

J.P. WOOD MARTIAL ARTS AMERICA

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HAPPY NEW YEAR TO OUR WONDERFUL STUDENTS & FAMILIES

WINTER 2012



12th ANNUAL SAMURANG GAMES WEEKEND FRIDAY, March 2nd : Meet the Masters SATURDAY, March 3rd : SAMURANG GAMES TOURNAMENT

We are quite excited to expand our Samurang Games weekend by adding seminars on Friday night (see below) before our Saturday tournament. The 12th annual Samurang Games Tournament will be held in Palatine, IL on Saturday, March 3, 2012.

What is the Samurang Games? This is a fun and rewarding event each year for the whole school, including the athletes who participate and the students and parents who volunteer to make this event a success. This year we hope to make this event bigger and better than ever by adding on Friday night's events.



The Samurang Games will have traditional forms and sparring competition, along with some very fun (and competitive) Taekwondo and Gumdo contests including breaking, cutting, fast kicking and high kicking. There will be grand champion events for forms competition, breaking and one or two additional contest events. Registration will begin in February. ALL THE RULES WILL BE INCLUDED WITH THE REGISTRATION INFORMATION. Don't delay signing your child up so they have plenty of time to prepare. There will be awards for all of the contests, including our very unique and interesting sparring and forms contest "trophies".

In preparing for the tournament, please keep in mind the following:

1. All students need to register in advance
2. Private lessons are available to help our students prepare
3. Taekwondo students are strongly encouraged to attend Friday night sparring classes if they will be competing in this event.

FRIDAY NIGHT "MEET THE MASTERS" (March 2nd)

New this year is our Meet the Masters event where you can participate in four different seminars taught by various local and national masters and grandmaster instructors. You will be divided into groups according to age and rank. Further details to follow. Tentative schedule:

- | | |
|-------------------|--|
| 5:00 to 6:00 pm | Meet and Greet – social hour with pizza |
| 6:00 pm – 8:30 pm | Meet the Masters – rotate into three to four blocks of seminar training.
Topics may include judo, hapkido, weaponry, advanced sparring techniques, etc. |

A NOTE FOR VOLUNTEERS :

To make this event a success, it takes a lot of people and we are inviting students and parents to volunteer to help run the tournament. There will be a sign up sheet posted in the lobby. If you can help in one of these areas please sign up: score keepers, time keepers, staging, security, check in, award table, set up, tear down, photography, video taping, refereeing, coaching and more. You can sign up on our bulletin board sign up sheet, by telephone, or by email. Thank you in advance for all your efforts.

ALL VOLUNTEERS **WHO SIGN UP IN ADVANCE** and work a minimum # of hours WILL RECEIVE:

1. Admission to the Samurang Games
2. Meal ticket
3. Event t-shirt (if they did not receive one last year)

MARTIAL ARTS WORKOUT – WINTER SESSION BOOT CAMP

TURN the calendar . . . BURN the calories

Monday evenings from 8:00 pm – 9:00 pm



Come sweat with us on Monday evenings from 8:00 pm – 9:00 pm in this workout class for teens and adults. This class is for males and females, with or without martial arts or fitness experience. This is open to both our students and non-students.

What do we do each class? New and different activities for a great workout! The class consists of a cardio workout, stretching exercises, heavy bag work (upper and lower body), resistance band exercises (upper and lower body strength conditioning), push ups, resistance balls, sit ups and more!

Cost of the class: Free to our students and, if you are on a family plan, free to your family members. If one member of your family is a student at our school, then your reduced price is \$52.00 for this session. Otherwise the cost of the program is \$99.00.

Let all your friends, neighbors, cousins and co-workers know about our Winter session.



TINY TIGERS ARE GREAT!!

Winter Sessions are starting & they fill up fast

Yes your 2 ½ and 3 year old can do the martial arts! What do we do in classes? Sit ups, front kicks, roll outs, push ups, run and hop, and lots of agility and activity drill. Yes, we work with them on important skills such as listening, taking turns, discipline and self control.

EVENINGS: Monday evening at 6:00 pm and Tuesday evening at 6:30 pm at Palatine Park District facilities. Eight week sessions starting week of January 16th.

DAYTIME: Wednesday mornings at 10:30 am and **NEW TIME! Wednesday afternoon at 4:00 pm** starting January 18th Eight week sessions. Ages 3 and older . Sign up at JP Wood. Cost \$52.00



KIDS GUMDO STARTS FRIDAY, January 20th 4:15 to 4:45 pm Special 10 Week Class 1st Grade and Older

New to the school, we are offering this winter a Kids Gumdo Class for 1st grade and older. Kids will learn how to use the sword, get a great introduction to gumdo, and practice some great sword drills, forms, sparring and more. This is not a full gumdo course, but intended as a fun introduction to this sword art. Wear Taekwondo uniform. Cost of this program is \$39.00 for school members which includes your wooden practice sword.

TESTING NEWS

TESTING DATES – JANUARY THROUGH MARCH 2011

Wednesday, January 11 at 6:00 pm
Wednesday, January 18 at 7:00 pm
Saturday, January 21 at 11:30 am
Wednesday, February 15 at 6:00 pm
Thursday, February 16 at 6:00 pm
Saturday, February 18 at 11:30 am
Saturday, February 18 at 12:45 am

Wednesday, March 21 at 7:00 pm
Saturday, March 24 at 11:30 pm

December Boot Camp Test
Make Up Gumdo Test
Gumdo Test
Make up Taekwondo Test
Dragon Test – white/red and higher
Taekwondo Test – Yellow through Purple Belts
Taekwondo Test – Black Belt Graduations and
Brown through Black Belts
Make up Gumdo Test
Gumdo Test

IMPORTANT INFORMATION ON TESTING:

**Read
Me!**

1. TEST FORMS ARE DUE IN ADVANCE – Please be sure you hand your test form in advance of your test date so we can start the test on time, and to insure we have your belt following your testing. If your test form is turned in late we can not insure you will promote with everyone else.
2. TEST AT THE MAIN TEST: IF AT ALL POSSIBLE, you are to test at the main test date. **Make up testing is only for those students who absolutely can not make the main test.**
3. TEST AT MAIN TEST FOR BLACK BELT RANK. IF YOU ARE TESTING FOR A BLACK BELT RANK (not a phase), YOU NEED TO TEST AT THE MAIN TEST. Please make arrangements in advance so that you can attend the main test date. IF this is not possible, you need to see Master Wood about testing.
4. NO BLACK BELT GRADUATIONS AT MAKE UP TEST: We are no longer holding black belt graduations at the make up tests. Graduations will be at the main test. If you can not make the main test, please see Mr. or Mrs. Wood to schedule an alternate time to graduate.

NEW TEEN / ADULT TAEKWONDO CLASS ADDED SUNDAY MORNINGS



Starting Sunday, February 19, we are adding a Teen / Adult Taekwondo workout class on Sunday mornings from 11:00 am to 12:00 pm. This will be taught by one of our black belt instructors. The class will focus weekly on different areas of Taekwondo training, including fitness, forms (reviewing and practicing, self defense (reviewing and practicing), footwork, sparring drills, basic skills, etc. This will be an additional class for our teen/adult students at no additional charge.

SUMMER CAMP INFORMATION IS COMING SOON

We are working on the dates and times of our summer camp offerings this year. We will again be offering stunt action hero camps and possibly “mini-camps” for our dragon aged students. A flyer with all dates and times will be handed out to all the students in February.

WEAPONS SEMINARS:



Saturday, January 28, 2012 – Nunchuck (beginner & advanced)

Seminar # 1: 12: 45 pm – 2:15 pm

Saturday, February 4, 2012 - Bo and Arnis

Seminar # 2: 12:45 – 2:15 pm Arnis (beginner & advanced)

Seminar # 3: 2:30 – 4:00 pm Bo (beginner & advanced)

Want to learn a new weapon or practice an old one? We are holding a nunchuck weapons seminar on Saturday January 28, and a bo and arnis seminar at Saturday, February 4, 2012. These are for juniors, teens and adults ages 7 and older. Cost of the seminar is \$15.00 (plus cost of the weapon if you need to purchase one) for one seminar, \$25.00 for two and \$35 for all three seminars. All registration is in advance. The seminars are a lot of fun and a good way to pick up some additional martial arts training whether you are a Taekwondo or Gumdo student. Flyers will be emailed to all families and are available at the school.

➡ **NOTE:** If you are thinking of competing in weapons form at the Samurang Games, and need help with your form, you should attend one of these seminars.

FAMILY WEEK “BRING A FAMILY MEMBER TO CLASS”

Monday, January 23rd to Saturday, January 28th

What’s family week? It’s a week you can bring any family member to class for free to try classes. This includes all our classes: Flying Dragons (ages 4 to 6 only), Taekwondo classes, Gumdo classes (ages 8 and older only), and Monday night workout class (teen/ adult only)!

Have your family member wear comfortable exercise clothes and encourage them to try a martial arts class this week.

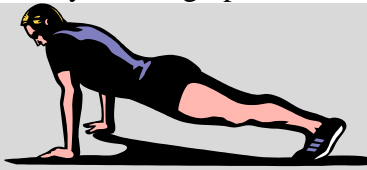
COME JOIN US IN OUR 4th ANNUAL NUTRITION CHALLENGE JANUARY 22 - 28



Along with working on our Fitness Patches (see below) we also want to stress the importance of good nutrition. Good nutrition is a conscious choice we make as children, teens and adults to eat healthy and encourage others to do the same. Good nutrition can be very difficult in our society, considering the abundance of snack foods and fast food restaurants all around us. It is especially important for us, as martial artists, to consciously embrace eating healthy, reducing our intake of “junk food” and encouraging all our family members to join together in this regard. **Increasingly, studies and research point to the importance of healthy nutrition in combating many of today’s medical problems including diabetes, heart disease, high blood pressure and cancer.**

Take the Nutrition Challenge January 22 - 28 by eating healthy all week and completing the “At Least Five a Day Worksheet” getting at least five servings of fruits and vegetables a day – Worksheets have been emailed and are available at the school.

A SPECIAL NOTE TO PARENTS: Good nutrition starts each week at the grocery store. Your purchases in that one hour greatly influence the health and nutrition of your family for the next week. Buy carefully by reducing your junk food purchases, and increasing your purchases of lean meat, whole grain breads, and lots of fruits and vegetables. If this is a big change for your family, start out slowly by cutting out cookies or chips and increasing whole grain and consistently working up to a much healthier grocery cart.



EARN YOUR FITNESS PATCH – FITNESS PROGRAM

- White patch:** Choose **two** from Group # 1 and **two** from Group # 2
- Silver patch:** Choose **three** from Group #1 and **three** from Group # 2
- Gold patch:** Complete **all four** from Group # 1 and **all four** from Group #2

<u>Group # 1:</u>	<u>Group # 2</u>
Push ups – 25 military style with 90 degree bend in arm	Sit ups -25 w/ feet firmly on ground. Start up position.
Burpies – 25	Leg Lifts – 25. Legs must be straight entire time.
Mountain Climbers – 25. One foot bent (to elbow) and one straight entire time.	Crunchie Flies – 25. Lay back with full extension each time.
Planks – 20 second hold both arms, 20 seconds hold right arm only, & 20 seconds hold left arm. No breaks in between.	Plyometric jumps – 25. Must jump at least 12” off ground each time – use pad.

Although our fitness patch program is ongoing and year round, we are encouraging everyone to earn at least one fitness patch in 2012. S imply follow the rules below to earn your fitness patch. This should be fairly simple for the majority of our students, especially if they have been working hard in 2011 in classes.

Rules of the Fitness Program:

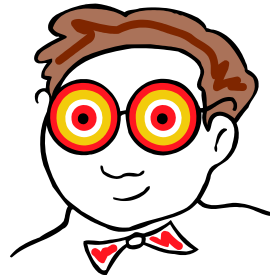
Procedures to demonstrate for your fitness patches:

1. Complete your registration sheet and request a judge watch your fitness test.
 - a. Judges for the white and silver patches will consist of any teenager or adult with the school. Parents can not judge their children. The judge must first be familiar with the Rules of this Program and must be able to judge without bias.
 - b. Judge for the gold patch must be GOLD Team member.
2. **All tests must take place in the school before or after classes (not during) class.**
3. **Fitness sheet must be completely filled out and turned in to front desk. Judge must complete and sign your sheet.**
4. **Patches will be awarded during classes.**

NEW CHARACTER BUILDING THEME IS FOCUS

Focus is so important for all age groups. Why? Because we will achieve in life what we focus on!
Five rules of focus we will be working on in classes:

1. Focus your *EYES*.
2. Focus your *EARS*.
3. Focus your *MIND*.
4. Focus your *MOUTH*.
5. *Good posture*.



Take the Focus Challenge! Please read through the Focus Character Building Sheet so you or your child can work on the Focus Challenge. Focus worksheet is being emailed to you and is available at the school.

FRIDAY NIGHT IS FIGHT NIGHT! (SPARRING CLASSES)

Come train and get a great workout at the Friday night Tae Kwon Do sparring classes at 6:00 pm. These classes are geared for our junior and teen students, though adult and dragon students can attend – dragon students WITH PERMISSION ONLY. These classes are excellent for those wanting to increase their cardio training, practice their sparring skills, learn new drills, get a great workout, train for tournament competition or prepare for black belt testing. You will leave tired, sweating and smiling!

→ ALL JUNIOR BLACK BELTS ARE STRONGLY ENCOURAGED TO ATTEND AT LEAST ONE SPARRING CLASS PER MONTH

GOLD TEAM NEWS – GOLD TEAM RETREAT DAY

We are planning a special one day GOLD Team Retreat for training including CPR training, First Aid / Injury Training, general meeting, and specific training on some topics requested by our instructors. We are finalizing this date and will hand out the information in classes and by email as soon as we have it. We are hoping to do this in January, but by February the latest.

In the meantime, we will not hold our regular GOLD team meeting on January 11th. Our regular monthly meetings will continue in as normal on the 2nd Wednesday of each month at 6:00 pm at the Palatine Public Library (unless notified otherwise).

Upcoming meetings are: Wednesday February 8th and Wednesday, March 14th.

DEMO TEAM DATES, NEWS, and NEW STUDENTS:

MONTHLY PRACTICES: 1st Monday of each month from 4:00 to 5:00 pm. Practice dates through this school year: January 9, February 6th, March 5th, April 2nd, and May 7th.

Are you interested in joining the demonstration team? We are a fun team practicing exciting martial arts techniques. Please see Mrs. Wood for more information.

HONOR & COLOR GUARD NEWS

Honor Guard is open to all teen and adult black belts in Taekwondo and Gumdo. WE PRACTICE ON AN "AS NEEDED BASIS" THE LAST WEDNESDAY OF EACH MONTH. Upcoming practices are: January 25th, and February 29th. Practices are held from 8:00 – 8:30 pm. If you are interested in joining the Honor Guard, please come to one of our practices.

The Color Guard will be marching in the Samurang Games.

ATTENTION ALL TAEKWONDO & GUMDO RED/BLACK & BLACK BELTS

As a Red/Black Belt Student, and EACH AND EVERY TIME YOU REACH A NEW DEGREE OF BLACK BELT, you need to schedule a conference with Master Wood so he can go over your testing requirements with you. This includes testing for Candidate/Provisional Black, and each time you are testing for 1st Degree, 2nd Degree, 3rd Degree, 4th Degree, 5th Degree, 6th Degree, 7th Degree and 8th Degree.

PRIVATE LESSONS

Taekwondo: Monday at 5:45, 6:00, 6:15, 6:30 and 6:45
Wednesday at 5:00, 5:15, 5:30 and 5:45 pm (in the 6:00 hour as needed)
Thursday at 4:30 pm
Fridays at 4:30 and 4:45 pm

Gumdo: Friday at 6:45 and 6:30

We encourage you to take advantage of this free service we are offering by scheduling a 15 minute private lesson at the front desk. These lessons are an excellent way to gain additional help on forms, self defense, or your basic techniques especially for review belts and red/black belts. As general rule students are offered one free lesson per month – if you or your child needs more please see Mr. or Mrs. Wood.

IF YOU CAN NOT MAKE A SCHEDULED LESSON, WE REQUIRE THAT YOU CALL AND CANCEL YOUR APPOINTMENT. Thank you for your cooperation in this regard.


WEATHER CLOSINGS

When do we close?? In the event of bad weather, we will post a message on our machine that we are closed due to the weather, and send out an email message, weather permitting. We will probably not make a decision until 4:00 p.m. for weeknight classes and 9:00 a.m. for weekday classes as we will try to stay open if possible. Please do not assume we are closed if it's snowing outside - if you think we might be closed, please feel free to call us.

YES, OUR EVENING CLASSES ARE IN SESSION WHEN YOUR KIDS ARE OFF SCHOOL

For those new families who often want to know, yes we are open on the “smaller holidays” and school days off like Martin Luther King, Presidents’ Day, etc. We close for the major holidays only.

WE KNOW IT’S HARD TO CATCH US AT NIGHT – HERE ARE OTHER WAYS TO REACH US

 Please feel free to call us during the day at 847/ 705-8714 – generally someone is in after 9:00 am each day.



Email is a great way to reach us: email Jan Wood JPWOODSMAA@MSN.com and email John Wood MASTERJPWOOD@SBCGLOBAL.net



Go to www.Palatinemartialarts.com under “contact us”.

THANKS FOR ALL YOUR WRITTEN CORRESPONDENCE - PLEASE CONTINUE TO WRITE DOWN INFORMATION FOR US BY USING OUR CORRESPONDENCE FORMS OR EMAILING US

As much as we try, we simply do not remember everything students and parents tell us before, during and after classes (especially when it is very busy). Please feel free to tell us in person, but also write a quick note on correspondence forms we have at the front desk. We appreciate your help. Also, feel free to email us at any time at our above email addresses.