

**LANSING'S  
MARTIAL ARTS**

397 Aviation Blvd., Suite B  
Santa Rosa, CA 95403  
(707) 591-0800

TRAINING TOMORROW'S LEADERS . . . TODAY!

# THE TAEKWONDO *times*

2012 - TESTING CYCLE 1

## *Dear Parents & Students:*

A fresh new year is filled with endless possibilities! It can represent an opportunity to take on new challenges or break old habits. In either scenario, success is more easily attainable if clear Goals are set AND they are accompanied by the right Attitude.

In Taekwondo we strive to provide as many clearly set goals for each child as possible, and individual goals can also vary. For one child, a goal might be to make it through an entire class without fidgeting with their belt, while for another child it may be to do a front kick at a predetermined height. In either case, progress -- even small steps -- toward that goal should be recognized and praised.

A driving force behind whether or not someone will be successful in reaching their goal is their attitude. Having a positive attitude goes a long way in overcoming obstacles. However, that is often easier said than done. You can support your kids when you see them struggling by pointing out how impressive it is that they are sticking with something even when it's not "easy". You'll be amazed at how effective a little encouragement can be!

As always, if you love what your child gets out of the program, please tell a friend. When you talk about our program, we grow and continue our mission of **Training Tomorrow's Leaders...TODAY!**

*Paul Lansing, Chief Instructor*



### LIFE SKILLS:

#### **ATTITUDE**

(at-i-tood) - *noun*

*Definition:*  
tendency or orientation,  
especially of the mind

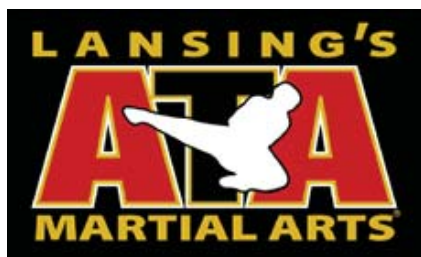
*Synonyms:*  
perspective, approach

#### **GOALS**

(gohlz) - *noun*

*Definition:*  
results or achievements toward  
which effort is directed

*Synonyms:*  
targets, purpose



## Winter Special

### 4 Weeks Free

*Includes a Uniform!*

Get Started TODAY!!! Offer Expires 3/31/2012  
*Offer for new students only.*

## UPCOMING EVENTS

### Pretest:

Wednesday, March 14  
Thursday, March 15

**\*Reminders: Must pay by Tuesday, March 13 to get a discount! Also, ask Mrs. Sweet for permission to pretest between 3/5 and 3/9. (White Belts & Tiny Tigers do not have to ask for permission to pretest)**

### Testing:

Friday, March 16  
Saturday, March 17

### Tournaments\*:

February 4  
Master & Mrs. Owing's ATA  
Rocklin, CA

March 21 - 24  
Spring Nationals  
Las Vegas, NV

\* We are closed for all above tournaments unless announced

## STUDENT OF THE TESTING CYCLE

Stephanie Lovrin, who always has a positive attitude, works hard and does everything Mr. Lansing asks of her. Congratulations, Stephanie!



**Stephanie Lovrin**

## Get Your Valentine's Day Cards Here.... Free!!!

Cards are printed in full color with plenty of room on the back for your own message. Please see Ananda to get your cards today!



## Parent's Night Out!

Saturday, February 11th  
5 p.m. - 10 p.m.

Ages 6 and up  
First child - \$25  
2nd family member - \$20  
See Ananda to sign up!

And mark your calendars for the March & April dates:

March 10      April 14

## WELCOME NEW STUDENTS!

**Spencer Diaz**  
**Olivia Diaz**  
**August Kingwell**  
**Elijah Woodard**  
**Gilbert Freebury**  
**Mark Cole**

## SUPPORT MR. SEGAL'S MASTERSHIP AND HELP ATA GROW!

In addition to his own training as a Master candidate, Mr. Segal needs to help support the growth of his region. To help him in his efforts, we are conducting our own student drive with the goal of adding 10 new students per month from now until June. Join us in tracking our progress on the Bee Ryong Bong we have displayed in the school. And don't forget the Ambassador Cash program where you can earn cash for your referrals! \$25 for the 1st, \$50 for the 2nd, \$75 for the 3rd in the same calendar month, and so on. For example: if you bring in 5 people who sign up in the same month that's a total of \$375, 10 would be \$1375. See Ananda for details!!!



## THIS TESTING CYCLE

### Forms

*White - Green Belts:*  
Songahm 5 (Green Page)

*Purple - Red Belts:*  
In Wha 1 (Purple Page)

*All Tiny Tigers:*  
Songahm 3 (Yellow Page)

### Training Tools

*Black Belt Club*  
Ssahng Jeol Bong

*Leadership*  
Sword/Ground Fighting

“ *If you don't like something, change it. If you can't change it, change your attitude.* ”

*Maya Angelou*

STAFF  
contact

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Instructor: Miss Trina Koch  
Program Director: Ananda Sweet