

updated 9/29/2007

Arrowhead Tang Soo Do, L.L.C.

Karate info



New – Tiny Tigers/ Little Dragons Classes (ACT NOW - Limited Enrollment – 12 per class):

Karate Kids Program Director – Ms. Sarah Roberts (Third Degree Black Belt, World Tang Soo Do Association)

Appointments: Call to Schedule appointments (602) 628-2291.

- **Class Schedule (Fridays):**
 - 4:00-4:30 Tiny Tigers (Ages 4/5)
 - 5:00-5:30 Little Dragons (Ages 6/7)
- **Location:** Glendale / Peoria YMCA Gymnastics Center, 5295W. Phelps(602) 942-9622 (YMCA)
- **Directions:** The Glendale/Peoria YMCA Gymnastics Center is located at 5295 W. Phelps Road (1 block south of Bell Road 2 blocks west of 51st Avenue). Travel south from Bell road and make the first right on Phelps road. We are at the end of the road on the left side signs with YMCA Gymnastics displayed.

Class Schedule TTLD Youth and Adult Program

Program	Ages	Times	Location
Tiny Tigers	4-5	Friday 4:00-4:30 PM	*Gymnastics Ctr
Little Dragons	6-7	Friday 5:00-5:30 PM	*Gymnastics Ctr
Youth	8-12	Tues/Thurs 7:30-8:15 PM Saturday – 10:00-11:00 AM	**Activity Room
Adult	13 and above	Tues/Thurs 7:30-8:15 PM Sat. 12:00-1:00 PM	**Activity Room
Black Belt/Instructor	Sr. Students	Saturday 11:00-12:00 PM	**Activity Room

*YMCA Gymnastics Center; located at 5295 W. Phelps Road (1 block south of Bell Road 2 blocks west of 51st avenue).

**Activity Room in the main Glendale / Peoria YMCA Campus 14711 N. 59th Ave. Glendale Az 85306. (602) 588-9622

*** Schedule Lessons by calling Arrowhead Tang Soo Do LLC at (602) 628-2291

Class times and schedule subject to change.

Written Test/Breaking Schedule: Normal schedule
Physical Testing Schedule: 10 a.m. -11:30 (White – Orange with stripe)
 11:00 a.m.-12:30 (Green and above)
Belt Award (Celebration) Schedule: 10 - 11:30 a.m. (unless otherwise stated)
Celebration Party Time and Location To-Be Announced



In partnership with the YMCA (www.glendale-peoriaymca.org/), Arrowhead Tang Soo Do holds classes in the Korean style of martial arts (karate) called Tang Soo Do. For more information about the karate program and how to obtain **ONE FREE MONTH** (plus sign up fee), contact (602) 628-2291.

Visit our WEB SITE: WWW.ArrowheadTangSooDo.com

Please call when you will be absent!

Monthly dues – by the 10th of each month; \$10 Late Pmt after the 10th paid to ATSD

Special Offer – BRING a FRIEND: - ONE MONTH FREE (excludes Tiny Tigers / Little Dragons) FOR NEW STUDENTS (only small sign up fee).

UPCOMING BIRTHDAYS:

<u>Birthdate</u>	<u>Last Name, First Name</u>
8/2	Zalewski, Jacob
8/7	Rojas, Daniel
8/13	Gammon, Rachel
8/25	Monroe, Shane
8/28	Brown, Steven
9/4	Draper, Joshua
9/16	LoPresto, Richard
9/21	Scott, Andrew
9/27	Barnhart, Travis
11/4	Jacoby, SeanRobert
11/5	Shurley, Garrett
11/29	Brindley, Brad
11/30	Rubio, Barbara

Special Offer – Month of September Only BRING a FRIEND And....:

You Receive – One set of movie Tickets.
New Student receives - ONE MONTH FREE Lessons for new students / (only small sign up fee UNIFORM INCLUDED).
Rules: Must sign up for classes in September. Good for Youth and Adult Classes (no Tiny Tigers/Little Dragons).

Promotion Requirements:

Red and above must attend at least one clinic and either Utah or Phoenix Black Belt Testing (April/May) and October 6th/7th tournament for promotion to Black Belt. Additionally, students testing for Black Belt will be required to purchase a brick for the Building Fund (\$40.00).

Welcome Newest Students:

Give them a great Tang Soo Welcome!

Schedule of Upcoming Events:

- Oct 13th Saturday – NO CLASS - Region II Championship in Sierra Vista, AZ
- 11/6-10 Stripe Testing
- 11/11 Physical Testing
- 11/16 Make Up Testing
- 11/18 Testing Celebration
- Nov 23rd (Thrs) YMCA CLOSED Thanksgiving
- 11/23-25th No Class Thanksgiving Holiday
- 12/9 Christmas Party
- 12/23-1/3 Christmas Holiday – No Class
- December 24th (Sun) Christmas Eve (YMCA OPEN 7am-2PM)
- Dec 25th (Mon) Christmas Day YMCA CLOSED
- Dec 31st (Sun) New Years Eve (YMCA hours 9am-2pm)

Method of payment “Karate Dues”:

Monthly dues will be paid directly to the YMCA front desk, due PRIOR to the 10th of the month and late after this date. Testing fees and merchandise payments are made to ATSD through Mrs. Roberts, Ms. Sarah Roberts, or Master Roberts.

Arrowhead Tang Soo Do WEB SITE:

Making updates...

Bulling – is it epidemic?

Some may think so; especially if you are the one who is being bullied. According to a recent article from Mayo Clinic in the “Help Information Rewards at Work” article dated 8/11/07), “Bulling at school is becoming more common. Some Children may be at higher risk than others, and the consequences are serious. Take steps to protect your children against bullying.”

- Is a serious problem with long lasting consequence
- Recognize bullying;
 - Open discussions with your child to discover
 - Look for signs – physical actions, as well as verbal, even to the point of harassing phone calls/e-mails/Blogs
 - Observations of your child in school at different locations
 - Observation of child; restless, hyperactive, trouble concentrating at school, immature behaviors, outbursts
 -
- Consequences of Bullying
 - Depression, carry weapons for self-defense, grades decline, lower self-esteem, anger mgt issues, unexplained physical ailments.
- How to prevent
 - Talk to your children TODAY! Speak openly, encourage with loving listening atmosphere.
 - Don't advocate retaliation,
 - Consider help – professional counseling
 - Gather information
 - Seek support from school
 - Advocate discussions with teachers and principles – immediately if physically attacked or threatened with harm
- Skills to handle bullying
 - How to endure this difficult time
 - Don't react or fight back,
 - Role play what to say to the bully – “I want you to stop now.”
 - Talk to an adult – parents/Teachers/principles/Counselors. Make it stop.
 - Stick with friends
 - Meet friends who will support and include you in activities

STOP BULLYIN NOW! Children need help dealing with this issue, It won't always just-go-away. Be there, listen to your child. The scares that can be created can last a lifetime.

Health

Three simple questions help control asthma
 February 22, 2007 : A new Harris poll taken on behalf of the Asthma and Allergy Foundation of America shows 88 percent of people with asthma believe their disease is under control. Yet asthma still accounts for nearly 2 million hospital emergency room visits each year. Asthma is a lung disease characterized by shortness of breath, wheezing, coughing and tightness of the chest.

A special report in the *Annals of Allergy, Asthma, & Immunology* finds poor asthma control is much more common than it should be. A key problem is that patients and doctors aren't communicating about how to deal with asthma.

Ask yourself these three simple questions, then report the results to the doctor helping you manage your asthma.

- Do you sleep tight? If your asthma causes you to wake up, cough or be overly tired the next day, you may not have your condition under control yet.
- Do you work right? If you've missed workdays (or if children miss school), you may need to work closely with your doctor to better manage your asthma drugs.
- Do you play with might? If you avoid exercise or social activities because of asthma, you might needlessly be limiting yourself.

Most people, according to the survey, think their asthma is under control. They haven't talked with their doctors about what to do when asthma is severe enough to seek emergency care. Yet more than half of people surveyed have to catch their breath when running upstairs. They have to stop exercising midway through a workout, and nearly half wake up in the middle of the night as a result of their asthma.

Most parents, the poll found, said their child's asthma is under control, but nearly half of the children missed days of school and had trouble exercising and sleeping.

Asthma is the country's most common and costly illness. But it can be controlled with help from your doctor.

Source: Health-e Headlines

updated 9/29/2007

Schedule (Youth / Adult Program)

Week of September 23 - 29:

- *Tuesday- Review Forms/Stretching
- *Thursday- Review One Steps/Targets
- *Saturday - Review Forms//One Steps/Sparring

Week of September 30 - October 6:

- *Tuesday- Review Forms/Stretching/Mat Work
- *Thursday- Review One Steps/Targets
- *Saturday - Review Forms//One Steps/Sparring

Week of October 7 - 13:

- *Tuesday- Review Forms/Stretching
- *Thursday- Review One Steps/Targets
- *Friday- **Black Belt Testing in Sierra Vista, AZ**
- *Saturday – **NO CLASS - Region II Championship in Sierra Vista, AZ**

Week of October 14 - 20:

- *Tuesday- Review Forms/Stretching/Stripe Testing
- *Thursday- Review One Steps/Targets/Stripe Testing
- *Saturday- Review Forms//One Steps/Stripe testing

Week October 21 - 27:

- *Tuesday- Review Forms/Stretching/Stripe Testing
- *Thursday- Review One Steps/Targets/Stripe Testing
- *Saturday- Review Forms//One Steps/Stripe testing

Week of October 28 - November 3:

- *Tuesday- Stripe testing cont./written test/ board breaking/review
- *Thursday- Stripe testing cont./written test make up/ board breaking/review
- *Saturday - **Physical Test**

Week of November 4 - 10:

- *Tuesday- Stripe testing cont./written test/ board breaking/review
- *Thursday- Stripe testing cont./written test make up/ board breaking/review
- *Saturday - **Belt Awards/Celebration**

Week of November 11 - 17:

- * Tuesday- Basics/Forms
- *Thursday- Targets/Forms
- *Saturday - Forms/Sparring Drills/Sparring

Week of November 18 - 24:

- *Tuesday- Basics/One Step Hands
- *Thursday- Basics/One Step Hands
- *Saturday- Basics/One Step Hands/Mat Work

Week of November 25 - December 1:

- *Tuesday- Basics/One Step Feet
- *Thursday- Basics/One Step Feet
- *Saturday- Basics/One Step Feet/Weapons

Week of December 2 - 8:

- *Tuesday- Basics/One Step Self Defense
- *Thursday- Basics/One Step Self Defense/Weapons
- *Saturday- Basics/One Step Self Defense/Sparring

Week of December 9 - 15:

- *Tuesday- Review Forms/Stretching
- *Thursday- Review One Steps/Targets
- *Saturday - Review Forms//One Steps/Sparring/**Christmas Party**

Week of December 16 - 22:

- *Tuesday- Review Forms/Stretching/Mat Work
- *Thursday- Review One Steps/Targets
- *Saturday - Review Forms//One Steps/Sparring

Week of December 23 - 29:

CHRISTMAS BREAK

Week of December 30 - January 5, 2008:

CHRISTMAS BREAK

Week of January 6 - 12:

- *Tuesday- Review Forms/Stretching/Mat Work
- *Thursday- Review One Steps/Targets
- *Saturday - Review Forms//One Steps/Sparring

Student Essays:

How Tang Soo Do Has Influenced My Life

By: Dylan W. Klemovage Gup #129565

Out of the year and a half that I have been enrolled in karate, I have learned many things. I have learned power, courage, and respect. Out of these things I have stated I feel that respect is most important. Without respect, everyone would be going around treating everyone like a piece of trash. Tang Soo Do taught me to show respect to my elders, instructors, parents, and my friends. There is not one person in the world that does not deserve respect.

I have never been the "biggest" and "strongest" kid in my school. Many people used to pick on me. I use to run in fear from these bullies. Karate has taught me stand up for my beliefs and stand up for what is right. Tang Soo Do has definitely strengthened me both physically and mentally. As I learned, bullies just pick on people because they know that the person they bully will not fight back. Some bullies are need to pick on people because they haven't found themselves and try to be someone who is so called "respected" and some are just straight up mean. Tang Soo Do has greatly increased my confidence so I can stand up for my self and not let anyone push me around.

As with every power comes a great responsibility. Even though I am able to hurt someone that doesn't mean that I need to go around hurting people. As one of the Five Codes of Tang Soo Do states, "In fighting, choose with sense and honor." This means don't hurt someone because you know you can. Tang Soo Do is a weapon that can be used to defend but if used improperly it can seriously injure or kill another living being.

The higher your rank, the harder it is. I hope that I can progress through the rankings until I reach my black belt. I will work hard at what I do and never let anything interfere with that. Tang Soo Do has guided me mentally and physically through the time I have been enrolled. I hope that I can continue to grow and learn in my studies of Tang Soo Do.

I have also grown with my classmates. I have developed some strong bonds with my seniors, lower ranks, and basically everyone. Some of my friends may have dropped out but that doesn't affect me. I will strive to the rank of black belt and continue my training even after black belt.

Before Tang Soo Do, I got into a lot of trouble and spent more than three-fourths of my sixth grade year in detention. I got into a bunch of fights and hurt people. I knocked out some one and got suspended for 3 days. But since I have been enrolled in tang soo do, I have learned to control my actions. I learned that you don't always have to fight just because someone hits you. You only use violence as a last resort. Its hard not to fight when someone hits you because your friends call you names such as, cissy, panzy, wussy, baby, weakling, and so on. Peer Pressure is hard to resist and I have learned not to give into it. Master Roberts and all of my instructors have taught me to take control of your life and don't let your friends get in the way of it. Never let "Friends" interfere with your life. Don't give into peer pressure. And don't fight just because you can. Control your life and stay out of trouble and you will live a very successful life.