EAGLEVILLE TAEKWONDO ACADEMY

March 2010

A Message from Grand Master Giamo:
Eagleville Taekwondo Academy's mission is to train to the highest standards possible. In order to keep improving our student's performance, we are changing the pre-test format. The instructors have created a Pre-test Committee that will oversee all pre-testing. They will also institute a training program for black belts to ensure that all pre-tests are done to the same standard. Our goal is to give Eagleville Taekwondo's students the very best training available and offer the highest caliber of black belt instructors anywhere. Pre-testing will also be scheduled on six days prior to testing. This will give the committee the opportunity to see all test candidates and give them feedback on their skills prior to testing.

March is a big competition month. There are tournaments available for all skill levels and we do have students going to compete at these events. If you wish to compete or support your fellow students, please see me for information. On a more personal note, I will be competing at the PA State Championships March 7 and the USAT Regional Qualifier March 27-28. Some of the other black belt instructors will be competing also. This is a great chance to see your instructors doing what they teach you to do every day.

Upcoming Events at Eagleville TKD
Promotion Testing **TUESDAY**, March 9th 6pm with dinner following testing.

Upcoming Tournaments
USAT PA Qualifier, March 7th Bensalem, PA
US TKD Classic, March 14th Tolland, CT
USAT Regional Qualifier, March 27-28th York, PA

For Black Stripes and Black Belts there will be a USA Taekwondo referee seminar Saturday, March 6 from 8-4pm at the Newtown Athletic Club.

Terminology of the Month

Kicks	chagi
Front kick	ap chagi
Side kick	yop chagi
Back kick	dwit chagi
Roundhouse (turning) kick	dollyo chagi

Welcome New and Returning Members:

Reese Wyngaard

Allen Krapf

Debbie Wilkinson

Testing/Competition Results:

Michigan State Qualifier: The following individuals qualified for USA Taekwondo Nationals -
Anthony Mitchell - Forms Junior Olympics
Natalie Mitchell – Sport Poomsae US Team Trials Individual
Sarah Lavan – Sport Poomsae US Team Trials Individual and Women's Team
Mary Beth Mitchell – Sport Poomsae US Team Trials Individual and Women's Team

Booster Club News: The Booster Club will be selling **Chocolate Martial Arts Pops in Milk, Dark and White Chocolate**. They will come 6 to a bag for $3 and will be available March 4th through April 4th. The Eagleville Taekwondo Booster club is a non-profit organization that supports the students at Eagleville TKD. The booster club reimburses tournament fees for students who want to enter, supplies breaking boards for testing and sponsors special instructors and seminars. All students and parents of students are invited to participate.