



Newsletter • Session 6/2011



Parents & Students,

Welcome to our new school! I am looking to expanding our class activities to take advantage of the extra space and amenities our new facility has to offer.

We have a NEW student web site with an immense amount of information about our program...

<http://www.myataschool.com/student>

It's an excellent reference guide, and I encourage you to use it! You can log into this site with the username "student" and password "taekwondo." I will be adding more content in the weeks to come, but all of the form material is available now.

Feel free to drop me an e-mail with your comments... n.zorn@myataschool.com or give me a call at 630-554-3009.

Thanks for being a part of our school!

Nick Zorn, 4th Degree, Chief Instructor

Regional Workout (Champaign, IL)

December 4th - 1:00-4:00p

Open to brown belts and above, ages 13+. Attire is full black "creative" dobok or full white dobok. Bring full sparring gear and a Bahng Mahng Ee.

2413 Village Green Pl, Champaign, IL

Parents Night Out

December 9th & January 13th - 7:00-10:00p

PARENTS! MARK YOUR CALENDARS AND PLAN YOUR NIGHTS OUT NOW! For less than you'd spend on a sitter, your kids will enjoy 3 full hours of games, movies and pizza while you go out and enjoy yourselves, guilt-free! Both male and female chaperones will be present at all times.

Jedi Training

Do you want to learn the ways of the Force? We are bringing in a special guest instructor to teach this super-popular class. Participants will get to dress up as Jedi trainees and learn how to fight the evil Sith. Registration for this event will likely be capped, so when the sign-up forms go out, make sure you return yours as soon as possible to secure your spot!

WORD OF THE CYCLE: SELF-CONTROL

MEANING: Controlling your actions.

NEW STUDENT INFORMATION

BOWING

Bowing is a Korean way of showing respect. Students are expected to bow towards the flags before stepping onto or off of the workout floor.

UNIFORMS

All students are expected to wear their complete white uniform to class. Female students are required to wear a white t-shirt underneath their uniform top, and male students have the option of wearing a white t-shirt. No other color t-shirts may be worn underneath. School t-shirts and black workout pants may be worn in lieu of a uniform top for **FRIDAY** and **SATURDAY** classes only.

ATTENDANCE

Plan to arrive at least 5 minutes early to class so that you are ON-TIME for your class. Students will not be allowed to enter a class if they are more than 15 minutes late.

BLACK BELT "ATTITUDE CLIPS"

Students can earn these clips to be worn on their belts for outstanding performance in class. Twenty-five (25) clips may be traded for the next level "Victory Patch" to be worn on their uniform.

Important Dates

- Nov 14** • Session Starts
- Nov 19** • Grand Opening - **No Regular Classes**
- Nov 24** • Thanksgiving (**No Classes**)
- Nov 25** • Black Friday Weapons Camp
- Dec 4** • Regional Workout - Champaign, IL
- Dec 9** • Parent's Night Out
- Dec 17** • Holiday Party
- Jan 13** • Make-up Testing & Parent's Night Out
- Jan 21** • Testing & JEDI Training

Dates subject to change. Please visit our web site for the most up-to-date event calendar.

	BASIC TIGERS	INT. TIGERS	BASIC	INTERMEDIATE	ADVANCED
FORM	Songahm #3 First Half	In Wha #1 First Half	Songahm #3	In Wha #1	Choong Jung #2
LOW-RANK FORM	N/A	N/A	N/A	N/A	Songahm #3
SPARRING	SA3 One-Step #1	Footwork	SA3 One-Steps #1 & 2	Footwork	Footwork
SELF-DEFENSE	Forward Roll	Forward Roll	Forward Roll	Forward Roll	Diving Forward Roll
BOARD BREAK	N/A	Elbow Strike	N/A	Elbow Strike	Jump Front Kick