



Agape' Fitness and Martial Arts

Featuring Ko's Taekwondo and SunDragon Nunchaku



Our next testing is: Saturday 2/11/12 times vary per belt level
Promotion ceremony will be on the following Saturday 2/18/12 at 3pm.

A New Year and a New Way of Thinking and Living!

Happy New Year! Make this one count! Don't spend so much time on that diet or trying to make money. Instead, focus on the root. Literally the root of all things. Your higher power and your inner spirit!

With faith and a healthy spirit you can accomplish anything! It only takes a few minutes of your time to do something nice for another person. The great feeling you get from that will carry over into your energy!

So, here it is:

Master B's Challenge.....>>>

For all students below the age of 18 Master B would like a one month report on what you were able to do to help another person. This can be weeding a garden for an elderly person, carrying groceries, picking up trash in town, visiting a nursing home, helping others with special needs, etc. The person you help must sign off on what you did to help. Pictures are always welcome for the website too!

The first and second place winners will receive awards. All other participants will receive a ribbon for participating.

This is your challenge should you choose to accept it. The challenge begins February 1, 2012. Are you ready?

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Looking for Volunteers!

At the start of this school year Ms. Shelle began one of her dreams. She began a home school program outside of her home! We are so proud to say that this program is very successful and continues to grow! With

that growth comes the need for help. We are looking for parents, grandparents, or anyone else that would like to donate time to these wonderful children. Discounts may be available in exchange for help with

this program. Please see Ms. Shelle for details!

We expect this program to continue its growth in the future. Anyone can help!

Black Belt Corner

We would like to recognize Mark Johnson and Kayla Dewey this issue as our newest Cho Dan Bo belts.

Mark and Kayla were awarded their temporary black belts in December. This means that they are now awaiting their 1st Dan test. During this waiting period also known as an honor period they will be fine tuning everything they have

learned as well as learning new material. This waiting period is a minimum of six months. This offers the student time to reflect on his or her past martial arts experience before deciding if he or she is ready for the responsibility of becoming a true black belt.

Remember that all of our black belts must be certified through the

Kukkiwon World TKD Federation headquarters in South Korea. We wish Mark and Kayla the best of luck during this journey!



Know Your Stuff!

Please take the time to read this over as it is very important.

Although our testing periods are pre-planned on the schedule, this does not mean you will test.

A student has to meet the requirements for the desired belt level in order to be permitted to test. This decision is made by Master Blaz. If you are directed at any point to work on something specific, take it seriously. Work on it. If you do not, you will not be able to test.

Stances, kicks, foot positioning, and other material are critical in your testing evaluation. Just as you have homework to do after school, you should have homework to do in TKD. Practice does **NOT** make perfect. **CORRECT** practice makes perfect.

We still offer private lessons every Friday evening for \$20 per hour. Contact Master B or Ms. Shelle to schedule an appointment.

With Honors

Congrats to John Trego for being presented with the Adult Student of the Year award at our holiday party in December. Braeton Babinski received our youth student of the year award. The Picone family was presented the Supporting Family of the Year award.

The following people received the rank of Honorary Black Belt for their outstanding support to our school and it's mission:

Ryan Picone
Kimmie Hawkins
Stephanie Kennedy

Congrats to our award winners and we appreciate all that you do for us!

Spotlight

This issue's spotlight goes to Sarah Stubbs! Sarah is a 14 year old student in our home school program. She is also a yellow belt black stripe in taekwondo.

Sarah is a member of her church's youth group and attends United on Friday nights. In addition she likes music and does ballet.

When asked if Sarah liked home school more than public school she said, "Yes. The lunches are better and I have more freedom to work at my own pace." Sarah has

been home schooled since 8th grade. She also said that being home schooled with her younger brother has helped their relationship.

We asked Sarah what type of career she was interested in after high school and she said that she is very interested in photography.

We wish Sarah the best of luck and we hope she has a successful New Year!

To the right is Sarah with Alicia Brinsfield.



Springtime Stuff and Kick-a-Thon!

As springtime approaches we have many plans! We are already planning a yard sale to be held at the school in the month of April. Tables are \$10 but limited. Spaces are \$5 once the tables run out! Join us in a community event that will be loads of fun!

In the month of May we will be holding our 2nd annual Kick-a-Thon to benefit the school and the Make A Wish Foundation. A portion of the

proceeds will be donated to Make A Wish to help children with cancer achieve their dreams. Sign up sheets and sponsor sheets will be available in April.

DON'T BE THE ONLY ONE LEFT OUT! This was a lot of fun last year and we are expecting twice as many students this year.

Students— these types of activities are perfect to add to your

Kukkiwon application when you apply for your rank.



MAKE A WISH.

Uniform and T-shirt Orders!

We will be placing an order with Grand Master Ko at the end of the month of January. Please place your uniform and t-shirt orders soon. All black belts and temporary black belts are required to wear a black v-neck uniform with the Ko's logo on the back. The t-shirts were a hit last year! T-shirts are \$15.00 each for sizes youth small to adult large and \$17.00 each for sizes XL and up.

Uniform prices vary depending on the size and style. There are a few to choose from. Students are also permitted to order a white v-neck (color belts only). Patches must be sewn onto your uniform as you are given them. New patches can be purchased at the school. See Master B or Ms. Shelle.