



# Milan Tae Kwon Do Newsletter



MASTER R. CHRISTIAN DYKES

VOLUME 2 ISSUE 4

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April

## MARCH SUPERSTAR

Alex Leroe

## IMPORTANT DATES

Black Belt Exam **APR 14**  
 Private Lessons **APR 15**  
 Geup Testing **APR 27**  
 USA TKD **APR 28**

## UPCOMING TOURNAMENTS

USA TKD **APR 28**  
 Championships  
 USAT Jr & Sr **JUNE**  
 National **29-JULY**

## MICHIGAN STATE QUALIFIER

<u>PARTICIPANT</u>	<u>POOMSE</u>	<u>SPARRING</u>
Master Dykes		Gold
Marshall Gaines		Gold
Sam Gaines		Gold
David Clark II	Gold	Gold

Good luck to the qualifiers as they step up their training in order to prepare for the USAT National Championships in Texas (June 29-July 5). Keep in mind that winners of the National Championship earn the chance to compete at the Olympic Trials in Colorado Springs, CO. These competitors will represent Milan TKD on a National level with the possibility of competing at the Olympics! Give them your support and help them in any way you can.

## BLACK BELT PRE-TEST RESULTS

Congratulations to the following students that have been approved to test for black belt on April 14th, 6pm—8pm at Midwest Tae Kwon Do in Plymouth:

- Amanda Carson 1st Dan
- Daniela Page Sander 1st Poom
- David Clark II 1st Poom

Maximum attendance at the black belt test is strongly encouraged. Not only will students get the chance to see what black belt testing is all about, they will be able to support the students from Milan TKD that are testing. Attendees will have the opportunity to see black belts from Milan and Midwest in action as they challenge the candidates, and bring out their best. Lastly they will see awesome board breaks and cement breaking.

If you do plan on attending, please bring a dish. There is a potluck and a chance for everyone to mingle after the event.

## 'BRING A FRIEND TO THE

### DOJANG' DAY

Call your friends and tell your families! Wednesday May 9th we will be having a "Bring Your Friends & Family" class. Class will begin at 6:30pm and go til 8 pm. This offers your friends and family both a chance to see what it is you do every Tuesday and Thursday and also to experience it for themselves. Pick up a waiver (or two!) at the front counter and have your guest (or guests!) bring it with them when they come. Current students are still required to be in uniform but guest(s) just need to wear some comfortable fitting clothes. Waivers will also be available the day of.

## PICTURE DAY!!!!

On Sunday May 20th at 3pm we will be taking our annual TKD pictures. We would like to have EVERYONE in attendance for the group shot even if you don't want an individual photo. It is tradition to have a picture of all the students and instructors taken and posted up in the dojang. Chasing Dreams Photography will also be available to do individual photos. These are great for sending to aunts, uncles, and grandparents!

## APRIL PROMOTIONS

Craig Wilson	<b>1st</b>
Caleb Overbeek	<b>3rd</b>
Nathen McGovern	<b>3rd</b>
Camden Hampsher	<b>3rd</b>
Cameron Satterley	<b>4th</b>
Jacob Kulik	<b>7th</b>
Chase Kulik	<b>7th</b>
Owen Morrow	<b>8th</b>
Alex Leroe	<b>9th</b>

"He who hesitates, meditates in a horizontal position." -Ed Parker

## APRIL BIRTHDAYS & ANNIVERSARIES

Emma Overbeek	8th
Caleb Overbeek	10th
Noah Marshall	11th
Paul Miller	23rd

### A NOTE FROM MASTER DYKES

At the Michigan State Qualifier, Master Dykes had the opportunity to observe students from other TKD schools, and their interactions with their instructor. The kids were very respectful, and never failed to say "sir" or to say "excuse me" when approaching the instructor when he was involved in a conversation with someone else. Unfortunately, this hasn't been the case with Milan TKD students in the dojang. Master Dykes has found the discipline and respect of many of the Milan TKD students to be lacking. Master Dykes urges all students to read the dojang etiquette section on [www.milantkd.com](http://www.milantkd.com) and to take what they read to heart. At a bare minimum, students should never call adults by their first name. It should be Mr. Clark, Mrs. Kulik, etc. regardless of rank. When approaching a black belt, (even a poom), students should bow, then address the black belt with respect before making their request or statement to the black belt. Master Dykes wishes for everyone in the dojang to enjoy their training, but not at the expense of the Five Tenets of TKD.

### Courtesy, Integrity, Self-Control, Perseverance, & Indomitable Spirit

#### COMPETITION

- 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.
- Girls are required to wear the color shirt of their belt, underarmor 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.

### USA TKD CHAMPIONSHIP

The USA TKD Championships hosted by Master M'Hammed Bouabdellaoui is fast approaching. The tournament will be held on April 28th in Kalamazoo. Master M'Hammed runs a top notch competition, and Milan TKD has traditionally taken a large group of competitors in order to show our support. Even if you do not want to compete, the tournament is an excellent opportunity for you to witness high-level competition. Members of the "Wolfpack" (the Milan-Midwest TKD Competition Team) will be in attendance! It is cheaper to register in advance, so please do so ASAP. Go to [www.milantkd.com](http://www.milantkd.com) to download the registration packet.

### PRIVATE LESSONS

- The private lessons that have been conducted to date have been highly successful, as I believe the students that have participated will agree. As a result, I have noticed a positive enhancement in the performance of each of these students during regular class. I am excited that so many students are interested in advancing their technical martial arts skills. You may not be aware, but the better the individual at Milan TKD becomes, the better our school becomes overall. Thank you to those students that have taken advantage of this opportunity.
- If you are interested in taking a private lesson please sign up on the roster located at the front desk.
- Private lessons are \$20 for 30 mins. Students are welcome and encouraged to do multiple sessions but Master Dykes cautions parents to take in to account small children's attention span.
- Be sure to arrive early to your private lesson so that you can have time to change in to your uniform and warm up so that your time with Master Dykes can be focused on techniques and not warming up.