

CHARLOTTE TAEKWONDO AMERICA

Feb-Apr 2018 www.TKD-NC.com email -Sean@TkdNC.com

TOURNAMENT



DATE:	March 17
For Whom:	EVERYONE! All Ranks & Ages
WHERE?	Roanoke, VA
Tournament Prep Class	March 3rd 12:00 - 1:15

March 17 is the date set for the Roanoke Regional Tournament. All students should participate in this event. Students don't become the best at what they do so they can participate in tournaments. They become the best at what they do BECAUSE they participate in tournaments. This is a great opportunity to compete against other students in a safe, fun, and exciting environment.

Get signed up and get your name up on the wall today!

OUR GOAL

25 Students - 25 Medals

We will have a tournament preparation class for this event. Check the calendar for date.

Book your room early.
(Courtyard by Marriott -
540-563-5002)

Talk to your friends. Set up car pooling. Head up after school Friday afternoon and enjoy the weekend!



Note: The deadline to pre-order a tournament t-shirt is March 2nd. Pre-ordering is recommended to insure availability.

BOARD BREAK CHALLENGE

Earn a Gold Medal for Board Breaking!

At the Roanoke tournament, we will have our next Board Breaking Challenge. Here are the highlights :

- ◆ 5 Different Board Breaking Techniques
- ◆ 1 Chance at each station
- ◆ 5 Breaks = Gold 4 Breaks = Silver 3 Breaks = Bronze

This challenge is open to Green Belts and higher ranks of all ages. The challenge will use color coded re-breakable boards. The sign up for our Board Breaking Challenge is on the back of the Tournament Registration form.



PREPARE, COMPETE, AND CELEBRATE!

Don't Procrastinate!



Don't wait! The sooner you sign up for an event (ie, the sooner you "commit") the more time you will have to devote to working toward that goal.

Most of the events that we participate in are largely motivational tools - they give us a goal to work towards. When we have that "carrot" dangling out in front of us, we work hard to reach it. We work out more often (even forgoing other events) and we work harder during those workouts. Conversely, when a student signs up for a tournament or a testing at the last minute, they will only be excited about it and work hard in preparation for it for a very short time. When a student is unsure about whether or not he or she will be participating, there is no incentive for them to try any harder. **SIGN UP FOR THE TOURNAMENT TODAY!**

Getting Signed Up For An Event

1. Sign up as early as possible - help keep the student motivated by encouraging a regular workout schedule. Attend the "Prep" classes.
2. Participate in as many events as possible. This builds confidence and teaches life skills.
3. Talk to children about participating, and get them excited about the event.
4. Mark the calendar, and set up a class planner so you know how far out the event is, and so the child can make his or her own plan.
5. Take and share videos and photos - they are great keepsakes.



TOURNAMENT PREP CLASS MARCH 3

12:00 - 12:30 Tournament Forms

12:30 - 1:15 Tournament Sparring

All tournament participants will have class at the same time, regardless of rank or age. Parents are encouraged to stay for this class as THEY WILL HELP JUDGE during this class. This is a lot of fun for everyone while helping parents understand the tournament rules. **Students must be signed up for competition to attend this class.**

Black Belt Conference

We have our Black Belt Conference over the Memorial Day Weekend at the Sawgrass Marriott Golf Resort in Ponte Verda Beach, FL. This is a great opportunity to work out with black belts from across the nation. At the same time, we will have lots of time to enjoy the beach, the pool, and all of the amenities offered by this world class resort.

Black belts must be 13 years old to participate in the conference, but everyone is welcome to go and enjoy the weekend. See Mr. Wilson for an itinerary. Book your room soon, as the room block will fill up!

ACCOMMODATIONS: Sawgrass Marriott Golf Resort & Spa (904) 285-7777

1000 Pga Tour Blvd, Ponte Vedra Beach, FL 32082 Discount code: Taekwondo



Bag gloves for Men, Women, and Children
\$16 / pair



Our Next Testing

Friday, April 13th

White, Yellow, & Orange Belt Jrs @ 6:00 pm

Saturday, April 14th

Green, Purple, Blue, and Brown Belt Jrs - 10:00

Red & Black Belt Juniors and All Adults - 11:30

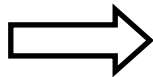
We tried something new with the format of our testing in February. The Friday night testing went quickly and smoothly. The Saturday morning testings went smoothly as well. By splitting the testing up, there is not as much congestion in the lobby and the parents have more room to sit and watch.

We will continue this format in April.

Be sure to register for testing by Wednesday, April 11th.

New Student Incentive

Each new student enrolling in February or March will receive a TA Focus Pad in addition to their regular enrollment. If you know someone who wants to get started, encourage them to participate in our Bring a Friend Days.



MARCH 27 or 28

Tuesday @ 6 pm or Wednesday @ 4 pm

IT'S BRING-A-FRIEND DAY!



Remember that only TAEKWONDO AMERICA t-shirts or uniform jackets may be worn in class.

T-shirts can be from tournaments, camps, or from any Taekwondo America school.

T-shirts are \$20.



CHARLOTTE TAEKWONDO AMERICA
BOARD CARD

Student's Name _____ Date _____

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

For Board Sizes 3" - 7" Instructor's Signature

CHARLOTTE TAEKWONDO AMERICA
BOARD CARD

Student's Name _____ Date _____

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

For Board Sizes 9" - 11" Instructor's Signature

Wooden Board Cards

The cost of boards and the price for shipping are increasing, and so we are forced to change the price of our Wooden Board Cards. The Junior Card (for 3", 5", and 7" boards) will now contain 10 boards instead of 12, but will remain \$25. The Adult Card will retain the 8 boards but will be \$28.

THESE CHANGES WILL TAKE PLACE MARCH 1ST. UNTIL THEN, BUY AS MANY BOARD CARDS AS YOU WOULD LIKE AT THE CURRENT PRICE.

SUN- DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				February 15 	16 Regular Schedule Resumes	17
18	19	20	21	22	23	24
Buy Your Board Cards Now!						
25	26	27	28	March 1st Board Card Price Increase Starts	2 Tournament T- Shirt Deadline	3 Tournament Prep Class 12:00 pm
Bring a Friend Days						
4	5	6	7	8	9 Tournament Registration Deadline	10
11	12	13	14	15	16 No Classes	17
Tournament Prep Week						
18	19	20	21	22	23	24
25	26	27	28	29	30	31
April 1	2	3	4	5	6	7
CMS SPRING BREAK						
8	9	10 Regular Schedule	11 TESTING SIGNUP DEADLINE	12	13 TESTING	14 TESTING
17	18	19	20	21 AWARDS 6:30 PM 	22	23