

# P a r k ' s      M a r t i a l      A r t s

Volume 21, Issue 10



Fall



October 2014

## CALENDAR - OCTOBER

- **Oct 18<sup>th</sup>** – World Martial Arts Tae Kwon Do Championship in O'Fallon, IL
- **Oct 25<sup>th</sup>** - Halloween Party at Clarkson Clayton location starts at 6:00 PM to 7:30 PM

## COMING IN NOVEMBER

- **Nov 1<sup>st</sup>**- Boot Camp
- **Nov 22<sup>nd</sup>** – All Belt Promotion Test

## STAFF

Our staff is here to help you on your journey to becoming a Black Belt. Please feel free to ask questions of anyone on our staff.

## GRAND MASTER PARK

Grand Master Park is the three times Tae Kwon Do Korean National Champion. Grand Master Park has a 8th degree Black Belt in Tae Kwon Do and a 4<sup>th</sup> degree Black Belt in Hap ki do.

## YOUNG PARK

Grand Master Park's wife and office manager, Young can answer any of your questions concerning the operations of the academy.

## New Business

### WORLD MARTIAL ARTS FALL CHAMPIONSHIP



When: Saturday, October 18<sup>th</sup>, 2014

Time: 9 AM – 5 PM

Where: Fulton Jr. High School

World Martial Arts is sponsoring the 2014 Fall Tournament on October 18<sup>th</sup>. We would like to encourage anyone who missed last tournament or who would like to compete again to travel to the O'Fallon, IL area and participate in this tournament. More informational flyer is available. If you are interested in attending, please pick up an information packet from the front desk. **All checks must make out to WMAS.**

We hope to see you at the tournament.

## HALLOWEEN PARTY



**Saturday, October 25<sup>th</sup>** is our annual Halloween party at Clarkson Clayton location. The party starts at 6:00 PM and ends at 7:30 PM. Wear your Halloween costume and get ready for a spooktacular party! Bring your friend get a prize! Be prepared-- we have a scary story, best costume contest and lot of fun!

## FIVE PRINCIPAL OF TAE KWON DO



1. *Confidence-Yell*
2. *movement- balance*

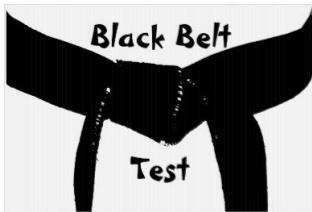
3. *focus- focus to eye all the time*
4. *Power – control(always control yourself)*
5. *Speed- snap*

### **Special Classes**

Remember that Parks Martial Arts offers personalized classes for any specialized group—Boy Scouts, Girl Scouts, day care programs, schools, etc. Please contact Young if you are interested in obtaining more information on these types of classes.

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### **DAN TESTING**



Recommendation students are preparing for their Black Belt (Dan) Testing which will be held on December 13<sup>th</sup>, 2014

All testers should attend Black Belt Prep Class on November 8<sup>th</sup>, November 22<sup>nd</sup>

and Boot Camp on November 1<sup>st</sup> in order to be prepared for testing.