying a night out, we'll be playing games, eating pizza, and watching a movie. Cost is \$20/students, add a family member for \$10/ea.

SEPTEMBER

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3 Labor Day CLOSED	4	5	6	7	8 Kidz'n Power
9	10	11	12	13	14 Parent's Night Out	15 Ft Wayne Tournament
16	17	18	19	20	21	22 Tinley Park Tournament CLOSED
23/30	24	25	26	27	28	29

9/8 • KNP CHILD SAFETY CLASS

We are hosting our quarterly Kidz'n Power child safety class. Our program is endorsed by Amber-Alert.com and teaches kids about "stranger danger," and some breakaway self-defense. This class is geared towards ages 4-10. This is a FREE class open to the community. Preregister on our web site or at our front counter.

9/22 • REGIONAL TOURNAMENT

We will be closed for a regional tournament in Tinley Park, IL. All ages/ranks are encouraged to participate. Signup at our front counter.

OCTOBER

SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 Chicago Marathon	8 Columbus Day CLOSED	9	10	11	12 Parent's Night Out	13 Kidz'n Power
14	15	16	17	18 Testing Sheets Due	19 Make-up Testing	20
21	22	23	24	25	26	27 Rank Testing
28	29 Session Starts	30	31 Halloween Party			

10/13 • KNP CHILD SAFETY CLASS

The Oswego Family YMCA will be hosting a Kidz'n Power child safety class, FREE for all Y members. This is the same program we offer at our school. Repeating the course as a refresher could definitely be beneficial for younger kids. Preregister at the Oswego Family YMCA.

10/31 • HALLOWEEN PARTY

Stop by and "trick-or-treat" the school. We'll be offering games and prizes for everyone that stops by. We'll also be offering some great incentives for those that enroll on **Halloween**.



	BASIC TIGERS	INT. TIGERS	BASIC	INTERMEDIATE	ADVANCED	BLACK BELTS
FORM	Songahm #1 First Half	In Wha #1 First Half	Songahm #1	In Wha #1	Choong Jung #2	Rank-Appropriate
LOW-RANK FORM	N/A	N/A	N/A	N/A	In Wha #1	In Wha #1
SPARRING	SA1 One-Step #1 & 2	IW1 Sparring Segment #1	SA1 One-Steps #1 & 2	IW1 Sparring Segments #1-2	Advanced Free-sparring	Advanced Free-sparring
SELF-DEFENSE	Bear Hug Front & Behind	In Wha #1 Self-Defense #1	Songahm #1 Self-Defense #1-2	In Wha #1 Self-Defense #1-2	Choong Jung #2B Self-Defense #1-2	Choong Jung #2B Self-Defense #1-2
BOARD BREAK	N/A	Reverse Elbow	Front Kick	Reverse Elbow	#3 Jump Round Kick	Rank-Appropriate
PROTECH WEAPONS	N/A	N/A	N/A	N/A	N/A	Mid-Range Jahng Bong