



ATHENS TAE KWON DO

# ATC FAMILY NEWS

Volume 3, issue 12

November 2008

*Rank does not confer*

*privilege or give power.*

*It imposes responsibility.*

## A Great Time Was Had By All



BILL WALLACE SEMINAR Nov. 1st

National Black Belt Testing ATC closed Nov. 14

National Tournament ATC closed Nov. 15

Thanksgiving, ATC CLOSED Nov. 27

ATC OPEN Nov. 28

ATC OPEN Nov. 29

Rank Testing Dec. 18, 19

End of year celebration Dec. 20

## National Testing Information

National Black Belt testing will be held Nov. 14th in Montgomery, AL. Mr. Pitts (3rd degree), Mr. Pittman (2nd degree senior), Ms. Mize

(2nd degree senior), and Mr. Carter (3rd degree high senior) will be testing that evening.

The ATF National Tournament will be held Saturday

Nov. 15th. If you are interested in watching national testing or participating in the national tournament please see Mr. or Mrs. Carter.



## NOVEMBER BIRTHDAYS

*Julian Attaway 11/4*

*Mr. Parker 11/6*

*Adam Baker 11/9*

*Henry Mayfield 11/12*

*Brittany McNair 11/12*

*Sara Spinelli 11/18*

*Lea Agliano 11/18*

*Kelly Gallagher 11/20*

*Andie Kelly 11/25*

*Betsy Coile 11/25*

*Andrew Garcia 11/29*



**HAPPY BIRTHDAY  
TO YOU** 🎵

**HAPPY BIRTHDAY  
TO YOU** 🎵

**HAPPY BIRTHDAY  
TO EVERYONE** 🎵

**HAPPY BIRTHDAY  
TO YOU** 🎵 😊

## MARTIAL ARTS HOLIDAY GIFTS



If you or someone you know has martial arts supplies on their gift list, then come to ATC and pick up a Holiday Gift Catalog from Century Martial Arts Supply. If you order your items before Nov. 21st ATC will pay the shipping fees!



## WORD OF THE MONTH: ANGER

*“Speak when you are angry and you will make the best speech you will ever regret” - Laurence J. Peter*

Being angry is normal. You must remember to control your anger. Anger could cause you to say the wrong

words or act badly. You wouldn't want to hurt someone because of your anger. You wouldn't want to be in trouble because of your anger. Martial arts teaches self control. Think before you speak or act. Use your

self control to protect others from bad words or actions. You will feel great and so will the people around you.

*“Anger makes you smaller, while forgiveness forces you to grow beyond what you were.”*

## PROTEIN: GOOD OR BAD

Protein is necessary to build and repair your muscles after a hard workout and to continuously feed your tissues. Once you ingest that tuna, beef, milk or nutrition bar, the protein is broken down into amino acids.

### How much to consume?

Protein is vital for building and repairing muscle, BUT more is not necessarily better. Most martial artists need between 0.03 and 0.09 grams of protein per

pound of body weight. For example:

0.03 X 150 lbs. = 45 gms of protein per day

0.09 X 150 lbs.—135 gms of protein per day

**When should you eat protein?** While you should include protein in your meals throughout the day, research shows that it is vital to consume some immediately after training, specifically, within 30 minutes of your workout. Your second best option is to eat it within

the hour, and your last choice is to eat it within two hours after you train.

**Everyday foods high in protein.** Here are some typical protein foods you want to include in your daily diet.

Meat, poultry, fish—7gm/oz

Beans, dried beans, lentils—7gm/oz per 1/2 cup cooked

One large egg—7 gms

Milk—8 gm/cup

Cereal—4 gm/1/2 cup

Vegetables—2 gm/1/2 cup

## SPARRING GEAR, a matter of student safety

Sparring is the most dangerous part of martial arts. At ATC we wish to keep our students as safe as possible while still teaching them proper techniques and strategies. Recently, there have been two injuries that would not have occurred or would not have been as bad if the students were wearing proper protection.

In light of the injuries, we are now requiring all students wear full gear during contact sparring.



Full gear consists of hand pads, foot pads, shin guards, head gear, groin protector, mouth guard and chest protector. We also realize this gear can get expensive. To assist parents in properly safe guarding

their children we have developed several options.

**Option 1:** Buying new gear. When your child outgrows the gear you can turn in any equipment that is still in good shape for a 25% discount on new gear or a 10% discount on used gear.

**Option 2:** Gear that is turned in and still in good repair will be available for purchase at a reduced price.

**Option 3:** Rent gear for a monthly fee added to your membership fee. When your child outgrows the gear it will be replaced.

**ATHENS TAE KWON DO**

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***THE BEST COMPLIMENT  
YOU CAN GIVE YOUR  
INSTRUCTOR IS A  
REFERRAL. SHARE YOUR  
SCHOOL WITH A FRIEND!***

***" YOU CAN DO IT "***

**WWW.ATHENSTKDCENTER.COM**

*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.*

## **CELEBRATE YOUR BIRTHDAY WITH ATC!**



- ***PLAY GAMES***
- ***LEAD GUESTS  
IN TAE KWON  
DO DRILLS***
- ***EAT PIZZA***
- ***CUT YOUR  
BIRTHDAY  
CAKE WITH A  
REAL SWORD!***

**Come celebrate  
your birthday at  
Athens Tae  
Kwon Do.**

**See Mrs. Carter  
for details.**