

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				February 14 Awards	15	16
17	18	19	20	21	22	23
<b>LEARN YOUR NEW FORM THIS WEEK!</b>						
24	25	26	27	28	LEGO LOCK IN! 7:00 	<b>MARCH 2</b>
3	4	5	6	7	8	9
<b>TOURNAMENT PREP THIS WEEK!</b>						
10	11	12	13	14	15	16
<b>Tournament No Classes</b>						
	17	18	19	20	21	22
<b>BRING A BUDDY DAYS</b>						
24	25	26	27	28	29	30
						Nunchuck class 12:15 - 1:00
31			3	4	5	6
7	8	9	10	11	12	13
<b>Test Practice</b>					<b>Testing</b>	
14	15	16	17	18	19	20
<b>CMS SPRING BREAK</b>						

**Upcoming  
Events @  
Charlotte  
TKDA**

**UPCOMING EVENTS:**

- Bring a buddy day MARCH 19, 20, & 21
- Next testing April 12 / 13
- BLACK BELT Conference in St. Augustine FL May 24 - 26

**CHARLOTTE TAEKWONDO AMERICA**

February - April 2019

www.TKD-NC.com

HappyValentinesDay@tkdnc.com

**Regional Tournament in Greensboro**

Date: March 16

Event: Regional Tournament

Location: Greensboro, NC

Who should participate: EVERYONE!

If you missed the opportunity to compete in January, here is your chance to make it up!

Learning a new pattern this cycle? NO PROBLEM!

**Do your old one!**

**HOW IS THIS DIFFERENT FROM THE NATIONALS?**

- 1) Smaller number of competitors
- 2) No Promotional Testing
- 3) No Demonstration
- 4) Everything happens on Saturday
- 5) More familiar setting as these school owners are all from our region
- 6) Ice Cream social Friday night



**Don't miss this great opportunity to see friends and have a great time with your Taekwondo America family!**



**ALL THINGS LEGO LOCK-IN FOR JUNIORS**

**When: Friday, March 1 Time : 8:00 - 11:00 pm Cost: \$20**

We will section off squares on the floor for kids to bring in their legos and build with each other. We will have ice cream and watch The Lego Movie.

Adults will have class at 6:00 today - all kids will have class at 7:00. Children who are signed up for the lock-in can be dropped off at 6:45 and picked up at 11:00.

EAT DINNER before coming to the lock in. Students are allowed to bring 1 guest to the lock in. The guest will pay regular price for the lock in and may also come to class.







**TAEKWONDO AMERICA**  
t-shirts may be worn to class in lieu of the traditional uniform jacket.

**\$20** plus tax

**NEXT TESTING:**

**Friday, April 12**

All White - Sr. Green Belt Juniors - 6:00 PM

**Saturday, February 9**

All Purple - Sr. Brown Belt Juniors - 10:00 AM

All Red - Black Belt Jrs & All Adults - 11:30 AM  
(Be sure to register by Wednesday, April 10)

**This Cycle's Featured Item - PUNCHING BAG GLOVES**

These Century Bag Gloves are made specifically for punching heavy bags, catching mits, and focus pads. They are less than half the price of a pair of sparring gear gloves and they are significantly more durable.

I have been asked to teach a Boxing Seminar at our Black Belt Conference in May. We will be doing a lot of boxing combinations and bag work in anticipation of the upcoming conference.

These gloves are available in Men's size and in Women's/Children's size.



**Only \$16.00!**

ATTENDANCE GUIDELINES (Minimum Class Attendance)	10	WHITE
	11	YELLOW
	12	ORANGE
	13	GREEN
	14	PURPLE
	15	BLUE
	16	BROWN
	16	RED
16	BLACK	

**Attn: Parents**

Please remind your child to enter his/her number when entering class. If class has already started, students should enter their number **AFTER CLASS.**



**PATCHES**

Remember that there are TWO front patches that should be on ALL student and instructor uniforms : the Organizational Patch (looks like a shield) and the school patch (yin/yang).

Please be sure to have them on your uniform **BEFORE** the next formal event!



**NUNCHUCK SEMINAR**

For many years, people have had a fascination with nunchucks.

As a youth, I got myself in some hot water for cutting a broom into pieces so that I could attach two of the pieces with a shoelace and make a pair of nunchucks.

Neighborhood friends would get together and practice swinging our home made weapons around for hours, thinking that we were now invincible.



**MARCH 30th**  
**12:15 pm**

The origin of this martial arts weapon is not known. Long ago, many weapons were derived from farming tools. It is possible that the nunchuck was, too. It is also thought that perhaps the nunchuck was a part of a bit and reign for a horse.

What it is now is an exciting and fun way to improve hand - eye coordination, timing, precision, and patience.

When swinging a sawed-off broomstick around as a kid, I bopped myself in the head dozens of times before learning how to safely and efficiently guide the crude 'chucks around my body.

Now, in the interest of safety and fun, the nunchucks we will be using are made of plastic with a foam cover which prevents injuries. We will learn basic blocks, strikes, swinging motions, and combinations. We even have silly names for some of the movements - the catch, the clutch, and even the 'YIKES' move.



**FOAM NUNCHUCKS**

Choose from:  
Black, Blue, Red, or White.

**Nunchucks are only \$8**



**CONGRATULATIONS**

- Timur Rizayev
- James Gravely
- Nicolas Velizaroff
- Casson Bell

These four men tested successfully for their 3rd Degree Black Belt recently at the National Tournament in Winston Salem, NC.

Many years of dedicated training goes into preparation for such an event, and these guys really stepped up to the plate and did a great job.



**REMEMBER THIS:**

We do not allow photography or video taping during regular class times.. We will happily accommodate you after class, Please make EVERY effort to be "on time" for class. Entering class late is disruptive and should be avoided.



**SOCIAL MEDIA**



I need your help!!! Please take a moment to "LIKE" us on Facebook at "CHARLOTTE TAEKWONDO AMERICA".

Too, please take a moment to write a short review on Google about our school. If you search for "Charlotte Taekwondo America" on Google, it will give you the opportunity to write a short review. It will help us by increasing our exposure on the internet. Thanks!



**MAY 23 - MAY 27, 2019**  
**RENAISSANCE WORLD GOLF VILLAGE RESORT**  
500 SOUTH LEGACY TRAIL  
ST. AUGUSTINE, FL 32092

ROOM RATE IS \$179 PER NIGHT. GROUP CODE IS TKATKAA.  
BOOK BY APRIL 27 - 800-468-3571

**BLACK BELT CONFERENCE FEE - \$275**  
**T-SHIRT AND REGISTRATION DEADLINE - MAY 4**  
**ONLINE REGISTRATION:**

**HIGH RANK TESTING FEE - \$200**  
**REGISTRATION DEADLINE - APRIL 24**

