

Park's Martial Arts

Volume 26, Issue 1

New Year

January 2019



CALENDAR - JANUARY

- **Jan 21st:** Martin Luther King Day – We are OPEN!
- **Saturday, Feb 16th :** All Belts 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 an 8th degree Black Belt in Tae Kwon Do and a 4th degree Black Belt in Hap Ki Do.

YOUNG PARK

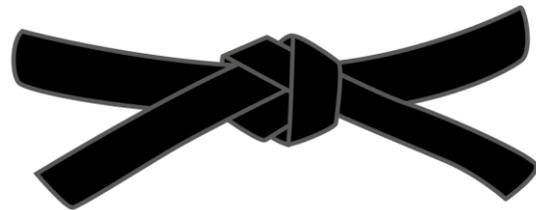
Grand Master Park's wife and office manager, Young can answer any of your questions concerning the operations of the academy.

Congratulations Black Belts!

We want to congratulate all the students who tested for their next Black Belt degree on Saturday, December 1st. We had 53 students test, including six Instructors and Jr Leaders. A full listing of all our new black belts is posted at each location.

New Black Belts have the option to add their picture to our walls! If you would like to be included among the Black Belt pictures, please bring in an 8x10 photo of yourself in your Tae Kwon Do uniform.

Spring Black Belt Dan Testing



Testing will be on **April 27th, 2019** starting at 9am. Testing forms and packets for Spring Black Belt Dan Testing will be available at both schools beginning on January 2nd, 2019. If you plan to test, make sure to start your preparations early to ensure success!

Class Descriptions

Little Tigers – These classes are designed for children ages 4-7 who are starting their martial arts journey. Little Tigers is a high energy class that focuses on basic techniques.

Children – These classes are designed for students ages 6-13 of all belt levels. Class is divided between technique practice and workout.

All Belt – These classes are designed for students of all ages (children and adults) and belt ranks. Class is divided between technique practice and workout.

Advanced – These classes are designed for students of all ages (children and adults) who are currently a **BROWN belt or above**. Focus is given to more advanced technique practice.

Black Belt – These classes are designed for **Recommendation, Temporary, and Black Belts** only. This class focuses on advanced and black belt techniques, which may include weapons practice.

Olympic Style Sparring – These classes are full contact sparring. You must be at least a **GREEN belt**, and have full protective gear. Sparring is a great workout, allows application of the techniques learned during regular classes, and trains you to compete in sparring at tournaments.

WINTER WEATHER



Heavy snow or freezing rain may cause class cancellations. Keep up to date by checking our Facebook page or www.parksma.net in case of severe weather conditions.