



Parents & Students,

In my opinion, martial arts is definitely the best summer sport! Why? Because we can “beat the heat” inside our **AIR-CONDITIONED** school!

To continue offering the best program possible, we will be raising our tuition rates slightly next session. These will be our new rates effective **7/1/12**:

**Individual:** \$80.00 / \$72.00 YMCA

**Family:** \$160.00 / \$144.00 YMCA

Even with the minor increase, we are still the most-affordable school in Oswego and the only offering a family rate!

Just a quick note on a staff change. Mrs. Kennerly has assumed the role of chief instructor. She will be developing all future curriculum and should be your primary contact for all questions regarding the material we teach.

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 Black Belt**

School Owner, West of the Moon ATA



### WORD OF THE CYCLE: **GOALS**

MEANING: “Something you want to achieve”

### STUDENTS OF THE CYCLE

<b>Tiny Tigers (Beg)</b>	Rylie Montgomery
<b>Tiny Tigers (Int)</b>	Justin Korte
<b>Beginner</b>	Fiona Saliu
<b>Intermediate</b>	Ryan Johanes
<b>Advanced</b>	Troy Baylor
<b>Black Belts</b>	Kyle Kelty



Read The Full Story...

[ATAleadershipNOW.com](http://ATAleadershipNOW.com)



### #3 BE CONFIDENT

In Taekwondo class, you're instructed to stand at attention and project confidence. Take those same skills out of the do-jahng and into the way you walk, stand and present yourself at school and elsewhere. If your body, face and attitude show confidence, you are less likely to be bullied. When your shoulders are back, you look stronger. When your eyes are up, you're less likely to be surprised by an attack.

## 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 demonstrating a black belt attitude. Twenty-five (25) clips may be traded for the next level “Victory Patch” to be worn on their uniform. Clips can be earned...

- @ HOME**  
Bringing in a notecard with 5 good deeds performed at home (to be filled out by parent)
- @ SCHOOL**  
Bringing in good tests, quizzes and report cards
- @ TAEKWONDO**  
Outstanding Taekwondo performance, great in-class attitude, etc. (instructor discretion)



### **Ssahng Jeol Bong Clinic**

**Friday, May 11 - 7-8p**

You asked for it... **YOU GOT IT!**

We will be running a color belt weapons class to teach the basics of the Ssahng Jeol Bong (Nunchaku).

**Ages:** 8 & Up

**Cost:** \$40.00

*Includes competition-approved blue SJB*

	<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 #2 First Half	Songahm #4 First Half	Songahm #2	Songahm #4	Choong Jung #2	Rank-Appropriate
<b>LOW-RANK FORM</b>	N/A	N/A	N/A	N/A	Songahm #2	Songahm #2
<b>SPARRING</b>	SA2 One-Step #1 & 2	Songahm #4 Sparring Segments	SA2 One-Steps #1 & 2	Songahm #4 Sparring Segments	Advanced Free-sparring	Olympic-style Sparring
<b>SELF-DEFENSE</b>	Weak-Link Release & Lower Body Dist.	Weak-Link Release & Lower Body Dist.	Songahm #2 Self-Defense	Songahm #4 Self-Defense	Choong Jung #2 Self-Defense	Choong Jung #2 Self-Defense
<b>BOARD BREAK</b>	N/A	Punch	Front Kick	Punch	Round Kick	Rank-Appropriate
<b>PROTECH</b>	N/A	N/A	N/A	N/A	N/A	SSJB (all ranks)

# WOTM ATA - Events Calendar

APRIL

SUN	MON	TUES	WED	THU	FRI	SAT
1	2 Session Start	3	4	5	6	7 <i>April Tuition Due</i>
8	9	10	11	12	13	14 Board Breaking Clinic
15	16	17	18	19	20 Parent's Night Out	21 <i>South Bend, IN Tournament</i>
22	23	24	25	26	27	28 <i>Mattoon, IL Tournament</i>
29	30					

MAY

SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5 Black Belt Judging Clinic
6	7 <i>May Tuition Due</i>	8	9	10	11 Color Belt SJB Clinic	12 Mom & Kid Class
13 Mother's Day	14	15	16	17	18 Parent's Night Out	19 Women's Self-Defense
20	21	22	23	24	25	26
27	28 Memorial Day NO CLASSES	29	30	31 Testing Sheets Due		

JUNE

SUN	MON	TUES	WED	THU	FRI	SAT
					1 <i>Make-up Testing</i>	2 Kidz'n Power Safety Class
3	4	5	6	7 <i>June Tuition Due</i>	8	9 Testing
10	11	12	13	14	15 Parent's Night Out	16 Dad & Kid Class
17 Father's Day	18 <i>World Championships</i>	19 <i>World Championships</i>	20 <i>World Championships</i>	21 <i>World Championships</i>	22 <i>World Championships</i>	23 <i>World Championships</i>
24 <i>World Championships</i>	25	26	27	28	29	30