



MIGHTYFIST TAEKWON-DO

NEWSLETTER February 2012



General News

Congratulations to those students who traveled to Mr. Harding's Dojang for the recent tournaments and earned points for their respective teams. Congratulations to Team Alpha for making it to first place this month.

Uniform Sale

For the entire month of February we will be having a uniform sale. This is a great opportunity to purchase a new or second uniform. All color belt uniforms will be priced at \$45 (regular price \$60), with ITF patches at \$3.

Holiday Closures

The Dojang will be closed from Saturday, February 18th through Monday, February 20th in observation of President's day, and will re-open on Tuesday, February 21st with our regular schedule.

Open mat days

The open mat day previously advertised for February 4th has been cancelled. More news to follow.

3 Mile run

There will be a 3 mile run at Miller Middle School on Saturday March 3rd. Students who are not testing or pre-testing for Black Belt will receive 25 team points for completing at least 1 1/2 miles in the 30 minutes, or 50 points from completing the full 3 miles in under 30 minutes. There will be an additional 100 points for the fastest junior and senior runners. Ages 15 years and older for the senior, under 15 years old for the juniors.

New Curriculum sheets

In February after the color belt test, there will be new curriculum sheets. There will be slight improvements to the syllabus as well as a new layout to the sheets to make them easier to use when preparing for tests.

Safely in class

There have been a number of incidents in class where students have been injured due to untrimmed nails. Long nails and jewelry are unacceptable hazards in the Dojang. If students wear jewelry or turn up to class with long toenails they will not be permitted to train.

Additional change to class schedule

Beginning April 1st the Junior Friday Yellow Belt class and the Red/Black belt class will switch times.

April IIC in Nashville TN

There will be an International Instructors course taught in Nashville TN the weekend of April 13-15th. This is a three day course taught by the ITF technical committee headed by Grand Master Marano. This is an intensive course covering Patterns, Sparring, Self-Defense, Fitness exercises, and the "Do" of Taekwon-Do. This course is open to all students Red Belt and above, and is highly recommended. Students who participate will receive a reduction in their training time for their next rank as well as 200 team points. See Mr. Morris for further details.

School team results

Ranking	Team Name	Color(s)	Points
1st Place	Team Alpha (∞)	Blue	656
2nd Place	Sabertooths (o)	Green & Silver	640
3rd Place	Flaming Phoenix (★)	Red & Gold	559
4th Place	Golden Dragons (Δ)	Black & Gold	487

Please ensure you attend class regularly so that the instructors can review your eligibility to test

Colored Belt Test Schedule

Day/Month/Date	White belts through Green Stripes	Green belts and higher
Thursday, February 9 th	Green and above, Breaking Test =>>>	6:00 p.m. - 7:30 p.m.
Friday, February 10 th	3:45 p.m. - 6:00 p.m.	5:30 p.m. - 7:30 p.m.
Thursday, April 5 th	Green and above, Breaking Test =>>>	6:00 p.m. - 7:30 p.m.
Friday, April 6 th	3:45 p.m. - 6:00 p.m.	5:30 p.m. - 7:30 p.m.

This newsletter is also available online at WWW.MIGHTYFIST.COM