

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

JANUARY & FEBRUARY 2008

HAPPY NEW YEAR TO OUR WONDERFUL STUDENTS & FAMILIES

We look forward to 2009 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.

We're told the new look to our web site will be launched very soon. With the new look we will be adding more documents for your convenience to download, and more information readily available at your fingertips.

Do we want your compliments and criticisms? YES YES! Your compliments encourage us and your criticisms help us keep us on our toes!

Do you like our new look in the main school? We didn't want a New Year to pass us by without any changes to our school –hope you like our new open look.



MARTIAL ARTS WORKOUT – EIGHT WEEK SESSION

TURN the calendar . . . BURN the calories

Monday, January 12th to Monday, March 2nd

7:00 pm – 8:00 pm

We're going to help you turn the calendar and burn the calories because on Monday, January 12th we start our winter workout session – start your New Year out right with our eight 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.

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: \$64.00 for non-students, free to our students. If another member of your family is a student at our school, then your reduced price is \$38.00 for this session.

Let all your friends, neighbors, cousins and co-workers know about our Winter session. See our attached flyer for sign up details.



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 12 and you can register at the front desk.

Session #1 Monday evenings at 6:00 pm. January 12th to March 2nd 6:00 – 6:40 pm. \$64.00. This session fills up very quickly.

Session #2 Wednesday mornings at 10:30 am. January 14th to March 4th. 10:30 – 11:10 am. \$52.00



SAMURANG GAMES ARE COMING!!!

We are proud to announce our 9th annual Samurang Games will be held this year with the tentative date of either Saturday, April 4 or Sunday, April 5, 2008. This is 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 hope to make this event bigger and better than ever.

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. Jr. 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.

TESTING NEWS

For this February Taekwondo test, we'd like to try a somewhat different schedule to see how this works for everyone. **YOUR FEEDBACK WILL BE MOST HELPFUL EVALUATING HOW THIS WORKS – PLEASE LET US KNOW.**

Changes:

1. Dragons will test during their regular class time in the annex on Thursday at 6:00 pm of testing week (class will still be held for those not testing). Test date: Thursday, Feb. 19th at 6:00pm
2. Test times will be adjusted for the main test. The test date will be Saturday, Feb. 21
 - a. 10:30 am: yellow belts through dark green belts test (when your test is finished you will be dismissed and can stay and watch the rest of the test or you can leave)
 - b. 11:30 am: black belt graduations and blue belts through black belts test.

The make up test will be held as we normally do on Wednesday of the following week at 6:00 pm.

TESTING DATES – JANUARY THROUGH MARCH 2009

Wednesday, January 7th at 6:00 pm
Saturday, January 24 at 12:30 pm
Wednesday, January 28 at 6:00 pm
Saturday, January 31 at 10:30 am
Thursday, February 19 at 6:00 pm
Saturday, February 21 at 10:30 am
Saturday, February 21 at 11:30 am

Wednesday, February 25 at 6:00 pm
Wednesday, March 4 at 6:00 pm
Wednesday, March 21 at 12:30 pm
Wednesday, April 1 at 6:00 pm

December Boot Camp Test
Gumdo Test
Make Up Gumdo Test
January Boot Camp Test
Dragon Test – white/red and higher
Taekwondo Test – Yellow through Dark Green belts
Taekwondo Test – Black Belt Graduations and Blue through Black Belts
Make up Taekwondo Test
February Boot Camp Test
March Gumdo Test
Make up Gumdo Test

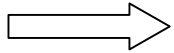
WEAPONS SEMINAR

February 7, 2009 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 February 7th from 1:00 – 2:30. This is for juniors, teens and adults age 8 and older. Cost of the seminar is \$15.00 and 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. Please see the attached flyer.



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

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. We also have flyers posted 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.

GOLD TEAM NEWS

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

Upcoming meeting dates are: January 14th, February 11th, March 11th and April 8th.

DEMO TEAM DATES, NEWS, and NEW STUDENTS:

We're excited to start practicing in the New Year with our junior and teen demonstration team.

We are looking to change our practice date and time to Saturdays at 12:30 with our first two practices scheduled for January 3rd and January 17th.

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.

BLACK BELT WORKOUTS

Our first black belt workout of the year will be held on Tuesday, February 3rd from 7:00 – 8:00 pm. This will be for junior, teen and adult Taekwondo black belts (class will still be held for teen and adult color belts as normal that evening). We look forward to working out with as many black belts as possible that evening.

HONOR GUARD NEWS

Honor Guard is open to all teen and adult black belts in Taekwondo and Gumdo. WE PRACTICE THE LAST THURSDAY OF EACH MONTH. Upcoming practices are: January 29, February 26, March 26 and April 30. 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.

NEW CHARACTER BUILDING THEME IS SELF CONTROL

This is a great theme for kids and adults. When we think of self control, we might think of a child learning not to act out and throw a temper tantrum, but self control is so much more encompassing than that. Self control involves not only your temperament and social skills, but also your study, household and work time, your health, fitness and diet, and any bad habits you might have.

Please take a minute to read our attached Self Control Theme Sheet and think about taking the Self Control Challenge.

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 for juniors and teens (up to age 15). These classes are excellent for those wanting to increase their cardio training, practice their sparring skills, 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, 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 7:00 and 7:15 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.

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.

VALENTINE'S DAY OUTING – Parents' Night Off & Kids Night Out

PARENTS: Wine Tasting at Winestyles

KIDS: Fun Party at the School

SATURDAY NIGHT, FEBRUARY 14th 5:00 – 8:00 pm



WHAT THE KIDS CAN DO:

- What? Kids fun, fun party night at the school
- When? Saturday, February 14th from 5:00 – 8:00 pm
- What? Fun party night for the kids – parents can come to our Wine Tasting (see below) or enjoy a dinner out (and celebrate Valentine's Day), or maybe just have a quiet time at home while your kids have a blast with games, contests, obstacle courses, contests, crafts, games and more.
- Who? Open to the public – all our students and their friends, cousins and neighbors.
AGE: Ages 3 and older please.
- Cost? \$16.00 (includes snack) for one child, \$25.00 for two children, \$35.00 for three children
DISCOUNTED RATE IF YOU ATTEND THE WINE TASTING: \$10.00 per child
This is a fundraiser for our college scholarship fund. Cash or checks only payable to J.P. Wood Foundation.
- Sign Up? Sign up on the attached flyer



WHAT THE PARENTS CAN DO:

DOLLARS FOR MARTIAL ARTS SCHOLARS WINE TASTING FUNDRAISER

When: Saturday, February 14th from 5:00 pm – 8:00 pm
(come for the whole time, or drop in for a while)

Where: Winestyles, 742 E. Dundee Rd, Palatine, IL

Price: Donation of \$10.00 per person (all \$ goes to scholarship fund)

What: Wine tasting, appetizers and great company

Need to stock up at home or buy a gift??? 10% of all wines purchased that night will also be donated to our scholarship fund!



Open to the public – invite your friends & family



**Please pay in advance at the front desk (no sign up sheet is required)
Cash or checks only payable to J.P. Wood Foundation**

BONUS: We will have beautiful roses for sale that weekend too!!

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 from 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 sit ups 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 at the Pro Shop 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.


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 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.

CALENDAR OF EVENTS

Weds. January 14 at 6:00 pm	GOLD Team meeting – all members
Week of January 12 th	Park District Classes begin – winter session
Mon. January 12 at 7:00 pm	Week 1, Awesome Martial Arts Workout Class
Sat. Jan. 17 th from 12:30 – 2:00	Demonstration team practice
Sat. January 24 at 12:30 pm	Gumdo test
Weds. January 28 at 6:00 pm	Make up Gumdo test
Thurs. Feb. 29 from 8:00 – 8:30 pm	Honor Guard practice
Tues. Feb. 3 rd at 7:00 pm	Black Belt Workout
Sat. Feb. 7 th from 1:00 – 2:30	Weapons Seminar
Weds. Feb. 11 at 6:00	GOLD Team Meeting – all members
Sat. Feb. 14 from 5:00 – 8:00 pm	Parents Night Out – Wine tasting at WineSyles
Sat. Feb. 14 from 5:00 – 8:00 pm	Kids Night of Fun
Thurs. Feb. 19 at 6:00	Dragon test
Sat. Feb. 21 at 10:30 am	Taekwondo test – yellow through dark green belts
Sat. Feb. 21 at 11:30 am	Taekwondo test – blue belt through black, black belt grads.
Weds. Feb. 25 at 6:00 pm	Make up Taekwondo test
Thurs Feb. 26 at 6:00 pm	Feb. Boot Camp Test
Thurs. Feb. 26 from 8:00 – 8:30 pm	Honor Guard practice
Weds. March 12 at 6:00	GOLD Team meeting
Sat. March 21 at 12:30 pm	Gumdo test
Thurs. March 26 at 6:00 pm	March Boot Camp test
Thurs. March 26 from 8:00 – 8:30 pm	Honor Guard practice
Sat. April 4 or Sun. April 5	Samurang Games (tentative date)
Weds April 8 at 6:00	GOLD Team meeting
Fri & Sat April 10 & 11	School closed – Easter weekend
Mon. April 13	Park District classes begin – spring session
Thurs. April 30 from 8:00 – 8:30 pm	Honor Guard practice