

Celebrating over 18 years of Excellence

School days are quickly approaching, and we are excited to begin our after-school Taekwondo classes on Monday, September 11th. Please review the most recent enrollment information that was sent to you earlier in the month. Your enrollment material updates your billing and contact information as well as your child's attendance records.

We are very motivated and excited to begin this year's TKD program where we shall continue to develop lifelong skills that increase our mind and body through specialized mental and athletic training that leads to happier and healthier lives.

In addition to our mental and physical strength training, this year we plan to introduce Olympic style sparring and nunchaku for athletes green belt or higher. A "nunchaku" is a traditional martial arts weapon consisting of two rods or sticks connected at one end by a short chain or rope. The practice tool we use is padded and all athletes will be required to respect our code of conduct when practicing the nunchaku:

"I shall practice in a safe area that my Taekwondo coach or parent(s) approve, and I shall never use my nunchaku in a way that is inappropriate, unkind, or destructive. If I break this code of conduct, my TKD rank of green or higher may be held by my TKD coach indefinitely or until I have proven to be trusted in upholding this code of conduct." This *optional* training is not required, yet we request that parents help us to uphold this policy. If you are interested in purchasing a pair of nunchaku, the cost is \$20.

When training in Olympic style sparring, all sparring athletes will wear approved trunk protector, head protector, groin guard, forearm protector, shin-instep protector, and a mouth protector. This training is required and is a critical component in developing the whole TKD athlete.

The cost for the above sparring gear, which includes a patriotic style Best Martial Arts duffel bag is \$200. We shall have some sparring gear on hand for student use; however, we encourage families to invest in this equipment at some point.

Ken Doherty once said "There are five S's in Training: Stamina, Speed, Strength, Skill and Spirit. The most important is Spirit." Spirit is mastering the Inner spirit, the harmony between your body and mindset to continue on to discover the hidden talents you have as an athlete!

Again, we are thrilled to welcome new and returning athletes to our after-school Taekwondo program and look forward to an enjoyable and successful school year!