



# WEST OF THE MOON ATA

**2012**  
Session #5

## Happy 1-Year Anniversary!

This session marks the first successful year at our new location.

As many of you have noticed, our classes are growing in size. Unless we expand our workout floor, we're going to run out of room! Fortunately, there is an additional 1,000 sq ft of space in the empty unit next door. We'd like to extend our school into that unit, and we need your help.

Effective **12/1**, we will be raising our tuition by \$5 for current students, and \$15 for new students. In addition, I am going to lock in tuition at \$85/mo for current students for the next full year as my way of thanking everyone for getting us started. For new students, \$95/mo is still the best deal in town when most schools are charging \$100-135/mo and limiting students to 2-3 classes per week. Affordability is our goal!

Our goal is to gain the additional space within 6 months. We are also planning on converting our current storage room into a second bathroom. I will keep everyone posted on our progress in securing the additional space.

Also, on a personal note, thank you to everyone that supported me in the Chicago Marathon this year. Your generous donations to the American Cancer Society will go a long way in helping those currently battling cancer as well as researching a cure. Thank you again for your support!

### Nick Zorn, 4th Degree Black Belt

School Owner, West of the Moon ATA

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## WORD OF THE CYCLE: **RESPECT**

**MEANING:** "Treating people how you'd want to be treated."

### STUDENTS OF THE CYCLE

<b>Tiny Tigers (Beg)</b>	Olivia Hernandez
<b>Tiny Tigers (Int)</b>	Rylie Joslin
<b>Beginner</b>	Matt Yackley
<b>Intermediate</b>	Triston Green
<b>Advanced</b>	Adam Whelpley
<b>Black Belts</b>	Amber Baylor

## Hail to the Chief... Instructor!

This cycle, Mr. Zorn and I challenge you to perform your form **100** times outside of class. While you won't know the whole form right away, you can practice your old form, plus whatever new material you have learned. Mr. Zorn and I will be doing our forms at least 100 times this cycle and you will be able to see our progress. Let's see who can do their form the most! If you perform your form 100 times, you'll earn an ATA Strong coin. Remember, integrity is one of the life skills of Taekwondo, and we will trust that you are doing your form. The next couple of weeks are an excellent time to keep up with your old form to be ready for Sr. Master Barnum's tournament on 11/10. We had over 20 competitors at the Tinley Park tournament, I would love to see at least 30 of our students at this next one. Be ATA Strong!

I want to remind all of our adults of the Tuesday morning class. If you have been sitting in the parents area, this is the time for you to come out and learn what your children are doing! If you are able, please join us each Tuesday at 9:30AM for an all-rank adult class.

The first quarter of school has ended. Please bring in your report cards, you will receive a clip for every A (or equivalent).

### Charlotte Kennerly, 3rd Degree Black Belt

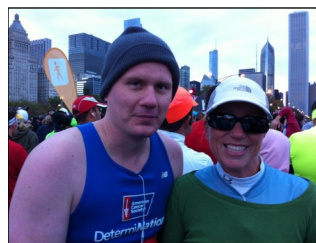
Chief Instructor, West of the Moon ATA



## Tinley Park Tournament

Friday before the tournament, Grandmaster In Ho Lee ran a workout for the H.U. Lee Foundation. Mr. Zorn, Mr. Korte, Miss Olah and Sarah Thom were all worked to death!

On Saturday, approximately 20 people from our school competed. Our school had its biggest group of first-time competitors, ever. We expect to bring even more to the Bloomingdale tournament!



## Chicago Marathon

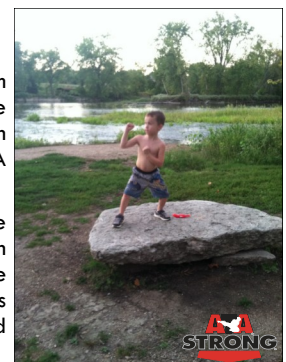
Mr. Zorn ran the 2012 Chicago Marathon for the American Cancer Society. He finished in **5:05:39**.

At age 40, Mrs. Kean, parent of black belt John Kean, also ran the race and finished in **4:32:43**. Mrs. Kean has a cyst inside her spinal cord and suffers from horrible chronic pain. To anyone that has doubts about being able to run a marathon, if Mrs. Kean can do it, so can you!

## Are YOU ATA Strong?!

We have gotten lots of photos from students that have taken our challenge and practiced martial arts while on vacation. Each student received an ATA Strong coin for submitting their photo.

Without a doubt, our favorite picture from this past session was Eric Hamilton (pictured). According to his sisters, he took off his shirt and hopped up on this rock and started showing off moves he'd learned in class for complete strangers!



It takes A LOT of courage and confidence to put on a demonstration by yourself, especially in front of people you don't know. Eric is definitely ATA Strong! Keep those photos coming everyone!



### Kidz'n Power Safety Tip of the Cycle:

Remind kids to take a friend whenever they walk or bike to school. Also, remind them to stay with a group if they're waiting at the bus stop.

## TEXT MESSAGE REMINDERS

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

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

### CHIEF INSTRUCTOR'S TRAINING TIP OF THE CYCLE:

*Practice does not make perfect - practice makes permanent. When you are practicing your material in class or at home, practice to the best of your ability. This will make your form ATA Strong!*

# TESTING CYCLE OVERVIEW

NOVEMBER

SUN	MON	TUES	WED	THU	FRI	SAT
	10-29 <i>Session Starts</i>	10-30	10-31 Halloween Party	1 <i>Photo Day</i>	2 <i>Photo Day</i>	3
4	5	6	7	8	9	10 Regional Tournament NO CLASSES
11	12	13	14	15	16 Parent's Night Out	17 Grand Re-opening
18	19	20	21	22 Thanksgiving NO CLASSES	23 Black Friday Camp & Sale	24
25	26	27	28	29	30	

## 10/31 • HALLOWEEN PARTY

Stop by and "trick-or-treat" the school. We'll be offering games and prizes for everyone that stops by.

## 11/10 • Bloomingdale, IL Tournament

Our school will be closed for a regional tournament in Bloomingdale, IL. All students are encouraged to compete.

## 11/16, 12/7, 1/11 • Parent's Night Out

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.

## 11/17 • Grand Re-opening

We'll be celebrating our first year at our new location by offering some special classes and prizes for everyone that stops by.

## 11/23 • Black Friday Camp • 5a-12p

While parents go out and shop, we'll be teaching the coolest weapons, playing games, eating breakfast, and watching cartoons.

## 12/22 • Holiday Party • 6-8p

Come and celebrate the holidays with us at our second annual holiday party. Bring a dish to share and enjoy games, prizes, and lots of other fun.

DECEMBER

SUN	MON	TUES	WED	THU	FRI	SAT
						1
2	3	4	5	6	7 Parent's Night Out	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22 Holiday Party
23/30	24/31	25 Christmas Day NO CLASSES	26	27 Testing Sheets Due	28 Make-up Rank Testing	29

JANUARY

SUN	MON	TUES	WED	THU	FRI	SAT
		1 New Years Day NO CLASSES	2	3	4	5 Rank Testing
6	7 <i>Session Starts</i>	8 Make-up Rank Testing	9	10	11 Parent's Night Out	12
13	14	15	16	17	18	19 Regional Tournament NO CLASSES
20	21	22	23	24	25	26
27	28	29	30	31		

## 12/28, 1/8 • Make-up Rank Testing

We realize with the holidays, many students will be out-of-town. We will be offering TWO make-up testing dates for your convenience this cycle.

## 1/5 • Rank Testing • 10a-2p

The culmination of our testing cycle is rank testing. Students should have attended 18-20 classes and be proficient in their required material to be eligible.

10a-11:30a Tiny Tigers / Beginners

11:30a-2p Intermediate+

Students will be notified of their eligibility in advance.

	BASIC TIGERS	INT. TIGERS	BASIC	INTERMEDIATE	ADVANCED	BLACK BELTS
FORM	Songahm #2 First Half	In Wha #2 First Half	Songahm #2	In Wha #2	Choong Jung #1	Rank-Appropriate
LOW-RANK FORM	N/A	N/A	N/A	N/A	In Wha #2 1BR: Songahm #2	In Wha #2
SPARRING	SA2 One-Step #1 & 2	IW2 Sparring Segment #1	SA2 One-Steps #1 & 2	IW1 Sparring Segments #1-2	Advanced Free-sparring	Advanced Free-sparring
SELF-DEFENSE	Upper & Lower Body Distractions	In Wha #2 Self-Defense #1	Songahm #2 Self-Defense #1-2	In Wha #2 Self-Defense #1-2	Choong Jung #1 Self-Defense #1-2	Choong Jung #1 Self-Defense #1-2
BOARD BREAK	N/A	Hook Kick	Side Kick	Hook Kick	#2 Round Kick	Rank-Appropriate
PROTECH WEAPONS	N/A	N/A	N/A	N/A	N/A	Mid-Range 2nd Half