



**LIFE SKILL:
GOALS**

GOOD LUCK TO
OUR **ATA**
TOP TEN
COMPETITORS:

ALEX BADER
THOMAS ALSTON
MASTER ROSE
TRACE MEGELLAS
CORINNE EAGLE
ALAN EAGLE

IMPORTANT DATES

JUNE 17	TINY TIGER PROMOTIONS, 5:30PM
JUNE 17	ALL RANKS TESTING (JR & ADULT), 6:30PM
JUNE 17	BLACK BELT ATA FIT TEST, 7:30PM
JUNE 24 – 26	SCHOOL CLOSED FOR WORLD
JUNE 28	SUMMER UNIFORM STARTS
JUL 6-9	SUMMER RANK CAMP

JUNE IS “DAD APPRECIATION MONTH”

WE WOULD LIKE TO SAY THANK YOU TO ALL OF THE FATHERS AND GRANDFATHERS FOR ALL OF THE SUPPORT THEY GIVE US. ALL DADS ARE WELCOME TO TAKE CLASSES FOR FREE DURING THE MONTH OF JUNE. PLEASE SEE THE FRONT DESK IF YOU ARE INTERESTED (OFFER ONLY AVAILABLE TO DADS WHO ARE NOT CURRENTLY STUDENTS).

WORLD CHAMPIONSHIPS, JUNE 24-27

THE SCHOOL WILL BE CLOSED THURS, JUNE 24 – SAT, JUNE 26 FOR ATA’S WORLD CHAMPIONSHIPS. ALL INSTRUCTORS WILL BE ATTENDING TRAINING AND/OR COMPETING AND THIS INCREDIBLE EVENT. IN ADDITION, WE HAVE SEVERAL PEOPLE COMPETING IN THE TOURNAMENT OF CHAMPIONS WITH HOPES OF BRING HOME A WORLD CHAMPION TITLE. GOOD LUCK TO EVERYONE WHO IS HEADED TO LITTLE ROCK!

SUMMER UNIFORMS

BEGINNING JUNE 28, WE WILL BEGIN WEAR OF SUMMER UNIFORMS. THIS MEANS YOU MAY WEAR ANY KICK PANTS AND TAEKWONDO T-SHIRT TO CLASS. A BELT IS REQUIRED. WE WILL BE PLACING AN ORDER FOR PANTS VERY SOON—PLEASE SEE MRS. BADER FOR DETAILS. YOU ARE WELCOME TO CONTINUE TO WEAR YOUR WHITE UNIFORM TO CLASS IF YOU PREFER, OR MAY WEAR YOUR WHITE DOBOK PANTS WITH A TAEKWONDO T-SHIRT.

LEADERSHIP STUDENTS HELPING WITH A CLASS STILL NEED TO WEAR THEIR WHITE DOBOK WHILE ASSISTING.

RANK CAMP

RANK CAMP IS BACK BY POPULAR DEMAND! FOR THOSE OF YOU WHO ARE NEW, THIS IS YOUR CHANCE TO ADVANCE ONE BELT LEVEL IN JUST A WEEK. AFTER 4 DAYS OF INTENSIVE WORK, YOU HAVE THE OPPORTUNITY TO TEST FOR YOUR NEXT BELT (OR MIDTERM IF YOU ARE A BLACK BELT). THIS SUMMER’S RANK CAMP WILL BE JULY 6 – 9. TUESDAY— THURSDAY’S CAMP WILL BE 9 – 1. FRIDAY’S CAMP WILL BE 9 – 11, FOLLOWED BY TESTING AT 11:30. COST FOR COLOR BELTS IS \$249, INCLUDING TESTING. INTERESTED BLACK BELTS NEED TO SEE MRS BADER ABOUT COSTS. SIGN UP DEADLINE IS JUN 30.

**MASTER ROSE'S
KARATE FOR
KIDS**

1101 EAST HWY 114
STE 114
SOUTHLAKE TX

PHONE:
817.442.8444
E-MAIL:
INFO@SOUTHLAKEATA.COM

*"TODAY NOT POSSIBLE,
TOMORROW POSSIBLE"*

ETERNAL GRAND MASTER HU LEE

WE'RE ON THE WEB!

SEE US AT.

**WWW.SOUTHLAKEATA.
COM**



WATER COOLER ETIQUETTE

AS YOU'VE SEEN, WE'VE ADDED A WATER COOLER TO THE SCHOOL. PLEASE USE COURTESY AND TAKE ONLY AS MUCH AS YOU WILL DRINK. WE ARE HAVING A LOT OF STUDENTS DROP NEARLY FULL CUPS OF WATER INTO THE TRASH CAN AND HAD SEVERAL INSTANCES OF YOUNG STUDENTS PLAYING IN THE WATER.. PARENTS, PLEASE HELP US POLICE THE CHILDREN TO KEEP WASTE TO A MINIMUM SO THAT WE MAY CONTINUE TO PROVIDE THIS SERVICE.

PRIVATE LESSONS AVAILABLE

NEED A LITTLE EXTRA HELP GETTING READY FOR WORLDS OR TESTING? NEED TO CATCH UP AFTER A LONG ABSENCE? OUR INSTRUCTORS ARE AVAILABLE FOR PRIVATE LESSONS. LESSONS ARE SCHEDULED OUTSIDE OF CLASS TIMES AND ARE BY APPOINTMENT ONLY. LESSONS COST \$30 FOR A 30 MINUTE SESSION. PRIVATE LESSONS COUNT FOR TWO OF YOUR REQUIRED CLASSES.

BLACK BELT MID-TERM AND TESTING CHANGE

IN ORDER TO BETTER MEET THE NEEDS OF OUR STUDENTS AND ENCOURAGE OUR STUDENTS TO CHALLENGE THEMSELVES TO MEET THEIR POTENTIAL, WE ARE MAKING SOME ADJUSTMENTS TO OUR TESTING AND PROMOTION PROCEDURES. EFFECTIVE WITH THE JUNE TESTING, BLACK BELT RESULTS WILL NOT BE PROVIDED IMMEDIATELY FOLLOWING TESTING. INSTEAD, WE WILL PROVIDE RESULTS TO STUDENTS THE FOLLOWING WEEK. THIS WILL ALLOW US TO RECOGNIZE STUDENTS WHO EXCELLED AND PASSED THEIR MID-TERM OR TESTING WITHOUT NEEDLESSLY EMBARRASSING OR LEAVING OUT A STUDENT WHO RECEIVED A "NO CHANGE".

IN ADDITION, ALL BLACK BELTS WILL TAKE THE ATA FIT TEST. THIS IS NOW AN ATA REQUIREMENT FOR ADVANCEMENT.

ATA FIT TEST IS A BLACK BELT REQUIREMENT

ATTENTION BLACK BELTS ATA IS NOW REQUIRING ALL BLACK BELTS TO PARTICIPATE IN THE ATA FIT TEST IN ORDER TO PROGRESS IN RANK. BLACK BELT STUDENTS WILL BE REQUIRED TO TAKE THIS 5 PART PHYSICAL TEST WHEN THEY MID TERM OR TEST. THE FIT TEST WILL BE ADMINISTERED IMMEDIATELY FOLLOWING THE FORMAL TESTING, BEGINNING THIS MONTH. .

THIS TESTING IS NOT FULL OF NEW THINGS; IT INCLUDES FIVE ONE -MINUTE SEGMENTS OF DRILLS/EXERCISES OUR STUDENTS DO IN CLASSES: PUSH UPS, SIT UPS, PUNCHING THE HEAVY BAG, KICKING THE HEAVY BAG, AND PUNCHING/KICKING THE HEAVY BAG.

WE ARE WORKING THESE AREAS IN CLASS, BUT WE HIGHLY ENCOURAGE STUDENTS TO CONTINUE DOING PUSHUPS AND SIT UPS AT HOME DAILY. ALL STUDENTS HAVE BEEN INSTRUCTED ON WHAT CONSTITUTES A PROPER (COUNTABLE) PUSH UP, SIT UP, KICK , AND PUNCH. **THIS FIRST TEST IS A "DRY RUN" FOR OUR STUDENTS TO ESTABLISH THEIR ATA FIT LEVEL; THE ONLY REQUIREMENT IS THAT MID-TERMINING OR TESTING STUDENTS PARTICIPATE AND DO THEIR BEST.** THE OVERALL GOAL FOR BLACK BELTS IS A COMPOSITE SCORE OF 300 (TOTAL REPS WHEN ADDING ALL 5 TEST RESULTS).