



Altoona Academy of Tae Kwon-Do

NEWSLETTER

Visit us at www.aatkd.com

Winter/
Spring
2004

Promotion Test Information

01/28 - Daytime Promotion for adults. Test begins at 11:00 am for all ranks. Students testing for red belt or higher must test at the evening test.

01/29 - REGULAR CLASSES CANCELLED:

Adult test at 5:30 pm. This test is for *White belt through Blue stripe.*

Adult test at 8:00 pm. This test is for *Blue belts and higher.*

01/30 - CHILDREN's TEST.

4:30 class **5:30 pm - 7:00 pm** *White belt and Gold stripe*

4:30 class **7:15 pm - 8:45 pm** *Gold belt and Green stripe*

01/31 - CHILDREN's TEST.

5:20 class **10:30 am - 12:30 pm** *Green belt, blue stripe, blue belt, red stripe*

6:15 class **12:45 pm - 2:45 pm** *Red belt, Black stripe*

All tests will include a **Black Belt demonstration.** Any student that cannot make their scheduled test time must arrange for a make-up test with Mater Bender. Students testing for Red belt or higher are not permitted to take a make-up test. All accounts must be paid before you will be permitted to test.

02/02 - Makeup board breaking for ADULTS will be conducted during the week of 02/05.

02/02 - Award Ceremony. Belts & certificates will be presented to those who tested. Family & friends welcome.

Beginner's Class Information

02/04 - Invite a friend Night. All three children's class are invited. See Master Bender if you know someone interested in starting Tae Kwon-Do.

February is beginner's month. New students will be accepted for day & evening classes throughout November. Please see Master Bender if you have someone interested. Students who refer a friend to join, will receive **\$10 Karate Cash, providing the beginner pays for at least one month's training. KARATE CASH is a new program that allows students to accumulate internal "cash" to be used for purchasing retail items. The rules are very simple: Each time a student refers a friend that pays one month tuition, that student receives \$10 in Karate Cash. Karate Cash can be used for purchasing retail items only. The vouchers are not transferable (except for those students within the same family plan). Karate Cash will have the students name on it as well as the school seal; it cannot be redeemed for cash or tuition.** This is to thank students for helping our school. Classes begin as follows:

02/04 - First Daytime beginner class. Start time is 11:00 am

02/06 - First Evening beginner class. Start time for children is 5:30pm; adults is 6:30pm

Black Belt & Degree test information

03/06 - Spring First Dan Test. This is an open test; family & friends are welcome. Specific times will be given in February. Special prep classes will be held at regular class times on: *2/05, 2/12, 2/19, 2/26.*

Degree Testing. All candidates eligible for degree testing and for recommended rank (for juniors) will be notified in January. Students are reminded that time in rank is but one requirement to attain eligibility. Simply meeting the time requirements will not constitute automatic testing status. For complete requirements, refer to the policy statement on the student bulletin board.

Special Events Calendar

02/07 - BLACK BELT BANQUET - Once again *all Black Belts and their immediate families are invited* to attend an evening at the Mount Carmel Church basement (by the school). The banquet will be held **from 6 - 9pm.** There will be a DJ for dancing, many door prizes, and selected Black Belt awards. This year the party will be catered. Tickets for the event can be purchased in advance for a small fee (children under 10 years free). We would like as many Black Belts as possible to attend. We always have a great time. Each Black Belt will receive an RSVP in their mail box. We ask that you please return them by January 24th so we can have an accurate account of the number of people attending.

03/27 - ALTOONA ACADEMY SPRING CLASSICS Tournament at the BUILDING II REC HALL. Our tournament will begin at 8:00 with registration. Competition will begin **at 10:00am.** The Classics are a success because of the wonderful support we receive from our students and families. If anyone would like to volunteer to help during the tournament, please let Master Bender know. We will meet as a group on the morning of the tournament to discuss procedures and rules. All volunteers receive a free tournament tee-shirt. Competitors may register early by picking up the forms in class or printing them from our web site at: www.aatkd.com. Flyers will be available in the school. Hope to see everyone there.

05/15 - KICKATHON This year's Kickathon will be held as usual at Roosevelt Jr. High School from 1pm-2pm. Donation forms available soon.

A Sad Note

On a sad note for our school, Master Bender's mother passed away 01/28. Master Bender received numerous calls, visits, and cards regarding friends wishing him well and offering condolences. While it was a difficult time, he would like to express his thanks to the support he received throughout the week. Passing of friends and family often causes us to reflect upon our lives and what means the most. Our school's show of support for Master Bender highlights the family atmosphere and camaraderie of the AATKD. Thank you.

CARDIO TKD

Cardio TKD sessions have been changed to once a week **Saturdays 8:00am to 9:00am.** This workout is a great way to loose weight & body fat, gain flexibility, and improve cardiovascular fitness. If you are interested, contact Master Bender or Master DiLeo for details.



Altoona Academy of Tae Kwon-Do

NEWSLETTER

Visit us at www.aatk.com

Winter/
Spring
2004

Interesting Stuff

Master Bender & Master DiLeo would like to thank everyone for their support and help with the Fall Altoona Academy Classics. The tournament was a success, especially the support we received from our own school. This tournament marked the highest number of AATKD competitors since our very first event several years ago. The parent support for judging and helping out was super; our tournament is gaining a reputation of fairness and efficiency. This is attributed to the students, friends, and family members of the AATKD. Thank you and we look forward to our Spring event.

Master Bender & Master DiLeo would like to thank the many students, parents, and family members for their help with the recent children's Christmas party. We would like to especially thank Teresa Bender, Nick Bender, Erica Bender, & Francesca Bender, Diane Kaczor, Dan & Patty Cox, Crystal Clark, Judy & Vince DiLeo, Racheal Hamilton, Phil Gowin, Sean Ergler, Sammy Salyards, Sam Salyards, Joe Muri, Alec Claper, and anyone else that helped out. This was a fun day as young students were treated to some great games, prizes, and that all important holiday treat – sugar cookies!!! Prize winners were:

Hugo Smith – Kid Kick training bag

Carly Craig – Kid Kick shield

Morgan Horell - TKD Gym bag

Andrew Gonzman – Kid Kick Bat

Ben Leberfinger – TKD Belt display

John Jackson – TKD picture frame

In a similar fashion our adult class Christmas parties went well with everyone breaking boards donated by the school. Master DiLeo has committed to helping the adult classes with their Simon Says skills (which are at the moment in a sad state). Some of the winners of door prizes are as follows:

7:10 **Jeff Brown** – Large Gear Bag

Stephanie Lynch – Stadium Blanket

Cristie Owen - uniform

8:15 **Susan Rae** – Large Gear Bag

Lisa Morgan – Stadium Blanket

Daniel O'brien - uniform

Master Bender and Master DiLeo believe it is time to address a few issues that are slipping just a bit:

As a reminder, students are not permitted to wear jewelry while training. The only jewelry allowed is a wedding band.

STUENTS must attend class regularly to be prepared for their test; a minimum of 2 times per week is suggested

Additionally, uniforms are to be kept neat and clean, even for regular class.

PARENTS AND SPECTATORS are always welcome and encouraged to watch; **HOWEVER**, it is essential that you remain quiet while class is in session. This applies to only a few individuals who continue to ignore this request. We are not talking about the occasional comment or question, rather the constant conversation throughout the class. Our obligation to the students and the parents is to provide the best instruction possible – which includes a manageable class environment. Going forward, parents and/or students who ignore this request will be asked to wait outside of the training area. Thank you for your cooperation.

Master S. DiLeo will be scheduling a clinic for Black Belts interested in AAU coaching and/or refereeing certifications. Stay tuned for further info.

This is the season that we at the AATKD would like to thank our Black belts, students, family, & friends for all of their support throughout the year. Without you we could not have the success we have enjoyed over the last 14 years. We want to extend warm wishes for the New Year.

Student Corner

Congratulations to Master Stephen DiLeo who has been officially appointed as the AAU (Amateur Athletic Union) Regional Chairman Western PA for Tae Kwon-Do. Master DiLeo will be working with AAU Tae Kwon-Do officials in a number of capacities, including clinics for Referee certification, Coaching certification, as well as promoting and hosting the Western PA Tae Kwon-Do annual qualifier tournament

We at the AATKD wish a speedy recovery to **Erin Salyards** who recently underwent gall bladder surgery. We all wish her well and look forward to seeing her smiling face in the children's class.

Recently, **Maser Vince DiLeo** traveled to Kosovo to visit and observe he their education system as well as the progress that region is making. If you get the chance, ask him about their unique sign language he experience "first hand".

Welcome Back to **Mr. Shawn Ergler** who has returned from Basic Training with the Military. We salute all Military personnel past & present, especially now as they are once again serving on foreign shores.

Speaking of Military, Mr. Dennis Empson paid us a visit and treated Master Steve DiLeo to a home slide show of IRAQ, where Dennis is currently serving. I am afraid that we who have never experienced the accommodations of countries outside of the USA lack an appreciation for the luxuries of our homeland. Hopefully we can all try to have some sense of how fortunate we really are. For Dennis, we wish him and all military serving in hostile areas a safe return home and God speed!

Another welcome back to **Mr. Tony Sabatino** who is now an assistant instructor for TKD as well as our Tiny Tiger program.

TEST RESULTS

Degree testing was held in early November. We had a number of students testing for advance rank and everyone gave a fine effort. Our Congratulations to the following students who successfully promoted:

Promoted TO 2nd DEGREE Black Belt : **Mr. Ken Beldin, Mr. Joel Locke**

Promoted TO 3rd DEGREE Black Belt : **Mrs. Patty Cox, Mr. Dan Cox, Mr. Joe Muri, Mr. Sam Salyrds, Jr., Mr. Sam Salyads Sr.**

Promoted TO 4th DEGREE Black Belt Master rank : **Master Denny Baker**

During the November Gup test, everyone worked hard and had a good test. Black Belt demos were superb, as usual. Testing awards were as follows:

Most Improved (juniors): Carly Craig

Brittany Sponsler

Jordan Kerr

Zane Trullender

Most improved (adult): Teri Sponsler

Julie Foose

Daniel O'Brien

Honor role: Jake Chesney

TINY TIGERS

WELCOME the New Year with our Tiny Tigers program. The primary purpose of this course is to promote child safety & fitness through training in **TAE KWON-DO**. The class includes fitness, positive attitude, safety tips, & a whole bunch of fun. The class is for boys & girls, ages 3 – 6 and meets once a week on Saturdays. Anyone interested should contact Master Bender or Master DiLeo for details.



Altoona Academy of Tae Kwon-Do

NEWSLETTER

Visit us at www.aatkd.com

Winter/
Spring
2004

Amateur Athletic Union (AAU) information

The AATKD has recently become a member of the AAU. This organization has been around for many years and enjoys a solid reputation as a group dedicated to the needs of its member athletes. **Membership for our students is voluntary and has nothing to do with certification of rank.** Master Bender and Master DiLeo have decided to affiliate with the AAU as a path for competition for our students who enjoy tournaments. AAU tournaments have a strong reputation as fair events with competition in breaking, forms, and fighting. The tournament rules are almost identical to the Altoona Academy classics, so there is very little need to change our training style. We feel that the AAU offers a competitive path for our students that goes beyond the local club events and has the potential to showcase our school's talented competitors at a state, regional, and national level. In order for students to compete within the AAU, they must register as a member or a nominal annual fee (\$ around \$10 - \$20) per student. This can be done on-line at www.aautaeqwondo.org under "Online Registration", "Individual Application". Please make sure you list yourself as a member of our school. Students and parents can find relevant information on this site regarding rules and regulations, etc. **PLEASE KEEP IN MIND THAT THIS IS VOLUNTARY.** Any questions can be directed to Master Steve DiLeo. Thank you.

- Degree test
- AAU update
- Tourn best internal start & new early start time & remove Olympic fighting
- Gup test results & winners of awards
- Cardio change just Saturdays
- Bob's mom
- Kids Christmas party
- Bob, teresa, Steve d, Diane Kaczor, Patt& Dan Cox, Crystal Clark, Judy & Vince DiLeo, Racheal Hamilton, Phil gowin, Sean Ergler, Sam Salyads jr, Joe Muri, Alec Clapper, Nick, Erica, Francesca, Sam Salyards sr
- Winners at Christmas party
 - Hugo kid kick bag
 - Ben Leberfinger Belt Display
 - Andrew Gonzman Kid kick bat
 - Carly Craig kid kick shield
 - Morgan horell TKD backpack
 - John Jackson TKD pic frame

- Gallery talking parents
- Formal class rules; recommended attendance
- Jewlery & YES SIR
- Erin Salyards – operation
-