

# PARK'S MARTIAL ARTS

Volume 23 Issue 7

Summer

July 2016

## CALENDAR- JULY



- **July 2nd -July 4th** — Independence Day – School is closed for the holiday. Have a nice and safe 4<sup>th</sup> of July!
- **July 9<sup>th</sup>** – All Belt Promotional Testing starts at 9:00 AM
- **July 16th** — Black Belt Boot Camp
- **August 13<sup>th</sup>** - Black Belt Dan testing starts at 9:00 AM

### 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 8<sup>th</sup> degree Black Belt in Tae Kwon Do and a 4<sup>th</sup> degree Black Belt in Hapkido.

### 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

#### *Additional Black Belt class at Clarkson*



Starting in **September**, we will be adding an additional **Black Belt class** to the schedule at our Clarkson Clayton Location. This class will be on **Tuesday nights, at 7 p.m.** This will replace the current All Belt class that takes place

at that time. Please make a note of this change, which will take affect starting in September. We will be updating the schedules, so that you can pick up an updated copy, or download it from our website, at: [www.parksma.net](http://www.parksma.net)

### *Promotional Testing*



Once again, it's time for our students to advance in rank. Testing will be on Saturday, July 9th at the Clarkson Clayton location. White, Yellow, Orange Belt testing will start at 9AM. Green, Blue, Purple Belts will start at 9:45AM. Brown, High Brown, Red Belt will start at 10:30AM. High Red & Black Belt credit testing will start at 11:00 AM. Grand Master Park and the Instructors will award stripes to those students who have displayed the skills and endurance for their current rank. **Testing form must be filled out and returned with the testing fee by July 6th.** We are also having a belt ceremony right after testing (same day). If you do not bring the testing form by Wednesday, July 6<sup>th</sup>, you will get the belt at a later date. If you are not ready for advancement, there will be another promotional testing offered in eight to nine weeks. Students should wear their regular uniform on testing day. (Due to testing, there will be no regularly scheduled classes on July 9<sup>th</sup>)

All testing will take place at the Clarkson/Clayton location.

### *Black Belt Boot Camp*

As Dan Testing (Black Belt degree) approaches, we begin to focus more on our physical training. As such, the Boot Camp is **mandatory** for those testing for their Temporary Black Belts and Dan ranks. Boot Camp will be at 9:00 a.m. on July 16th. Please arrive at the Clarkson School by 8:45 a.m. or meet directly at Blue Bird Park by 9:00 a.m. If you

are not available for this boot camp, we will be hosting one in the fall of 2016.

### ***Black Belt Dan Promotion Testing***



Promotional Dan Testing will be held on Saturday, August 13<sup>th</sup> at the Clarkson Clayton location. Testing will begin promptly at 9:00 AM. Everyone is invited to come and watch!

### ***Summer time Safety***



Now summer is here, be sure to use precautions against sunburn. Stay out of the sun during the mid day, use plenty of sunscreen, and be sure to wear protective clothing to keep the sun off of your skin.

### ***Private Lessons***

Need some extra preparation for the upcoming Promotional Testing? Having trouble memorizing your forms and sparring? Private lessons are a great way to make great improvements quickly! Get personal instruction for Master Nathan, a seven-time tournament Grand Champion. Talk to Miss Young today about scheduling a private lesson

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