

# Park's Martial Arts

Volume 26, Issue 7



Independence Day



July 2019

## CALENDAR - JULY

- **July 4<sup>th</sup>-6<sup>th</sup>** – Independence Day Holiday – **NO CLASSES**

## 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 an 8<sup>th</sup> 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.

## Olympic Style Sparring Class

Olympic Style Sparring is NOT your average one step sparring. Held on Friday nights at 7:10pm at the Clarkson Clayton location, this is a full contact sparring class, specially designed by Grandmaster Park to teach you everything you need for competition. Sparring is a great workout and allows application of the techniques learned during regular classes. All participants must be a GREEN BELT or above, and have full protective gear.

If you are interested in joining this class, inquire at the front desk today.

# Congrats

Congratulations to our recent Graduates! Four Instructors graduated high school this May. **Master Alex Adler**, **Master James Marjamaa**, **Instructor Reid Lawson**, and **Instructor Anshika Saxena** have finished one journey, and this fall embark on a new one as they head off to college. Also going off to college this fall is **Instructor Mary Hoeft**, who is transferring after completing two years locally. We want to wish them good luck on their journey, and invite them back to visit anytime!



## Independence Day Holiday

Park's Martial Arts will be closed **Thursday, July 4<sup>th</sup> – Saturday, July 6<sup>th</sup>** for **Independence Day**. Enjoy this time with your family and friends and have a safe and happy 4<sup>th</sup> of July. Classes will resume on Monday, July 8<sup>th</sup>.

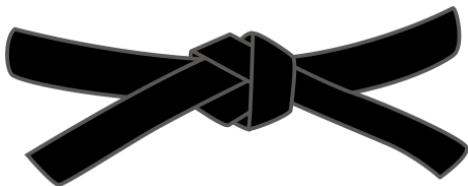
## **Summer Time at Park's Martial Arts**

Don't let summer vacation from school become summer vacation from taekwondo! Now is the perfect time to build your skills, improve your technique, and increase your endurance.

Take a break from the outdoor heat by coming to class at Park's Martial Arts. And don't forget: we have morning classes too! Monday and Wednesday mornings at 10am you can join us for an all belt class all summer long!

**In addition, if you will be out of town or not attending classes for a period of time this summer, please let us know the dates so we can note the absence.**

## **Winter Dan Testing**



Packets are now available for students planning to test at our Winter Dan Testing session. Winter Dan Testing will be in November, before the Thanksgiving holiday. A firm date should be announced soon. Please inquire at the front desk at either location for additional information.

## **Keep Yourself Informed!**

Important dates, changes, and announcements are all available online! Visit [parksma.net](http://parksma.net) to stay on top of everything going on at our school. You can also find us on Facebook @ParksMartialArtsSTL and Instagram @parks\_ma\_stl.