

S.D.Y. TAEKWON-DO

End of Session Summary

We have reached the end of our first session in 2012, and so far this has been a great year for SDY! With the addition of Monday nights we were able to offer classes three nights of the week, allowing our students not only more training time, but more flexible scheduling as well. We are pleased to continue Monday night classes in the upcoming session – sign up today!

On February 4th, Mr. Anthony Landeroz passed his 1st Dan test, earning his uniform piping and a pair of stylish black pants! Mr. Landeroz demonstrated his perseverance and dedication with this well earned promotion, and we are very lucky to have him in our class.

We ran a successful SDY Night on March 8th with 43 students of all ages and ranks in attendance. Students were able to warm up and practice patterns all together, later breaking down into stations for kicking drills, rolls, flying kicks, and a smaller, more specialized look at patterns.



We have much to look forward to in the coming months as well. The new session begins Monday, April 2nd, coinciding with the launch of our brand new website, www.sdytaekwondo.com, which Mr. Greg Arndt has been diligently building for several months.

The Omaha National Martial Arts Championship, sanctioned by the USKF, MMAL, & WOMAA, will be on Saturday, May 19th in Omaha, NE. If you're going to make a weekend trip out of any tournament this year, this is the one!

There will be a black belt test on Saturday, June 9th, right here in Hoffman Estates, so we expect to see everyone in attendance to see Mr. Jason Frymire, Mr. Ed Park, Mr. Greg Arndt, and Mr. Marc Malinowski test for their next ranks.

This session we will also double the size of our mat space, our copy of the full Encyclopedia of TaeKwon-Do will arrive, and we will have a new T-shirt run. Get ready for another busy session at SDY TaeKwon-Do!

Testing Schedule

Interviews and written tests will be held during regular class time on March 12th, 13th, and 15th. Monday, March 19th is a review class, all students are invited. Beginner class testing will be held on Tuesday, March 20th, and advanced/adult testing will be on Thursday, March 22nd. Both tests begin promptly at 7:00 PM - be sure to arrive at least 15 minutes early to testing.

Testing candidates will receive their results during the first classes of next session. We will have one week off for Spring Break, with classes resuming on Monday, April 2nd.

A Note to Parents

There is never a better time than the present to get back into a good workout routine! It is not uncommon for parents of students to join our adult program, and it makes sense. You're familiar with the classes, the instructors, and the environment, and it is already built into the daily routine. You will be able to practice at home with your children. And most importantly, it doesn't hurt to practice self-defense on a regular basis.

For those of you who may still be on the fence, we have several parents of students in our adult class with whom you can speak. To any parents who join our class next session, we will give \$10 off of a new uniform in addition to the 15 Student of the Year points your child/children get for recruiting a new classmate. Don't wait, sign up today!

A Note to Testing Candidates

Here are some helpful hints regarding your upcoming test. You've likely heard them before, and you'll certainly hear them again!

- Relax! No one has ever had a perfect test, so you can count on making at least one mistake – that's okay! It is how you handle the mistake that is most important. You will also do something really well – great, but move on and don't let it distract you!
- Don't be afraid to ask questions. If we ask you to do something and you don't understand, simply raise your hand.
- The two most common comments on testing sheets are "keep your hands up" and "keep your hands up." These are both simple things you can do to really help your test score!

QUICK SURVEY

- What are your favorite and least favorite parts of class?
- Would you recommend SDY TaeKwon-Do to your friends/family? Why or why not?
- Are there any additional events or merchandise that you would like us to offer?

Survey Rules:

- All questions must be answered to receive Student of the Year points. These are opinions; no answers are necessarily right or wrong.
- Answers must be submitted to Mr. Rossiaky BEFORE the next newsletter is distributed to qualify for Student of the Year points. Surveys help make our school better, please turn them in with your name on them.
- Don't forget to study for testing using your SDY Student Handbook and the Encyclopedia of TaeKwon-Do, available for free online at: www.bluecottagetkd.com/
- Survey results are always posted in the **extended online edition** of this newsletter, available for free on our Facebook page. Just search S.D.Y. TaeKwon-Do.



www.sdytaekwondo.com



SDY on Facebook



TaeKwon-Do Encyclopedia

Quick Quiz Answers for Vol 1 Issue 4

Beginner:

What does *TaeKwon-Do* mean?

SDY Student Handbook, page 2.

TaeKwon-Do literally translated means the "Art of Hand and Foot Defense."

Intermediate:

What are the six points of the SDY Philosophy?

SDY Student Handbook, page 19.

- 1 – Always finish what you begin, no matter how small or big the project may be.
- 2 – Be gentle to the weak and tough to the strong.
- 3 – Never be satisfied with your skills, there is always room for improvement.
- 4 – Attitude must always be shown in a positive way; defeat is easy when your mind has already been set.
- 5 – Demonstrate leadership with mind and body, skill and technique should be demonstrated when young, wisdom with words when old.
- 6 – Always demonstrate proper etiquette in class and outside the do-jang.

Advanced:

Name the six basic principles for a proper stance.

Condensed Encyclopedia of TaeKwon-Do, page 65.

- 1 – Keep the back straight, with few exceptions.
- 2 – Relax the shoulders.
- 3 – Tense the abdomen.
- 4 – Maintain a correct facing. The stance may be full facing, half facing, or side facing the opponent.
- 5 – Maintain equilibrium.
- 6 – Make use of the knee spring properly.

Quiz Rules:

- Beginner: 10th – 8th Gup Intermediate: 7th – 4th Gup Advanced: 3rd – 1st Gup
Dan ranks must answer all three questions.
- Correct answers must be submitted to Mr. Rossiaky BEFORE the next newsletter is distributed to qualify for Student of the Year points. Quizzes are optional but strongly recommended.
- Answers can come from class, the SDY Student Handbook, or the Encyclopedia of TaeKwon-Do, available for free online at: www.bluecottagekd.com/
- The previous issue's answers are always posted in the **extended online edition** of this newsletter, available for free on our Facebook page. Just search S.D.Y. TaeKwon-Do.