

J.P. WOOD MARTIAL ARTS AMERICA
847/ 705-8714

SPRING 2009

SAMURANG GAMES ARE COMING
SATURDAY MAY 9th

We are excited to announce our 9th annual Samurang Games will be held this year on Saturday, May 9th in the Junior High gymnasium at Winston Campus Junior High School on Palatine Rd. in Palatine, IL. We have new events and activities planned for this year, and are very excited to bring you this great event. This has been a fun and rewarding event each year for the whole school, including the athletes who have participated and the students and parents who have volunteered to make this event a success. This year we are looking forward to a bigger and better event than ever. Please note there will be NO CLASSES that day.



MARTIAL ARTS EVENTS this year are:

FORMS: Taekwondo, Gumdo and Open Weapon

SPARRING: Taekwondo, Soft Sword and Quick Draw Sparring. All events are open to all ages except Quick Draw Sparring which is open to teens and adults only.



NEW FESTIVAL CONTESTS ADDED THIS YEAR:

1. High kicking
2. Distance kicking
3. Fast kicking
4. Aerial kicking
5. Breaking
6. Paper cutting
7. Target cutting
8. Fast draw cutting

The awards, unique as always, will be on display at the main school for your advance viewing pleasure. All athletes competing will receive an award for each event they compete in. We will also have concessions for sale again this year.

This is pre-registration only. Please see the registration form for all details. Please note J.P. Wood students are receiving a special student discount rate for the tournament fee.

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

1. All students need to register in advance
2. Students should start practicing now in order to be prepared for the tournament.
3. Colored belts: Colored belt students may compete in their current belt form, or their previous forms. Black belts: Taekwondo and Gumdo students can choose one of their school's black belt forms.
4. Students will need to make sure they have all of their sparring gear that day
5. Private lessons (free) are available to help all our students prepare for this event
6. Taekwondo sparring competitors: Dragon and Junior students are encouraged to attend Friday night sparring classes and Teen and Adults Tuesday evening sparring classes.

Not only is it going to be fun to participate, but it will be fun to watch too! Yes, we have started taking registrations. Don't delay signing your child up so they have plenty of time to prepare.

WE NEED PARENTS AND STUDENTS A SPECIAL NOTE FOR VOLUNTEERS :

- To make the Samurang Games a success, it takes a lot of people and we are asking for volunteers to help at the tournament. There is a sign up sheet posted in the main school. 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.
- **Who can help?** Students (teens and adults), parents, grandparents and siblings. Free admission and a meal will be provided for all volunteers REGISTERED IN ADVANCE with at least three hours working. Please be sure to put your name on our sign up sheet in order to be registered as a volunteer. NOTE: on the sign up sheet the age of volunteers and time commitment is listed to help you choose your role. Thank you in advance for your helping in making this a great event for our students and parents.
- This is an exciting event that will help you and your child towards doing their best. This is a great way for your child to set a goal, work hard at it, and then reap the benefits of their hard work. We look forward to providing you the best event possible. If you have any questions or comments see Master or Mrs. Wood.

TESTING NEWS MARCH THROUGH MAY TAEKWONDO & GUMDO

Saturday, March 21 st at 12:30 pm	Gumdo Test
Wednesday, March 25 th at 6:00 pm	Make Up Gumdo Test
Thursday, April 23 rd at 6:00 pm	Flying Dragon test – white/red and higher
Saturday, April 25 th at 11:30	Taekwondo Test – White belt through purple belts
Saturday, April 25 th at 12:30	Taekwondo Test – Brown through black belts
Wednesday, April 29 th at 6:00	Make up Taekwondo Test
Saturday, May 30 th at 12:30 pm	May Gumdo Test
Wednesday, June 3 rd at 6:00 pm	Make up Gumdo Test
Saturday, June 20 th	Taekwondo Test

APRIL 25th Schedule of classes – this is for April 25th only (Taekwondo test):

9:30	Taekwondo and Dragons CLASS
10:30	Gumdo CLASS
11:30	Taekwondo TEST (white through purple belts)
12:30	Taekwondo TEST (brown through black belts)

SUMMER'S AROUND THE CORNER – AND WE'VE GOT SOME GREAT CAMPS FOR YOUR KIDS

TOP EIGHT REASONS FOR SENDING YOUR KIDS TO OUR ALL WEEK CAMPS:

- They'll have both awesome instruction and a fantastic time – the camp will be one of their highlights of the summer they'll remember at summer's end.
- They'll be sure to know at least a couple kids in the camp so you won't have to worry about them not being around any friends all day.
- They'll do activities inside and outside – we don't force them outside on those really hot summer days, nor keep them inside all day on those beautiful summer days.
- They'll be supervised by *adults* you know and trust.
- They'll attend martial arts classes twice that week during camp and you won't have to take them that evening.
- Where else can they make a stunt action movie and swing swords?
- Each camp will feature different activities, different movie theme, martial arts skills and fun drills.
- These are unique camps; you won't find them anywhere else guaranteed!!!



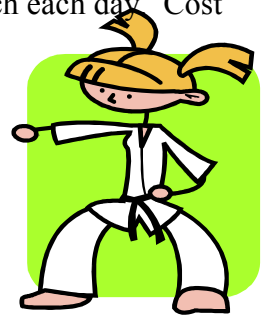
STUNT ACTION MOVIE CAMP IS BACK!!

Ages: 6 – 13 years old
June 22nd – 26th 9:00 am – 3:00 pm

Kids can live out their fantasy by starring in a stunt action hero movie at this fantastic one week camp. Campers will practice tumbling, martial arts, stunt action and movie acting skills. Then they'll create, practice and star in their own stunt action hero movie! Campers will also participate in a variety of games and activities throughout the week. No experience needed. Wear comfortable clothes and bring a packed lunch each day. Cost \$149.00 for school members, \$159.00 for non school members.

MARTIAL ARTS & MORE TWO DAY CAMP

Ages: 4 – 7 years old
Monday June 29th and Wednesday July 1, 9:30 – 12:15



You won't believe the fun your kids will have in this awesome camp. Martial arts, tumbling, obstacle courses, new skills, games and so much more awaits your child in this two day camp held on Monday and Wednesday morning from 9:30 a.m. – 12:15 p.m. Campers should wear shorts and t-shirt. Cost is \$32.00.

**THESE CAMPS WILL FILL UP – REGISTER ON ATTACHED FLYERS
NOW TO INSURE YOUR SPOT**



DOLLAR\$ FOR MARTIAL ARTS SCHOLARS

Our scholarship applications for the 2008-2009 school year are available at the front desk for any of our senior martial art students who will be attending college as a freshman this year. **APPLICATION DEADLINE DATES IS MARCH 31.**

This year our incredible Fundraising Committee raised almost \$2,000 through fundraisers and donations!! We had Delta Sonic Car Wash Ticket sales this summer, Affy Taffy apple sales this fall, our gift card fundraiser late fall, holiday auction in December and of course our Kids Night Out and Wine Tasting on Valentine's Day.

A huge thank you to our Fundraising Committee: Debi Azpuru, Mike Goins, Liz Goeller, Kurt Harzke, Cheryl Michelotti, Mary Kaye Pollard and Roberta Sullivan.



MARTIAL ARTS WORKOUT – EIGHT WEEK SESSION **Monday evenings March 9th to May 11th, 8:00 pm – 9:00 pm**

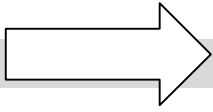
Come sweat the excitement with us and join us in our spring Martial Arts Workout session on Monday evenings at NEW TIME OF 8:00 pm. This awesome workout class is for teens and adults, males and females, with or without martial arts or fitness experience. This is open to both our students and non-students. 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, sit ups and more! The class is free for our students, and a reduced rate for family members of our students. Further information is available at the front desk.

YOGA CLASSES ARE COMING SATURDAY APRIL 4th

Learn Classical Hatha Yoga from Sivananda Yoga-Certified Instructor Sarah Mikulski. This is a beginning yoga class starting Saturday, April 4th from 8:00 – 9:00 am. This class is being taught by an outside instructor, and there is a separate fee for this class. JP Wood students receive a discounted rate. See the front desk or call for more information.

WHY TAKE YOGA?

- To increase your flexibility and balance
- To relax and rejuvenate your body, mind, and spirit
- To learn stress and pain management techniques



WWW. PALATINEMARTIALARTS.COM

We are adding new things to the web site each week to get us fully operational. If you haven't visited us lately, please check out our new look. Hopefully soon the Student Log in section will be completed.

BE SURE TO CLICK ON THE LINK in the lower right hand corner that says "Click here to check out the JP WOOD Martial Arts Community" and join our meet up group!

EMAIL, CALL OR FAX US

Email is a great way to reach us:

Email Jan Wood at JPWOODSMAA@MSN.com

Email John Wood at MASTERJPWOOD@SBCGLOBAL.net

To fax anything to us:
847/ 705-9749

To call us:
847 / 705-8714

GOLD TEAM NEWS

GOLD Team meetings will continue to be held the 2nd Wednesday of each month at 6:00 pm ALL GOLD TEAM MEMBERS are expected to attend these monthly meetings.

Upcoming meeting dates: *March 11, April 8, and May 13*

HONOR GUARD / COLOR GUARD NEWS

The Honor Guard / Color Guard consists of teen and adult Tae Kwon Do and Gumdo black belt students. It is an honor to be part of this group, and we'd like to encourage any teen or adult black belts interested in joining this group to come to any of our practices.

We practice the FOURTH THURSDAY of each month from 8:00 – 8:30 pm.

DEMO TEAM DATES, NEWS, and NEW STUDENTS:

Our demonstration team is starting to practice for our important summer demonstrations. **ARE YOU INTERESTED IN JOINING?** Hurry and see Mrs. Wood so you can join us now as we prepare for our summer events.

Upcoming practices: Spring break practices will be held on Tuesday, March 24th from 1:30 – 3:30 and Wednesday, March 25 from 1:30 – 3:30.

**YES WE ARE OPEN THE WEEK OF SPRING BREAK
MARCH 23rd – March 28th**

NEW CHARACTER BUILDING THEME IS . . .MOTIVATION

Well our Self Control theme was great timing – I think lots of the kids have had quite a case of cabin fever this year and needed to use all of their self control not to get too crazy these last couple months. Congratulations to everyone who completed their Self Control worksheets.

IF YOU HAVE NOT TURNED IN YOUR SELF CONTROL WORKSHEETS YET, PLEASE BE SURE TO DO THIS.

Our next theme is Motivation

1. Motivation is a feeling you have when you really want to do something. That feeling can change our “want to do’s” into action.
2. Inner (internal) motivation comes from inside of you. Example: you want to do great on your test and you practice really hard each night on your own.
3. Outer (external) motivation comes from outside of you. Example: your grandma says she’ll give you \$20.00 if you do well on your test.
4. See how you are motivated by working on an inner and outer motivation challenge.
5. See the attached character building sheet for more information.

SCHOOL CLOSINGS:

We will be closed the following days:

Friday and Saturday, April 10th and 11th
Saturday, May 9th
Saturday and Monday, May 23rd and May 25th

Easter Holiday
Samurang Games
Memorial Day Weekend

PRIVATE LESSONS

A reminder on the times for our private lessons:

Taekwondo: Monday at 5:45, 7:00, 7:15 and 7:30 pm
Wednesday at 6:00, 6:15, 6:30 and 6:45 pm
Thursday at 5:00, 5:15, 5:30 and 5:45 pm

Gumdo: Friday at 6:30 and 6:45 pm

We encourage you to take advantage of this free service we are offering. Any student can schedule 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, or to prepare for any tournament competition or talent show at your school.

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.

AND IN THE LATEST LOCAL ELECTION NEWS . . . VOTE FOR JAN WOOD FOR TOWNSHIP TRUSTEE

I'm running for Palatine Township Trustee to be an independent voice in local politics, and to look for more efficient and effective ways to run our township and to provide services. I believe a new day is dawning in Illinois politics and no longer will we tolerate useless partisan bickering, wasted taxpayers money and secrecy in government. The services the township provides are more important than ever before, and I'm running to deliver those services in a more efficient manner.

Do you live in Palatine Township? Probably! The township has over 113,000 residents and covers Palatine and parts of Inverness, Rolling Meadows, Arlington Hts, Schaumburg and Barrington. The borders are Freeman/Huntington Rd. to the West, Lake Cook Rd. to the North, Wilke Rd. to the East and Central Rd. to the South.

Based on the number of people that will actually go to the polls on April 7th, I'll probably need over 10,000 votes to win. A number of students and parents have volunteered to pass out flyers in their neighborhood, or put up a lawn sign and I thank you all in advance for those votes of confidence.

Can you pass out flyers in your neighborhood? Flyers are available now at the front desk.

Can you tell a couple friends or neighbors?

Can you put a lawn sign out? Lawn signs will be available by March 16th and can be picked up at the front desk. Thanks!

**APRIL 7th is ELECTION DAY
PALATINE TOWNSHIP TRUSTEE**

JAN WOOD

www.janwood.voterspace.com