



**Taekwondo America  
of Richmond**

**804-747-5425**

**www.RichmondTKD.com**

**NO REGULAR CLASSES**

Aug. 11-16 Promotional Testing  
Aug. 14 Clinics by Master Dang  
Aug. 17 Award Ceremony  
Aug. 18 Buddy Day/Fun Night  
Sep. 3-6 Labor Day Weekend  
Sep. 17 & 18 Nat'l Tournament

**Mark Your Calendar Now!**

Taekwondo America Regional Winter Camp will be held Nov. 12-14 in King, NC. This camp is for Orange Belts and higher who are at least 8 years old.

# JUMPstart

August 2010

**PROMOTIONAL TESTING AUGUST 11,12,13**

**Wed, Aug. 11 5:30 Dragons 6:15 White, Yellow, Orange JUNIORS ONLY**

**Thurs, Aug. 12 5:30 Ninjas 6:15 Green, Purple, Blue JUNIORS ONLY and MAKEUP TESTING**

**Fri, Aug. 13 6:00 Brown Belts and Above JUNIORS and ALL ADULTS (White-Black)**

All students must register for testing by Aug.7, including students with prior no-changes. Brown belts and above who wish to use wood for testing must submit this request with their testing registration prior to August 7. Testing fees are as follows: Ninjas & Dragons - \$25, White-Orange Belts - \$35, Green - Red Belts - \$50, Black Belts - \$75. If you are unable to make your testing date due to extenuating circumstances, please see Mrs. Scott immediately to schedule a makeup testing. Makeup testing must be held prior to Aug. 13. Red belts and above may not perform a makeup testing, but may test with another school. These arrangements must be made immediately.



**RICHMOND ROCKS!** Congratulations to everyone who participated in the July Regional Tournament. This was a smaller tournament and Mr. Abbot was responsible for over half of the competitors. We can't tell you how proud we were every time we heard "From Richmond, VA..." Our orange belt and red belt juniors managed to bring home half of the medals in their respective divisions, with young Cole Pegram bringing home 2 gold medals in the yellow belt competition! All of our students have worked very hard this cycle preparing for this tournament and your hard work paid off.

Many students and parents ask why we require tournament participation and why the lower belts should participate. The answer is simple: **IT MAKES YOU A BETTER STUDENT!** Anytime a person is preparing for something, whether it's a competition, spelling test, championship game or taekwondo promotional testing, he will train harder and more regularly. Just like baseball players visit the batting cage more and work to fine tune their pitching arm before their tryouts, martial arts students will dig deeper to become better prior to competition. You all know that here at Taekwondo America, it's not about winning and losing. It's about becoming a better person, both on and off the floor. You all have trained hard and your rewards are plenty. We are proud of every one of you, whether you placed or not. Your commitment and determination are awesome! Mark your calendars now for the next National Tournament September 18 in Ft. Mitchell, Kentucky and start preparing to be the best you can be!

**Taekwondo America welcomes 6th Degree Master Phouc Dang from Lake Norman Taekwondo!** Mr. Dang will be **WOWING** us with an awesome demonstration at the High Rank testing on Friday, Aug. 13. On Saturday, Aug. 14, he will be leading special clinics for our students. These clinics will be free and will count as 2 classes. Juniors will have fun playing new and different taekwondo games, Battle Soccer, Musical Sparring, etc. Adults will enjoy reviewing the basics and learning some new techniques, including how to improve your sparring. We don't get to have guest instructors very often, so make plans now to attend.

10:00-10:30 Taekwondo Games for White, Yellow and Orange Belt Juniors

10:45-11:15 Battle Soccer and Musical Sparring for Green and Up Juniors

(Bring your gear!)

11:15-12:00 Adult Green Belts and Above—Mr. Dang will share some of his secrets to make us better at sparring! Bring your gear!

## **BUDDY DAY** Wednesday, Aug 18

Do you love Taekwondo? Why not share the fun with your friends? Bring your friends and join us for a fun and action packed Taekwondo class. Let's pack the house and show your friends how much fun we have.

**Dragons** (ages 5-6) 5:00-5:30

**Juniors** (ages 6 -10) 5:45-6:30

**Tweens and Teens** (ages 11-14) 6:30-7:15

**Adults** (ages 15 and up) 7:15-8:15



Please note there will not be regular scheduled classes this day.

## 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 gear should be in good condition and please make sure it fits!


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.

Black Belts are required to break wood at testing. Brown and Red belts may choose to break plastic or wood. However, those who choose to break wood must submit their request with their testing registration.

 <p style="text-align: center;"><b>AWARD CEREMONY</b> <b>TUESDAY, AUGUST 17</b> <b>6:00 p.m. at THREE CHOPT SWIM CLUB</b></p> <p>All students and their families should plan to join us for a great time at the pool. Juniors and Adults (all ranks) should meet at the shelter at 6:00 to receive your belts and then head into the pool for a splashing good time. There is no charge to come and hang out, but there will be a small fee (\$3-5) for swimmers only. We are currently trying to get a head count of the swimmers to determine the cost, so please sign up. Directions are posted at the school and on the website. This is a great chance to meet all our new students so plan to attend! <i>Ninja and Dragons—Even though you will receive your belts at your testing, please come out and join us at the pool!</i></p>	 <p style="text-align: center;"><b>PARENT NIGHT OUT</b> <b>SUMMER CELEBRATION</b> <b>SATURDAY, AUGUST 28</b> <b>5:00-9:00 P.M.</b></p> <p>Tired of the kids being home all summer? Wishing school would never end? We're giving you the chance to ditch your kids for the evening and enjoy some adult conversation while we entertain the kids. All kids ages 6 and up are invited to join us for a fun-filled evening of cool summer games, pizza, and a movie. <b>Registration is \$25 per child (3RD child is \$15) and is limited to the first 16 children.</b> We'll provide the pizza, drinks, fun and games. You provide the kids! Please see Mrs. Scott to register no later than August 25.</p> 
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### AUGUST 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	Last Day to Register for Testing 7
SUMMER DAY CAMP 9:00-12:30 NO MORNING JUNIOR OR ADULT CLASSES						
8	9	10 Last Day for Junior Morning Classes	11	12 PROMOTIONAL TESTING SEE FRONT FOR SCHEDULE	13	SPECIAL CLINICS LEBBY MASTER-DANG
15	16 No Classes	17 AWARD CEREMONY 6:00 at Three Chopt Swim Club	18 <b>BUDDY DAY</b> 	19 Adult Morning Class Resumes 10:00-11:00	20	21
22	23	24	25 Last Day to Register for PNO	26	27	28 Parent Night Out Summer Celebration 
29	30	31				



Happy Birthday to the following: 1-Aaryan A; 5-Jeremy B, Max M; 8-Zach T; 9-Bella Beasley; 12-James W; 15-Evan W; 16-Andrew W, Bridgett W; 18-Jonathan C; 24-Kaden Smith; 29-Liz W