

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

WINTER 2010

HAPPY NEW YEAR TO OUR WONDERFUL STUDENTS & FAMILIES

We look forward to 2010 as we continue to strive to make our school better for all our students and families. We thank you for your support and encouragement, and ask that you keep referring your friends and family members to us. We also thank our GOLD Team for their outstanding work year round, our new students which help us grow, and our black belt students which provide us our foundation to mature.



**10th ANNUAL
SAMURANG GAMES ARE COMING
MARK YOU CALENDARS FOR MARCH 6th!!!**

We are proud to announce our 10th annual Samurang Games will be held this year on Saturday, March 6, 2010. Please mark the afternoon of March 6th on your calendar so you don't miss out. 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. Once again we will have interesting and unique awards to give out.

The Samurang Games will have a variety of Taekwondo and a Gumdo contests. All details for the tournament will be out next month, and we will begin taking registrations in February. Don't delay signing your child up so they have plenty of time to prepare. There will be awards for all of the contests and each of the participants will receive an award.

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 for this event
3. Taekwondo students are encouraged to attend Friday night sparring classes to prepare for this event.

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 WILL RECEIVE:

1. Admission to the Samurang Games
2. Meal ticket
3. Event t-shirt

MARTIAL ARTS WORKOUT – WINTER SESSION BOOT CAMP



TURN the calendar . . . BURN the calories
Monday, January 4th to Monday, March 29th
8:00 pm – 9:00 pm

We're going to help you turn the calendar and burn the calories because on Monday, January 4th we start our winter workout session – start your New Year out right with our twelve week awesome 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.

Can't start the first week? Not a problem, join us next week – it's never too late to start.

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, sit ups and more!

Cost of the class: \$99.00 for non-students, **free to our students**. If another member of your family is a student at our school, then your reduced price is \$49.00 for this session.

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



TINY TIGERS ARE GREAT!!
2 ½ to early 4 year old Winter Session is starting

Yes your 2 ½ year old can do the martial arts! You'll be amazed at the transformation of these energetic 2 ½ and 3 year olds as they learn to perform sit ups, front kicks, roll outs, and to actually listen! This is an eight week session starting the week of January 11 and you can register at the front desk.

EVENINGS: Monday and Tuesday evenings at Palatine Park District facilities. Eight week sessions starting week of January 11th. Sign up through Palatine Park District. Note: These sessions fill up very quickly.

DAYTIME: Wednesday mornings at 10:30 am. January 13th to March 3rd. 10:30 – 11:10 am. \$52.00

TESTING NEWS

TESTING DATES – JANUARY THROUGH MARCH 2010

Wednesday, January 6 at 6:00 pm
Saturday, January 23 at 12:30 pm
Wednesday, January 27 at 6:00 pm
Thursday, February 18 at 6:00 pm
Saturday, February 20 at 11:30 am
Saturday, February 20 at 11:30 am

Wednesday, February 24 at 6:00 pm
Wednesday, March 20 at 12:30 pm
Wednesday, March 24 at 6:00 pm

December Boot Camp Test
Gumdo Test
Make Up Gumdo 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 Taekwondo Test
March Gumdo Test
Make up Gumdo Test

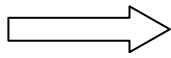
WEAPONS SEMINAR

Saturday, February 6, 2010 at 1:00 pm

WEAPONS TAUGHT: Sword, Nunchuck, Bo, and Arnis



Want to learn a new weapon or practice an old one? We are holding a weapons seminar on Saturday, February 6th from 1:00 – 2:30. This is for juniors, teens and adults age 8 and older. Cost of the seminar is \$15.00 (plus cost of the weapon if you need to purchase one). 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. Flyer 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 this seminar

IT'S A BOWLING PARTY SUN., JANUARY 24, 2010!!!!!!



- When: Sunday, January 24, 2010 from 4:00 – 6:00 pm
- Where: AMF Bowling Center, 3245 Kirchoff Rd, Rolling Meadows, IL
- Why: To have fun and raise money for the J.P. Wood Foundation college scholarship fund
- What: Two games of bowling, shoes rental, two pieces of pizza and a soft drink
- Cost: \$15.00 per person (cash or check only please)
- Who: All our families, and their friends and families
- Registration: Please register in advance to insure you will get an open lane

*** Flyers will be emailed to everyone and also available at the school.

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 “mini-camps” for our dragon aged students. A flyer with all dates and times will be handed out to all the students the first week in February.

NEW CHARACTER BUILDING THEME IS NUTRITION - NUTRITION CHALLENGE JANUARY 25 - 31

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.**

For our nutrition theme, we want to:

- Start thinking about the benefits of eating healthy
- Start increasing our vegetables, fruits and whole breads while decreasing our meats, fats and sweets
- Checkout www.fruitsandveggiesmatter.gov
- **Take the Nutrition Challenge January 25 – 31 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.**

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.

As to fitness, we want to focus this year on our students working hard, getting stronger, gaining muscular strength and increasing their endurance. There is no Fountain of Youth, but the next best thing to it is exercising strong on a regular and consistent basis.

EARN YOUR FITNESS PATCH – FITNESS PROGRAM

White patch:	35 push ups	35 sit ups
Silver patch:	70 push ups	70 sit ups
Gold patch:	100 push ups	100 sit ups

It’s a New Year and a New You so let’s get pumping out those push ups and sit ups and earning our fitness patches. Although our fitness patch program is ongoing and year round, we are gearing up to get everyone in shape for the New Year, and working on executing CORRECT push ups and sit ups and motivating you to be your best. The exact rules are posted at the school, and in your textbook, but here’s a quick summary.

Rules of the Fitness Program:

To receive these patches for your uniform, you must complete the following in accordance with the following rules.

1. **Push ups:** All push ups are executed in a military style technique.
 - a. Only the hands and feet are touching the ground from the time you begin until the time you finish all of your push ups.
 - b. Resting: In the up position only. A maximum of five seconds may take place between any push up.
 - c. Execution of the push up: All push ups will start form an up position, then bend the arms a minimum of 90*, then return to beginning position to complete a single push up.

2. **Sit ups:**

- a. Placement of feet: With knees slightly bent, place feet together and flat on the ground. Feet are to stay “cemented” to the ground. Feet may be held by a spotter.
- b. Resting: In the up position only. A maximum of five seconds may take place between any sit up executed.
- c. Execution of the sit up: All sits up will start from the up position with the torso 90* from the floor, then lay back to the floor until your back is flat on the floor, then expeditiously return to the upright position and touch your toes without using your arms to lift off the floor.

Procedures to demonstrate your push ups and sit ups 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 adult associated 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 Mr. and Mrs. Wood. This is a prestigious patch. Please make an appointment when you are ready to test for your gold patch.
2. **All tests must take place in the school before or after classes.**

To receive your patch:

Judge must sign your sheet and turn them in. Patches will be awarded during classes.

YES WE DO BIRTHDAY PARTIES

LOOKING FOR THAT SPECIAL PARTY FOR YOUR CHILD???

Look no further because . . .

OUR MARTIAL ARTS BIRTHDAY PARTIES ARE GREAT!!!

Our birthday parties have become quite popular – we hold them on Saturday afternoons, and weekday mornings and early afternoons. Parents love our parties because you have the entire school to yourself, all the focus is on your child and having them and their friends have a great time, and the kids love it!

We have two hour parties (with pizza and cake) and 1 ½ hour parties (with cake). For more information, please pick up a flyer at the front desk area or look up the information on our web site at www.palatinemartialarts.com.

ATTENTION ADULTS:

Would you be interested in sharing some of your professional knowledge with our GOLD Team staff at our monthly meeting? This past year Mr. Piasecki and Mr. Stilling have shared their professional knowledge in first aid and CPR with our instructors, and Mr. Soloway, Mr. Goins and Mr. Gardner spoke at our fall meetings on the topics of physical education, law enforcement self defense, and business leadership and management techniques.

We’re harvesting our wealth of knowledge at the school by looking for any adults who could volunteer their time to speak for 10 – 15 minutes on a topic that would benefit our instructors. We’re directing this to any of our adults (parents, students, instructors, etc.) This would be at one of our monthly meetings the 2nd Wednesday of each month at 6:00 or 6:40 p.m. Topics could range from teaching techniques to leadership and communication skills to early childhood development, etc. Please see Mr. or Mrs. Wood if you are interested.

GOLD TEAM NEWS

GOLD Team meetings will continue to be held the 2nd Wednesday of each month. We want to thank Bill Soloway, Mike Goins and Mike Gardner for speaking at our fall meetings, everyone really enjoyed their presentations, Kevin Piasecki for conducting our First Aid / CPR seminar, and Terry Stilling for his ongoing instruction and help.

Upcoming meeting dates are: January 13th, February 10th, March 10th and April 14th. These are held at 6:00 pm at the Palatine Public Library.

DEMO TEAM DATES, NEWS, and NEW STUDENTS:

MONTHLY PRACTICES: 1st Wednesday of each month at 4:00 pm. Practice dates through this school year: January 6, February 4th, March 3rd, April 7th, May 5th, and June 2nd.

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 GUARD NEWS

Honor Guard is open to all teen and adult black belts in Taekwondo and Gumdo. WE PRACTICE THE LAST WEDNESDAY OF EACH MONTH. Upcoming practices are: January 27, February 24, March 31 and April 28. 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. 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.

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.

PRIVATE LESSONS

A reminder on the times for our private lessons:

Taekwondo: Monday at 5:45, 6:00, 6:15, 6:30 and 6:45 (NOTE: New times during the 6:00 hour)
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 6:45 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. 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 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”.



Fax us: 847/ 705-9749

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.