



ATC FAMILY NEWS

Volume 4, issue 3

February 2009

Yellow Belt
Be aware,
stay focused
and put effort
into what you
do.

Black Belt Club	2/6
- fitness workout	5:00-7:00pm
Women's Self Defense Class	2/7 1:30pm
Black Belt Club—sparring workout	2/13
Parents Night Out	2/14
Black Belt Club—fitness workout	2/20
Home School rank testing	2/25
Black Belt Club—forms workout	2/27
RANK TESTING	2/28

Self Discipline

Self discipline is an essential tool for our success in life. With this life skill, anything is possible but without it, very little is ever accomplished. For example—now that it's February—have you considered how many of your New Year's resolutions you really stuck with? Do you have the self discipline to follow through on the commitments you've made to yourself? It is much easier to let yourself down than to let someone else down.

Life all of the building blocks of success, self discipline is acquired by life's experience. Exposure to good leadership often leads

to becoming self disciplined. There are two types of discipline, positive and negative.

Positive discipline would be a parent encouraging their children to do their homework. They know that doing homework will result in a more intelligent individual while developing a self disciplined study habit.

Negative discipline is a parent telling someone not to smoke while they have a pack of cigarettes in their pocket.

We are all confronted time to time with desires that are either not in our best interests or in the

best interests of others. We have the ability to make a conscious choice to use self discipline and to do the responsible thing.

Self discipline is a strong personal value we must work to develop. Undisciplined individuals look for ways to escape responsibility. People with self discipline are hardworking, motivated and become high achievers. In this martial arts school, self discipline is a quality we seek both in our black belts, and those who aspire for higher rank. Anything is possible with we apply self discipline.

SURVEYS COMING SOON

At Athens Tae Kwon Do we are dedicated to giving you the best experience possible. To help us serve you better we will be distributing a student survey and a parent survey during

the month of February. We would appreciate your honesty in responding to the questions since the only way to improve is to know what your students want. Answers will be anonymous.

Please check the front desk for your survey. Anyone who has not picked up their survey prior to testing will be able to pick one up after they finish testing.



FEBRUARY

BIRTHDAYS

David Kammerer 2/2

*Anthony Manoguerra
2/4*

Trey Smith 2/13

Hunter Babcock 2/17

*Landon Huntsinger
2/28*

**HAPPY BIRTHDAY
TO YOU** 🎵

**HAPPY BIRTHDAY
TO YOU** 🎵

**HAPPY BIRTHDAY
TO EVERYONE** 🎵

**HAPPY BIRTHDAY
TO YOU** 🎵 😊



Rank Testing Schedule

It is “show time” once again, as our students get ready to test for their next rank. This testing will be held on Saturday, February 28th. Please come to support your fellow classmates and friends while they strive to reach their black belt goals.



Little Ninja’s	10:00am
Junior Colored Belts	
	10:30am
Junior Black Belts	
	11:30am
All Adults	11:30am

National Black Belt Testing & Tournament

ATF will be holding their semi-annual black belt testing on Friday, March 13th. Mrs. Carter will be testing at nationals that evening.

The ATF national

tournament will be held on Saturday, March 14th beginning at 9:00am. Participants will perform forms. Participants green belt and above will spar. Participants that are white, yellow and orange belts will per-

form one step sparring. If you are interested in participating in the ATF National Tournament, please see Mr. or Mrs. Carter for details and hotel arrangements.

Should You Kick Chocolate Out of Valentine's Day?

Chocolate is one of the most popular sweet treats in the world—especially on Valentine's Day. Part of the myth surrounding chocolate is that if it tastes so good, it must be bad for you. But the surprising news from the scientific community is that chocolate has some health benefits—especially if you choose your chocolate wisely.

The skinny on chocolate

- The average American eats almost 12 pounds of chocolate per year.
- A typical chocolate bar has between 200-270 calories.

It sounds like chocolate is quite

fattening, but before you kick it out of your Valentine's Day menu completely—consider the health benefits that chocolate has to offer.

Is chocolate a health food?

Chocolate contains more than 300 chemicals, and has been the subject of a number of studies. Here is a quick rundown of the results.

- chocolate contains phenylethylamine, a mild mood elevator
- The cocoa butter in chocolate contains oleic acid, a monounsaturated fat which may raise good cholesterol.

- The flavanoids in chocolate may help keep blood vessels elastic.
- The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense of well-being.

What chocolate won't do

- Studies show that chocolate is not a causative factor in acne.
- Cacao contains the stimulants caffeine and bromine, but in such small quantities that they don't cause nervousness
- Chocolate is not addictive

Valentine's Day Parents Night Out

Athens Tae Kwon Do will host a Parents Night Out on Saturday, February 14th from 4-8pm. Kids will enjoy decorating Valentine's cookies, playing games, and

watching movies while their parents go out and enjoy an evening "on the town". Please sign up in advance so we know how many kids to plan for.



RANK TESTING BOARD BREAKS

White Belt—Hammer Fist

Jr. Yellow Belt - axe kick

Sr. Yellow Belt—hop axe kick

Jr. Orange Belt—front foot side kick

Sr. Orange Belt—step side kick

Jr. Green Belt—hop side kick

Sr. Green Belt—spinning side kick

Jr. Blue Belt—jump side kick

Sr. Blue Belt—jump spinning side kick

Jr. Purple Belt—elbow strike

Sr. Purple Belt—palm heel strike

Red Belt—jump front kick and knifehand strike

Sr. Red Belt—jump front kick and spinning knifehand strike

Jr. Brown Belt—flying side kick & downward ridgehand strike

Sr. Brown Belt—upward ridge hand strike and flying sidekick

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ATHENS TAE KWON DO CENTER

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INSTRUCTOR IS A
REFERRAL. SHARE YOUR
SCHOOL WITH A FRIEND!***

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Tae Kwon Do is one of the fastest growing recreational activities in the country. Everyone benefits.

Adults benefit from strength, flexibility, stress reduction, confidence and the camaraderie they receive in our training environment.

Teens receive positive reinforcement in social skills, discipline, and teamwork. It is a great way to build self-confidence and "burn off steam".

Younger children will gain confidence, self esteem, respect, coordination, self control, and memory skills.

At Athens Tae Kwon Do Center we work hard to provide a "family" atmosphere. All discipline is done in a positive and caring manner. Everyone is encouraged to "be the best they can be" from the competitive athlete to the recreational martial artist. We stress fitness and fun before competition. Every who trains with us is considered a member of our Tae Kwon Do family and many former students still come back to visit.

PARENTS NIGHT OUT!

Parents Night Out is a time (usually a Friday night) when parents can drop off their children at the tae kwon do school and know they are safe and well taken care of.

Students will play games, watch movies, eat pizza, play video games, etc. There will be no tae kwon do workouts, just good old fashioned fun.

Drop the kids off around 5pm and pick them up by 9pm. Any child left after 9pm will be given lots

of caffeine, sugar and a free puppy!

The next Parents Night Out is scheduled for Saturday, February 14. (Valentine's Day.)

If you are interested in having your children participate, please see

Mrs. Carter or Mrs. Williams

Fee: \$20 for ATC students and siblings

Bring a friend for half price.

