

**LANSING'S
MARTIAL ARTS**

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

TRAINING TOMORROW'S LEADERS . . . TODAY!

THE TAEKWONDO *times*

2013 - TESTING CYCLE 1

Dear Parents & Students:

I talk about Goals and Attitude in the same testing cycle because a driving force behind successfully reaching a goal is attitude. 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!

I'd like to start the New Year by reviewing a few rules. Please remember that just as you want your children to follow your rules at home it is important to set that example by following the rules at the Taekwondo School.

- Full uniform is required to participate in class and consists of a clean, neat uniform (pants and top) with correct patches, taekwondo belt, and plain white t-shirt or no t-shirt underneath.
- Please remember to bow and recite the life skill word when entering and exiting the Taekwondo School and when stepping onto or off of the mats.
- Gear: Please make sure your name is on each piece of sparring gear and on each weapon. Please put shoes and gear bags away neatly.
- Tiny Tigers and kids must remain inside the Taekwondo School unless accompanied by an adult.
- See a staff member for a complete list of taekwondo etiquette.

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

2 Weeks Free

Includes a Uniform!

Get Started TODAY!!! Offer Expires 3/31/2013
Offer for new students only.

UPCOMING EVENTS

Pretest:

Wednesday, March 20
Thursday, March 21

***Reminders: Must pay by Tuesday, March 19 to get a discount! Also, ask Mrs. Sweet for permission to pretest on 3/11 or 3/12.**

(White Belts & Tiny Tigers do not have to ask for permission to pretest)

Testing:

Friday, March 22
Saturday, March 23

Tournaments:

February 9th
Master Owings'
Class A Tournament
Rocklin, CA

March 13-16
Spring Nationals
Las Vegas, NV

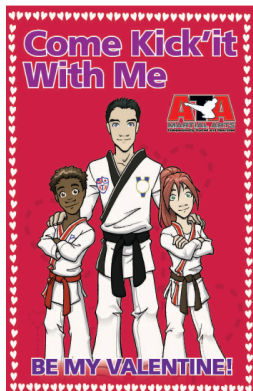
Closed:

Saturday, March 30
Easter Weekend

* We are closed for all above tournaments unless announced

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

Cards are printed in full color.
See Ananda to get your cards today!



STUDENT OF THE TESTING CYCLE

Tom Kemper, a genuinely nice and great instructor who is dedicated to sharing what he's learned with his juniors.
Congratulations, Tom!



Tom Kemper

**Parent's
Night
Out!**

Saturday, February 16th
5 p.m. - 10 p.m.

Ages 5 and up
First child - \$25
2nd family member - \$20
See Ananda to sign up!

THIS TESTING CYCLE

Forms

White - Green Belts:
Songahm 2 (Orange Page)

Purple - Red Belts:
Choong Jung 1 (Brown Page)

All Tiny Tigers:
Songahm 3 (Yellow Page)

Training Tools

Black Belt Club
Ssahng Jeol Bong

Leadership

Sword / Ground Fighting

WELCOME NEW STUDENTS!

**Ashley Osborne
Anna Rebbe
Haben Moges
Jacob Landeros
Nickolas Landeros
Ryan Landeros
Aidan Perez
Zachary Reed
Russell Haynes
Franlu Vera
Steven Temple
Karrabella Soldis
Peyton Gomez
Nevaeh Lawrence
Carlo Galazzo
Matty Brenk
Lian Vera
Bradley Reed
Lucas Anderson
Cooper Schultz**

“You are never too old to set a new goal or to dream a new dream.”

C. S. Lewis

STAFF
contact

397 Aviation Blvd., Suite B
Santa Rosa, CA 95403
(707) 591-0800
p.lansing@lansingsmartialarts.com
www.lansingsmartialarts.com

Chief Instructor: Mr. Paul Lansing

Instructor: Miss Trina Koch

Program Director: Ananda Sweet

Beginner's Class Schedules

Tiny Tigers (Ages 4-6)

3:15 p.m. to 3:50 p.m. Monday -Thursday
3:55 p.m. to 4:30 p.m. Tuesday & Thursday
6:05 p.m. to 6:35 p.m. Tuesday & Thursday
9:55 a.m. to 10:30 a.m. Saturday

Kids (Ages 7-12)

3:55 p.m. to 4:30 p.m. Monday & Wednesday
5:20 p.m. to 6:00 p.m. Tuesday & Thursday
6:40 p.m. to 7:20 p.m. Tuesday & Thursday
4:00 p.m. to 4:30 p.m. Friday
10:30 a.m. to 11:15 a.m. Saturday

Teens / Adults

7:40 p.m. to 8:30 p.m. Monday & Wednesday
6:00 p.m. to 6:35 p.m. Friday
12:00 p.m. Saturday