



# Milan Tae Kwon Do Newsletter



MASTER R. CHRISTIAN DYKES

VOLUME 2 ISSUE 2

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February

## JANUARY SUPERSTAR

Daniela Page-Sander

## IMPORTANT DATES

Pride Day Prep	<b>FEB 11</b>
Dojang Pride Day	<b>FEB 12</b>
AA Taekwondo Open	<b>FEB 18</b>
Private Lessons	<b>FEB 19</b>
Testing	<b>FEB 24</b>
Black Belt Pre-test (Milan)	<b>MAR 31</b>
Black Belt Public Test (Midwest)	<b>APR 14</b>

## UPCOMING TOURNAMENTS

US Open TKD Championship Las Vegas, NV	<b>FEB 21-24</b>
USAT Jr & Sr National Championship Dallas, TX	<b>JUNE 29- JULY 4</b>

## AROUND THE STUDIO

- Parents and students, as you sit and wait for your class to begin or your student to finish their class, please take a minute to look around at some of the changes we are making. We have been working on all parts of the studio big and small, from cleaning up the numerous grease boards to chipping off the broken wall in the bathroom in order to replaster it. We appreciate your patience with all the changes that the studio is going through and value any input and ideas that you may have to offer.
- If you have any kid's books or DVDs we would love to give them a home back in our kid's area.
- Don't forget about the sparring class on Mondays at 6:30 pm. This class is open to all yellow belts and above and is led by Mr. Gaines.

## 1st GEUP & BLACK BELTS

- We will be taking your picture Thursday February 16th. Please make sure you are in class and are wearing a dobok that you want to be pictured in.
- We will be taking these photos, framing them, and putting them on the wall by the front desk as both an inspiration to the younger belts as well as to show our pride in your commitment.

## BLACK BELT CANDIDATES!!!!

- The spring black belt pretest is upon us and will be taking place in Milan on March 31st. This will be closed to public but on April 14th there will be a public test in Plymouth. We encourage the Milan TKD families to attend the public test to support the black belt candidates that pass the pretest as they test for their black belt.
- Please take a minute to congratulate with us the below 1st geups that are nominated to take the black belt pretest.
  - Da'Shia Beck
  - Amanda Carson
  - David Clark
  - Daniela Page-Sander

This is monumental feat showing their dedication to the sport and their own personal development. Achieving black belt is an accomplishment that should not just make the candidates and their families proud but also all the families and students of Milan TKD. With each new black belt our school becomes stronger and more successful.

DOJANG PRIDE DAY	PRIVATE LESSONS
<ul style="list-style-type: none"> <li>• We are having a 'Dojang Pride Day' on February 12th at 11 am. We encourage ALL students and families to come and participate. Our goal is to paint the entire studio.</li> <li>• We still need paint rollers (thank you McGovern family!), paint brushes, paint holders, ladders, tarps, white paint (thank you Mr. Shannifelt!), and any other painting supplies (and of course physical labor!)</li> <li>• If you have any skills with mudding and prepping for painting please come and help on February 11th. The Dykes family will be arriving at noon to begin taking down banners, pictures, and patching the walls.</li> </ul>	<ul style="list-style-type: none"> <li>• Master Dykes conducted the first 'Day of Private Lessons' on January 22nd. This seemed to be a hit, with Master Dykes giving each student individual attention and addressing specific techniques and issues with each student.</li> <li>• The next day of private lessons will be Sunday Feb. 19th and Master Dykes strongly encourages anyone nearing a belt promotion to schedule at least one session.</li> <li>• Lessons are \$20 for each 30 min session purchased. Students are encouraged to purchase multiple sessions, but Master Dykes would like to note that small children may have difficulty paying attention longer than 30 mins.</li> <li>• Please sign up at the front desk or contact Mrs Dykes to schedule your private lesson today!</li> </ul>

## JANUARY PROMOTIONS

Joshua Overbeek	<b>2nd</b>
Noah Marshall	<b>6th</b>
Chase Kulik	<b>8th</b>
Jacob Kulik	<b>8th</b>
Ashley Dykes	<b>9th</b>
Kirsten Kulik	<b>9th</b>
Connie Clark	<b>9th</b>

Sam Gaines turned 15 on Feb 1st therefore, Master Dykes has approved his promotion to 3rd Dan & certified instructor! Congratulations to Mr. Sam Gaines!

**“A wise man can learn more from a foolish question than a fool can learn from a wise answer.”**  
– Bruce Lee

## FEBRUARY BIRTHDAYS & ANNIVERSARIES

Wyatt Thiry (oops!)	Jan 13
Sam Gaines	Feb 1
Luis Delafuente	Feb 9
Marissa Bartley	Feb 14
Dylan Beck	Feb 15

## Milan Tae Kwon Do

### COMPETITION

- Good luck to Marshall Gaines as he travels to Las Vegas NV to represent the United States & Milan TKD at the US Open. This is a great opportunity for Mr. Gaines and it is an example of the high level of training and competition available to Milan TKD students. Bring home the gold Mr. Gaines!
- Feb 18th is the AA Taekwondo Open. Master Dykes will be available for coaching that day, and encourages all belts to come and support the school if not participate in it. Please see the flyer on the bulletin board, website, or speak to Master Dykes about it.
- If you or your child is interested in joining the competition team (now or in the future), speak to: Mr. Gaines
- Team workouts are Tuesday's & Thursday's 8:15-9:15PM for select students. See Mr. Gaines for info.

Team Captain: Marshall Gaines

Co-Captain: Sam Gaines

### TESTING

- Testing is conducted the last Friday of every month unless otherwise stated.
- Testing begins at 5:30pm but students should arrive no later than **5 pm** to stretch and warm up.
- A reminder to all students and parents that the testing criteria is available under the 'STUDENT' tab and it is expected that they will download it from the site and study it.
- Families and friends are encouraged to come and show their support, but please remind them of proper dojang etiquette.

### STUDENTS

- Please be sure to put your shoes up on the provided shelf when you take them off. The excess of shoes laying on the floor becomes dangerous to other people walking by, and with winter here it will help to keep the walkway free of boots.
- Boys are authorized to wear white t-shirts only under their dobok tops during the cold months, underarmour shirts are acceptable.
- Girls are required to wear the color shirt of their belt, underarmour shirts are acceptable.
- We would appreciate both students waiting for their class, and spectators keeping the noise level down. It is distracting to the students currently in class, and it makes it difficult to hear the instructors.

### A NOTE TO STUDENTS, PARENTS, & FRIENDS

We would like to start off by apologizing for the inconvenience of the bathroom being out of order this week. We realize the problems it may cause with small children, and appreciate your patience while it was addressed. We would also like to address the cause of the bathroom being out of order. Parents, please help us by explaining to your kids that large quantities of toilet paper and paper towels should NEVER be flushed down the toilet. This is exactly what happened this week. As a result, we had to use a significant amount of studio funds to obtain the services of a plumber. Alternatively this money could have been used for new training equipment and supplies. Master Dykes wants to supply the best possible training environment for his students and as funds become available he purchases new equipment. This is not possible if he is making unnecessary repairs to the dojang.

### WEBSITE & FACEBOOK

- Don't forget to 'Like' our Facebook page. We are currently using the page to give updates and reminders. If there is a question about whether the studio will be closed please reference the Facebook page.
- Students and parents are encouraged to go to the 'Student' tab of the website ([www.milantkd.com](http://www.milantkd.com)) and read the 'Rules & Etiquette' of the dojang. If you find that something is missing from the website that would help you and/or your student be better prepared, please let either Master or Mrs. Dykes know, so they can consider adding it to the 'Student' tab.
- If you have any pictures that you would like to see posted on the Facebook page or website please submit them (in digital form) to Mr. Dykes. Alternatively, if you do not want pictures of you/your child to appear on our website or our Facebook page please let Mr. Dykes know.