



# Newsletter • Session 1/2012



Parents & Students,

I look forward to continuing to grow our school over the next testing cycle. I want to announce a few changes that will start on 1/23...

- As requested, the advanced classes will now run a full hour.
- We have added an instructor training class for students 12 and up. Please let me know if you're interested in becoming a trainee instructor.
- We have added a competition class on Fridays.
- Our intermediate class on Saturdays is now mixed ages, not just for 7 and under students.

Feel free to drop me an e-mail with your comments... [n.zorn@myataschool.com](mailto:n.zorn@myataschool.com) or give me a call at 630-256-0566. Your ideas help make our school better!

**Nick Zorn, 4th Degree, Chief Instructor**

## Regional Tournaments

January 28th - **Merrville, IN**

March 17 - **Champaign, IL**

**ALL STUDENTS** are encouraged to compete in these regional tournaments. Our school will be closed on these Saturdays. Please sign up at the school.

## Parents Night Out

February 10th & March 9th - 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.



## Kidz'n Power Child Safety Open House

Saturday, February 25 - 10:30a - 12:00p

We will be offering a FREE Kidz'n Power child safety class to all students, as well as the local community. For those students that haven't taken this class yet, it's highly-recommended. We will be covering stranger-danger, breakaway self-defense techniques as well as talking about general safety. Register at the school. Space limited!

## WORD OF THE CYCLE: **INTEGRITY**

**MEANING:** Always doing the right thing, even when no one is watching.

## 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

- Jan 23** • Session Starts
- Jan 28** • Merrville, IN Tournament (**NO CLASSES**)
- Feb 10** • Parent's Night Out, 7-10p
- Feb 25** • Kidz'n Power Child Safety Open House
- Mar 9** • Parent's Night Out, 7-10p
- Mar 17** • Champaign, IL Tournament (**NO CLASSES**)
- Mar 23** • Spring Break Early Testing
- Mar 24** • Bring a Buddy, Break a Board
- Mar 31** • Testing (Special Guest: Mr. Kelly Ireland)

Dates subject to change. Please visit our web site for the most up-to-date event calendar. Also, please send an e-mail to [n.zorn@myataschool.com](mailto:n.zorn@myataschool.com) to subscribe to our e-mail list if you are not getting e-mails from us!

	<b>BASIC TIGERS</b>	<b>INT. TIGERS</b>	<b>BASIC</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>	<b>BLACK BELTS</b>
<b>FORM</b>	Songahm #1 First Half	In Wha #2 First Half	Songahm #1	In Wha #2	Choong Jung #1	Rank-Appropriate
<b>LOW-RANK FORM</b>	N/A	N/A	N/A	N/A	Songahm #1	Songahm #1
<b>SPARRING</b>	SA1 One-Step #1	Combinations	SA1 One-Steps #1 & 2	Combinations	Combinations	Combat BME
<b>SELF-DEFENSE</b>	Upper Body Distractions	Upper Body Distractions	Breakaway Self-Defense	Breakaway Self-Defense	Breakaway Self-Defense	Multiple Attackers
<b>BOARD BREAK</b>	N/A	Upset Knifehand	N/A	Upset Knifehand	Side Kick	Rank-Appropriate
<b>PROTECH</b>	N/A	N/A	N/A	N/A	N/A	Single/Double BME