



MILAN TAE KWON DO NEWSLETTER



MAY

APRIL SUPERSTAR

Jacob Dunlap

IMPORTANT DATES

- Bring a Friend Day **MAY 9**
- Private Lessons **MAY 19**
- Picture Day **MAY 20**
- Geup Testing **MAY 25**
- Closed for Memorial Day **MAY 28**

PRO SHOP

We have created a design for a new Milan TKD t-shirt! Keep your eyes peeled! We will be taking orders soon.

UPCOMING TOURNAMENTS

- Canadian Open— **May 12**
Toronto
- Great Lakes Cup— **JUNE 2**
Lansing
- USAT Jr & Sr **JUNE 29**
National—Texas **—JULY 4**
Championship

MASTER R. CHRISTIAN DYKES

VOLUME 2 ISSUE 5

7 E. MAIN STREET, MILAN, MI 48160 (734) 439-KICK

LAST MONTH!

USA TAE KWON DO TOURNAMENT

<u>PARTICIPANT</u>	<u>POOMSE</u>	<u>SPARRING</u>
David Clark II	1st	3rd
Kyra Dykes	1st	3rd
Chase Piach	3rd	2nd

All 3 competitors have shown a great deal of improvement since their last tournament. David Clark II made an excellent debut as a new black belt by winning 1st place in forms, and by barely losing his sparring match in overtime. Make sure you congratulate each of these students for representing Milan Tae Kwon do.

BLACK BELT TEST RESULTS

Congratulations to the following students that tested for black belt on April 14th at Midwest Tae Kwon Do in Plymouth:

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

Please take a moment to congratulate them on this incredible achievement! They have trained long and hard to achieve this goal, and should be commended on their dedication to the martial art and to their self enhancement. The indomitable spirit and perseverance demonstrated by each student in this endeavor speaks volumes. Now, they shall venture into a new and exciting chapter in their Tae Kwon Do journey.

THIS MONTH!

'BRING A FRIEND TO THE DOJANG' DAY

Call your friends and tell your families! On Wednesday, May 9th, we will have a "Bring Your Friends & Family" class. Ages 5 & up are welcome. The class will begin at 6:30pm and go until 8 pm. This is a great opportunity for your friends and family to see what it is that you do every Tuesday and Thursday. In addition, they will be invited onto the mats in order to experience a basic introduction to TKD. Pick up a waiver (or two!) at the front counter and have your guest(s) fill it out. Make sure that minors (5-17 yrs. old) have their parent or legal guardian sign the form. Current students are required to be in full uniform. Guest(s) are entitled to wear comfortable fitting clothes. Waivers will also be available on the day of class.

PICTURE DAY!!!!

On Sunday, May 20th, at 3pm (sharp!) we will be taking our annual TKD pictures. We would like to have ALL students & black belts 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. Chase'n Dreams Photography will also be available to do individual photos. These are great for sending to friends, aunts, uncles, and grandparents! Make sure you wear your best uniform (ironing it wouldn't hurt).

MILAN TAE KWON DO CLOSED FOR MEMORIAL DAY—MAY 28TH

NEXT MONTH!

GREAT LAKES CUP

This is an excellent local tournament opportunity located in Lansing, MI on June 2nd. Master Shinn has been a great friend to Milan TKD for many years. Let's show our support by sending a large group to compete at his venue. Do not forget, all students must participate in two tournaments prior to being considered for black belt. This tournament will most likely be your last chance to compete until the fall. Do not miss it!

APRIL PROMOTIONS

Joseph Ritenour	2nd
Sarah Dunlap	3rd
Skyla Vansickle	5th
Noah Marshall	5th
Nicholas Devore	6th
Kyra Dykes	6th
Connie Clark	7th
Kirsten Kulik	7th
Ashley Dykes	7th
Daniel Spencer	9th

"OF THOSE WHO START TAE KWON DO TRAINING, ONLY ABOUT 5% STICK WITH IT UNTIL THEY ACHIEVE THE BLACK BELT RANK. THEN PERHAPS 80% OF THOSE WHO EARN A BLACK BELT STOP THERE." - DUK SUNG SON

MAY BIRTHDAYS

Sean Still	4th
Chase Kulik	13th
Pete Delafuente	16th
Jeffery Belbeck	29th

AROUND THE DOJANG!

COMPETITION TEAM

Good luck to the "Wolfpack" as they travel to Toronto to compete in the Canadian Open on May 12th!

- 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 at 5:30 pm of every month unless otherwise stated. Students should arrive at 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.
- Also, 6th geup and on require an essay to be turned in at the time of testing. See testing requirements for essay topics.
- 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.

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.

RELAY FOR LIFE!

Milan TKD has conducted demonstrations at the Relay for Life event at Wilson Park in downtown Milan, MI annually since 2000. These demonstrations are the highlight of the year for Milan TKD with months of preparation going into each event. In addition to this exciting weekend of board breaking, back flips and cement smashing, Milan TKD participates in a 24-hour relay in order to raise money for the American Cancer Society. Students from Milan TKD accept donations from friends, family and co-workers. They have raised more than \$30,000 since 2000, and hope to raise another \$3,500 this year alone! This year Milan TKD is proud to introduce Chris Overbeek as our official team captain. With his leadership and direction we have already raised \$1,550. You may have noticed the feet making their way around the gym walls. These feet are available for purchase thru Mrs. Dykes for only \$1 each. You may purchase a luminary bag in honor of a survivor or victim of cancer for only \$10 each.

Please help support Milan TKD fight this horrific disease that claims the lives of loved ones every year. Donations of any amount will be appreciated. All you need to do is visit the website, join the team, and help raise funds. Also, sign-up sheets will be posted for walking and taking part in the demonstration. Thank you for your support and we look forward to seeing you on August 25-26 at Wilson Park in Milan, MI.

CANCER FACT: The National Cancer Institute estimates that approximately 8 million Americans alive today have a history of cancer. Some of these individuals can be considered cured, while others still have evidence of cancer.