

January 2012

# IN THE KNOW

## WITH CHAMPION TAEKWONDO



## CONGRATULATIONS TO THE NEW BELTS

Those who tested in January not only demonstrated just how hard they've been working, but put on a great show for those that were present to cheer them on. Let's recognize all of those that tested in January:

### New Yellow Belts:

- Xander T.
- Carter Q.
- Mackenzie T.

### New Orange Belts:

- Sarah T.
- Elisabeth S.
- Gabriel V.
- Tevis V.

### New Green Belts:

- Kees V.
- Will C.
- Joe Don R.
- Lance L.

- Jared K.

### New Blue Belts:

- Jaclyn S.
- Lawson R.

### New Purple Belts:

- Katie M.
- Andrew S.
- Jake H.

### New Brown Belts:

- Malcolm N.
- Cody F.
- Zachary V.
- Lee F.

### New Red Belt:

- Elliot W.

### New Deputy Black Belt:

- Teagan C.

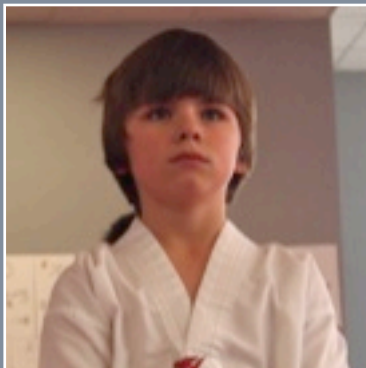
Congratulations to all of the new belts! You all did a fantastic job!



## INSIDE THIS ISSUE

- Highlights from Champion Taekwondo's first award ceremony
- All about sparring gear and what you need to get started
- How to find helpful forms videos online
- Belt progression
- Lots of great photos!

# CHAMPION TAEKWONDO'S FIRST AWARD CEREMONY



*Congratulations to those who tested in January*

Thank you to all who were able to come out during the first Champion Taekwondo Award Ceremony. It really was a great way to “kick off” the new year! Congratulations to everyone for a great year, and to those who received awards.

## Shining Star Awards

- John W.
- Malcolm N.
- Katie P.
- Patrick W.
- Jackson R.
- Susan F.

## Leadership Star Awards

- Nate S.
- Miles N.
- Sydney S.

## Leadership Gold Star Award

- Dennis R.

## Best Attitude Awards

- Shawn G.
- Wade H.

## Most Improved Award

- Carter B.

## Best Athlete Award

- Andrew D.

## Best Sportsmanship Award

- Jackson W.

## Orange Strip Award

- Landon W.

## Courtesy Award

- Elijah F.

## Integrity Award

- Louis S.

## Perseverance Award

- Paloma W.

## Self Control Award

- Luke S.

## Indomitable Spirit Award

- Vicki F.

## Instructor of the Year

- Macree P.

## Parent of the Year

- Jacklyn D.

## Family of the Year

- The Fetters

## Child Student of the Year

- Reynolds Y.

## Adult Student of the Year

- Charity S.

Again, congratulations! We're looking forward to another awesome year!



# GET READY TO SPAR!

## Learn about the gear you need to get started.

Many of you, or your children, may already be participating in sparring. If you haven't tried yet, you should. Below are some common questions and answers pertaining to gear to help get you started.

Next month we'll review some of the basic rules of sparring.

### **Do I need my own gear or can I just use the gear in class each time?**

There is a limited amount of gear in class to borrow. This gear is intended for those trying it out, or for those who forget their own gear. Unfortunately there is not enough gear to go around if everyone borrows it, and it doesn't always provide the best fit.

### **What gear do I need?**

You'll need headgear, a chest guard, a groin protector (males), shin and instep guards, forearm guards, and a mouthpiece.

### **Where can I buy the gear?**

You can purchase a full set of gear directly from Master Jenn. Usually she has it in stock or it can be ordered and shipped quickly. If you are looking for a particular brand, just let her know.

### **What do I need to consider when buying sparring gear?**

It is possible to purchase gear on your own (it's not required to purchase it through Champion Taekwondo), however, you need to be certain that

you order the correct size, and ensure that the gear is appropriate for practices and possibly tournament use. In order to compete, gear must abide by World Taekwondo Federation regulations. (This is why it's just easier to order it directly from Master Jenn!)

You don't have to buy anything else unless you wear out your gear, outgrow it, or want to upgrade to a different brand name. As you or child advance in taekwondo or want to compete at an advanced level, you may consider purchasing gear that is designed to withstand such intense use.

### **How do I maintain the gear?**

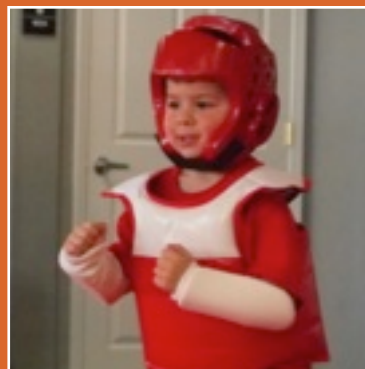
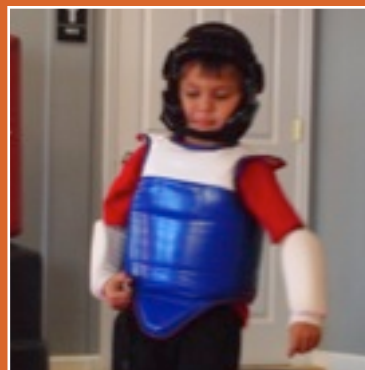
First of all, it's crucial that you mark your gear somehow. All of the gear looks the same and the last thing you want is your child's \$30 headgear ending up in the "borrow bin!"

After sparring, you should remove all gear from the bag and let it dry completely (be sure to lay everything out flat). Once it's completely dry, spray it well with a disinfectant spray such as Lysol.

### **How much does sparring gear cost?**

Master Jenn has a set available with all of the gear required, including a bag and mouth guard case for \$150.

Looking for gift ideas for your child (or spouse)? Consider getting them a set of sparring gear!



*Sparring can be exciting, intense, and fun all at the same time!*



# LAST BUT NOT LEAST

## What's coming up, some helpful info, and more.

Happy new year! A bit belated, but we hope everyone's new year is off to a great start. We're sure that everyone is still adjusting to the new schedule, but the changes have been well received.

### February Testing

Testing will resume to the first Friday of each month. That means February's testing will be on **Friday, February 3rd**. Remember there are no regular classes on Friday test days. If you're scheduled to be testing in February, look to your test paper for your test time. Also, don't forget that you must wear your white uniform during testing!

### Find Form Videos Online

If you've had to learn a new form, or watch your child learn a new form, you know just how difficult it can be. Many students have found online videos to be helpful when learning their forms. Here are some tips for finding useful videos on YouTube to help you or your child:

- Try searching by the form's name. For example, for the first form, search for "taegeuk il jang."
- Try my favorite YouTube channel - "bruceleevg."

If these tips don't work for you, as always, please feel free to ask Master Jenn directly for help.

### Belt Progression

One question that is often asked is about belt progression. Which belt comes next and how long does it take to get there? Here's a guide to help answer those questions:

- White (2 months)
- Yellow (2 months)
- Orange (2 months)
- Green (4 months)
- Blue (4 months)
- Purple (4 months)
- Brown (6 months)
- Red (6 months)
- Black Deputy (6 months)
- Black (2-9 years per level)

There are also nine levels of black belt. Poom (red and black) is a black belt for those under 15 years old.

Dan (pronounced *Don*) (solid black) is a black belt for those 15 years and older.

### About the White Belt

Your very first taekwondo belt is the white belt, and very aptly represents innocence. Everyone must start as a white belt - even your instructor. The white belt does not have to be earned as it is a part of your uniform or Dobok; however it is the most important belt in your taekwondo journey because it represents your first step.



### Newsletter Naming Winner

Congratulations to Luke & Elisabeth S. whose name was selected for the newsletter. And thanks to everyone else who participated as well. There were so many great suggestions; it certainly wasn't an easy choice.



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