

EAGLEVILLE TAEKWONDO ACADEMY

February 2011

www.eagletkd.com

A Message from Grand Master Giamo:

Welcome to February and some of the worst weather we've had. If you are concerned about school closings please see our Facebook page or go to the Student Page of our website.

I want to thank everyone who helped us at the PA Master's Cup. We can't run an event without your volunteer help.

This month is the US Open in Austin, TX. This is the largest international Taekwondo event held in the US. Mr. Cummings and I will be participating in the Poomsae International Referee Course from Feb. 12 to 16. Mrs. Mitchell, Dr. Lavan, Mr. Wyngaard and I will also be participating in the Poomsae Competition held on Feb. 17. There will be classes while I am gone.

Sparring is an ongoing class function. It is necessary for everyone who attends to have a minimum of a chest protector. Those who do not have the proper equipment will not be able to participate. It is advisable to bring your equipment to each class in anticipation of a sparring session. Please see the mandatory equipment list for the required equipment.

(**White Belt:** Chest Protector **Yellow Belt:** Chest Protector **Green Belt:** Shin/Instep & Forearm **Blue Belt:** Head Guard)

Upcoming Events at Eagleville TKD

Testing Feb. 8 at 6:00

Upcoming Tournaments

PA State USAT Qualifier: March 20

Newtown Athletic Club

Middle Atlantic AAU Qualifier: April 2

Mays Landing, NJ

Terminology of the Month

Ap Seogi: Forward Stance (walking stance)

Ap Kubi: Front Stance (bent knee forward stance)

Dwit Kubi: Back Stance (bent knee back stance)

Beom Seogi: Tiger Stance

Juchum Seogi: Crouching Stance

Welcome New:

Sai Arvind Ganganapalle

Javier Altamirano

Daryl Dohner

Ryan Hendrzak

Eric Cho

And Returning Members:

Jared Kopacz

Zachary Kopacz

Daniel Chow

Eagleville TKD Master's Cup Results:

Ishaan Patel 1st Forms, 2nd Sparring

Remy Figueroa 2nd Forms, 3rd Sparring

Alex Wat 1st Forms

Luke Artman 1st Forms

Reece Wyngaard 1st Forms, 1st Breaking

Krystal Maldonado 3rd Forms

Debbie Wilkinson 1st Forms, 1st Breaking

Abby Hommer 1st Forms, 2nd Sparring, 3rd Breaking

Jacob Smith 1st Forms

Lauren George 1st Forms

CLASS TIME CHANGES: At the beginning of February we changed the class schedule in order to offer more flexibility and class time availability for our students. I would like to take this opportunity to offer some suggestions on attendance at the Children's Classes. Since we now have both Basic and Advanced classes 4 days a week, I would like to see the children attend the appropriate class. Basic Classes are for the White Belts to Green Stripe level and Advanced Classes are for the Green Belts and above. Attending the correct class ensures that I can devote the time required to instructing all students in their required curriculum. I would also like to have students attend the "age appropriate" class. The Children's Classes are for those who are 6 to 11 years old. If you are 12 years and older please start attending the Adult Classes.