



JUMPstart

October 2009

**Taekwondo America
of Richmond**

804-747-5425

www.RichmondTKD.com

Welcome New Students:

Luke A

Johnny C

William C

Sam D

Tristan M

Gareth M

Kaden S

Welcome Back:

Scott B

Promotional Testing October 8 & 9

All students (including prior no-changes) must register for testing by October 5. The cost of testing is: \$25 Dragons, \$30 White-Orange, \$45 Green-Black, \$70 Black Belts. All students should plan to attend the scheduled promotional testing. If you are unable to attend the scheduled testing due to extenuating circumstances, please see Mrs. Scott immediately to schedule a makeup testing. Red belts and above may not perform a makeup testing. Please see additional testing requirements on back.

THURSDAY, OCTOBER 8

5:00 p.m. Ninjas

5:45p.m. White, Yellow & Orange JUNIORS Only

6:45p.m. Green, Blue & Purple JUNIORS Only

FRIDAY, OCTOBER 9

5:30 p.m. Dragons

6:15 p.m. Brown and Up Juniors and ALL Adults

Demo by special guest Mr. Dewaine Chan



Taekwondo America's Regional Winter Camp is coming Nov. 13-15. Mark your calendars now for this fun-filled exciting weekend featuring kicking, jumping, board breaking, and fun target games. But it's not all taekwondo. There will also be hiking, football, basketball, archery, weapons, flashlight tag and much more! Winter Camp is held at Camp Hanes in King, NC and is open to all Orange Belts and above, ages 8 and up. The cost for this weekend is \$170 and includes food, lodging, t-shirt, weapons and all classes. Camp counts as 6 classes and one of your required events for Black Belt Testing. We will be looking for parents willing to help carpool the kids to and from camp. Please see Mrs. Scott if you need transportation help or are willing to drive students.



NO REGULAR CLASSES

- Oct. 8-9 Promotional Testing
- Oct. 10 Seminar w/ Mr. Chan
- Oct. 12 No Classes
- Oct. 13 Award Ceremony
- Nov. 13-14 Winter Camp

Congratulations to Mrs. Scott for receiving her 3rd Degree Black Belt at the National Testing in September!

Scholarships and Sponsors needed! We are looking for 8 businesses or families to sponsor a student for camp. Each sponsorship is only \$150 and your name will be posted in our newsletter, on the website and on the banner displayed in the school for 6 months.

Perhaps you can't be a sponsor but still want to help! You may place your donation (any amount helps) in the jar on the counter. Whether you drop in \$1 each class or want to add \$5 to your monthly membership, your donation can help send a student to camp and impact his/her taekwondo experience.

On Saturday, October 10, Mr. Dewaine Chan of Raleigh, NC will be leading special clinics:

JUNIOR ARIAL KICKS 10:00 A.M.

Open to ALL JUNIORS (White Belts and Above)

ADULT SELF DEFENSE 10:45 A.M.

Open to ALL ADULTS including PARENTS

ADULT SPARRING 11:15

Open to Adult Green Belts and Above

AWARD CEREMONY

TUESDAY, OCTOBER 13

White and Yellow Belts

6:00 p.m

Orange Belts and Above

6:30 p.m.

All students should wear their full white uniform with belt and come to the award ceremony for your current belt, not the one you hope to receive.



Fall Family Fun Day and Chili Cook Off

Sunday, October 18 3:00-5:00



Join us for fun Children's Games, Pumpkin Decorating and the HOTTEST CHILI COOK OFF EVER! Start testing your recipes now and plan to participate in our first ever chili competition. We're looking for parents, students, friends and neighbors to cook up their favorite recipe and join us as we taste, taste, and taste some more. Each participant needs to sign up at the front counter so we'll know how many entries to expect. Prizes will be awarded for the different categories. Tickets will be on sale October 1. This will be a fundraiser for Winter Camp so please help us by selling tickets to your neighbors, coworkers, friends and family members. We also need parents, grandparents, and older students looking for community service hours to help with the planning, setup, games, etc. Additionally, if you know a business willing to donate candy, prizes, drinks, etc. please let Mrs. Scott know. All businesses who donate will be recognized on our website. Please see the sign up sheets for help and items needed and plan to serve in some capacity. Thanks in advance for your help and support of this fun event!



H1N1- We hear about it everyday and we want you to know we're doing what we can to provide a safe and healthy training environment for your family. We will be disinfecting more and encouraging hand washing when necessary. But we need your help! Please keep in mind the following suggestions to help us all have a fun and flu-free year:

*Any person with a fever of 100 or higher should not come to class. Students must be fever free (without medication) for at least 24 hours.

*Students should be free from vomiting and diarrhea for a minimum of 24 hours before returning to class.

*The Center for Disease Control recommends any person who suspects or has been diagnosed with the flu to refrain from contact with others for at least 7 days after onset of symptoms. Symptoms include: fever; sneezing or runny nose, muscle and body aches, sore throat, headache.

Finally, if you think you're sick or may be contagious, please stay home. Your body needs time to rest and we only want to share the love of taekwondo, not your virus!

I'm sure you have all noticed a few different faces leading class lately and are probably wondering who they are. We are pleased to welcome several students as class assistants. Liz Wiznerowicz, Madalyn Saunders, Rajiv Tummalla, Daniel Spasic, and Andrew Miller have agreed to volunteer their time to help with classes. As volunteers, they will be helping with partner drills, warm ups, class games, etc. These students have demonstrated a level of responsibility and commitment as well as possible interest in the instructor program. Also, Mr. Clay Scott, Mr. Zach Taylor and Mr. Matt Taylor continue to work toward the requirements for instructor. We are thrilled that our membership and class sizes are growing. We are even more thrilled to have dedicated students willing to donate their time to assist with these classes. We ask that you as parents and students be respectful and patient with these volunteers as they figure out the ins and outs of teaching. We thank you in advance for your encouragement and support as we work together to train and develop wonderful students and leaders. If you have any questions or concerns about the volunteer or instructor program, please see Mr. or Mrs. Scott.

TESTING REQUIREMENTS

All yellow belts and above must have the TA patch, Richmond school patch, and back patch on their uniforms.

All orange belts and above must have the TA co-branded sparring gear at testing. Any student without gear will not be allowed to test.

All students must wear the full white uniform (Ninjas wear full black) at testing. Females must wear a white t-shirt under the uniform. Any other student who chooses to wear a t-shirt under the uniform must wear a white shirt. All uniforms must be clean and neat in appearance. All students must have their belt at testing.

Any student who cannot make the scheduled testing date may schedule a makeup testing with Mrs. Scott. Makeup testing must be held prior to the scheduled testing date. **Red belts and above may not perform a makeup testing.** If you are unable to make this testing, you may choose to test with another TA school if you wish.

Please see the start up information pack for the minimum number of classes required for each rank. Any student who is unsure if he/she will be eligible for testing due to class requirements and stripes should see Mr. or Mrs. Scott for evaluation and/or for additional help. We will be happy to offer private classes for any student who needs additional help.

Brown belts and above are required to break boards as part of their promotional testing. Students doing 2 different kick techniques must use both legs. Failing to break boards at testing is an automatic no-change and these students will not be called. Any other student who does not pass testing for any reason will be called within the first 48 hours after testing.

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				Chili Coupons Available Now	1	2	3
4	5	6	7	8	9	10	
				PROMOTIONAL TESTING SEE FRONT FOR SCHEDULE		Special Clinics taught by Mr. Chan No Ninja or Dragon Class	
11	12	13	14	15	16	17	
	No Classes	AWARD CEREMONY 6:00 & 6:30 No Classes					
FALL FAMILY FUN DAY & CHILI COOK OFF	18	19	20	21	22	23	24
25	26	27	28	29	30	31	
						Happy Halloween	



Happy Birthday to the Following: 1-Landon S; 9-Jason B; 10-Logan I; 21-Christian C; 26-Charley F; 29-Ryan H; 30-Daniel S