

ACTION ARTS ACADEMY NEWSLETTER

JULY, 2010

HIGHLIGHTS!

FREE CLASS WITH THIS FLYER

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NEW STUDENTS

Welcome! Start your TKD notebook with this Newsletter & schedule along with the starter package your Instructor will provide. Full study guides are available for \$25.00.

Please! Bring your payment or receipt to give to your Instructor during the first week of each month, **\$5.00 late fee** after the 10th of each month. **Annual members enjoy tuition and equipment discounts.**

Due to the complexity of facility schedules, tournaments, holidays, etc., we cannot give consideration for class cancellations. You can pick up extra or make up classes six days each week, check schedule & instructions on the other side of this Newsletter.

SPECIAL EVENTS, CALENDAR

No classes on test days, tournament days, or listed holidays

Holidays: Mon & Tues, 7/5 & 7/6. Summer break.

Party: TBA

Tournaments: TBA

Instructor Training: See schedule marked IT, all tests.

Leaders Council meeting: Sat 10/30 noon, after test.

Blackbelt Test: Sat, 11/20/10, 9am, Hampton YMCA.

TEST; FRI, 7/30, HAMPTON REC, 5PM

No classes on test days. Please be on time!

Tests are held every month. Ask your Instructor for a test application & instructions *when you get your red stripe.*

\$55.00 test fee, \$5.00 discount if paid in advance, cash preferred.

Additional \$5.00 charge if Blue belt & up without USAT membership. Your rank certificate is an International document, treat it accordingly.

New students under 7 years of age (Kibon Hana) may take their first promotion test (yellow belt) with their regular Instructor in their usual TaeKwonDo class.

Directions to Hampton HYMCA. 722-9044 (Saturdays, 9:00am)

I-64 East past Hampton Coliseum, Exit 265C, right at light, right at light again, left on Owens St. Main YMCA entrance.

Directions to Hampton Rec Center. 825-4805 (Fridays, 5:00pm)

I-64 to Hampton Roads Cntr Parkway, exit 261-A, left at first major intersection (Big Bethel), about 1.3 miles left on Todds Lane (3rd lite), left at 2nd light into Jefferson-Davis Middle School. Building in back by the baseball field & track.

Makeup testing: may be arranged in classes. These "mini" tests are to be used by colored belts as a last resort only. Discounts are not applicable for any special tests.



NO CLASSES MON & TUES, 7/5 & 7/6, HAPPY SUMMER!

BRING A BUDDY, EARN A PATCH!

RANK TEST FRI, JULY 30, HAMPTON REC, 5PM

TRAINING REQUIREMENTS

YELLOW Belts:

USA TaeKwonDo membership, (USAT) is recommended

Encourage each other!

GREEN Belts & up:

Attend first & second classes. Light gear required.

BLUE Belts & up:

Three + workouts weekly. Attend tests whenever possible, whether testing or not. Full gear required. USAT membership required.

Help each other!

RED Belts & up:

Attend all special events, above all, tests!

BROWN Belts & up:

Assist instruction.

Challenge each other!

BLACK TIPS & up:

Get your BoBlack requirement sheet. Attend all tests to assist, for Instructor & for sparring practice. (best class of the month)

BO-BLACK Belts & up:

Get your BLACKBELT sheet. BLACKBELT CREDIT test for each stripe; 1st, forms. 2nd, 1-steps. 3rd, fighting moves. 4th, sparring & hapkido or tumbling.

Attend all special events, above all, tests!

BLACKBELTS:

Scholastic Honor Roll.

Regular attendance & training, 4+ workouts weekly.

Advance together!