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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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24	25	26	27	28	29	30
						Nunchuck class
						12:15 - 1:00
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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!

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



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!



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.

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)

PATCHES

Remember that there are TWO front patches

that should be on ALL student and instructror

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!

$520\,$ plus ta

	10	WHITE
(e)	11	YELLOW
Minimum Class Attendance	12	ORANGE
Atten	13	GREEN
lass /	14	PURPLE
o un	15	BLUE
linim	16	BROWN
≥	16	RED
	16	BLACK

ATTENDANCE GUIDELINES

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.



Become a Fan on

Facebook



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 Face-

book at "CHARLOTTE TAEKWONDO AMERICA".

Too, please take a moment to write a short review on <u>Google</u> 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!



This Cycle's Featured Item - PUNCHING BAG GLOVES

These Century Bag Golves 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!





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 reapons around for hours, thinking that we were now in whicible.

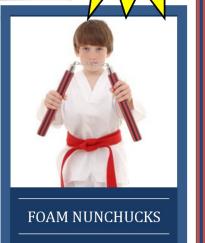
MARCH 30th 12:15 pm

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 <u>exciting and fun</u>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.



Choose from:
Black, Blue, Red, or White.
Nunchucks are only

\$8

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CONGRATULATIONS

Timur Rizayev

James Gravely

Nicolas Velizaroff

Casson Bell

These four men tested successfully for their 3rd Degree Black Belt recently at the National Tournement 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.

