

April 2008 Chung Do Kwan



Yes the Rumors are TRUE

Yes, the rumors are true! We do NOT have an exact date, but our expected move to CR 17 is a go! The approximate expected date is around the end of June/early July!

There is A LOT to be done at the new building; Painting, building locker rooms, a new service counter, putting up mirrors, laying a floor, and building a partial wall and hallway

along side of our training floor. We are all VERY excited about the move. I have been out numerous times and each time I go I am EXSTATIC about ALL of the parking spaces!!! For those of you who are unsure of what I am referring to, we are planning to move to a new location along CR 17. It is in Amberwood Terrace. We are now the LAST unit in the building.

We appreciate all your patience during this transitional time. We will be slowly moving things out, taking things down and seeking help to do some work at the new building! If anyone has an expertise in laying floors, please let me know! I am looking for a few guys to help me with this task when the time comes!

Congratulations to our National Qualifiers

Congratulations to Dylan Pierson, Brad Wiswell, Scott Wiswell, Alex Kohout, David Blough, Eric Eli, and Terry Welles! All are NATIONAL QUALIFIERS for our AAU TAE KWON DO Team!!

There will be another state qualifier on May 10th. Anyone interested in attending this tournament MUST be actively attending ALL sparring classes held every Friday night at 5:30p.m. You must also go ONLINE and apply for a AAU membership card. Once you do this you may register, again ONLINE, for the May 10th tournament.

Training to be a CHAMP!

Attention State and National AAU team:

We have reserved the YMCA Pool for Sunday April 6th, Sunday April 20th, Sunday May 4th and Sunday May 25th. We will swim and do drills in the pool for 1 hour! Our goal is to strengthen your bodies, build your endurance and get you in the best physical shape you can be in before state and nationals in May and in July! As I've said MANY times, state and nationals are a LOT different from the challenge matches we have been attending! I want EVERYONE to be training at home, sharpening up your forms, working on your speed and agility, and WATCHING YOUR DIET!

There is a small fee to rent the pool, so each child will need to bring \$5.00 on the day we swim. All SUNDAYS ABOVE ARE CONSIDERED A REQUIRED SWIM DAY! THIS IS NOT AN OPTION! If you can not COMMIT to each and every sparring practice, swim practice and to working out at home, you should NOT plan to attend the May tournament or Nationals in July! We need to want to do well bad enough to WORK FOR IT! Nationals will take place beginning June 31—July 5th. You have until June 1st to register for this event! Don't delay! Check with Mrs. Wiswell if you'd like the inside scoop on hotel information. You can look on the website and begin printing your needed documents, you need to also register online. For those of you who have already qualified, please DO NOT wait until the last minute to register. Look over the registration forms found on the AAU website and if you have any questions, ask Mr. Crussemeyer NOW! I am very PROUD of all my team qualifiers and I look forward to our May 10th tournament where we will have even MORE of our CWMA students place for this FANTASTIC event! PARENTS, YOU ARE IN CHARGE OF REGISTERING YOUR CHILD FOR THESE EVENTS! You can get on the aautaekwondo.org website to fill in your online registration. Remember, you MUST be a registered AAU member First!

CHANGES

When you purchase a pro shop item, included in the price is shipping/postage and sales tax. Due to the increase in sales tax and the upcoming increase, AGAIN, in postage, ALL our pro-shop items will increase in price by \$3.00. This is the FIRST increase we have had in several YEARS! You can check out various martial art websites and make purchases on your own. However uniforms, portfolios, USCDKA patches, and USCDKA merchandise MUST be purchased through us or the USCDKA website! You are ALWAYS welcome to get on the USCDKA website and order your own merchandise. We can not, however handle exchanges or returns for you if your item from the website is the wrong size or style.

CONGRATULATION TO ALL OUR MIGHTY KIDS

As our Mighty Kids are growing as ready to join our regular TKD classes! more intense curriculum! Congratulations are AWESOME! On behalf of all our we'd like to welcome you to the



martial artists and in age, they are FINALLY They are ready for new challenges, and congratulations to ALL our MIGHTY KIDS! You guys Intermediate students and instructors, INTERMEDIATE CLASS!!!

PROMOTION TIMES

April 30th

White—Advanced 4:00p.m.

BBC—Black 5:00p.m.

Adults 6:00p.m.



Ultimate Body Shaping Course

Our first 10 week session of UBC is coming to an end and those of us who have been taking the class FEEL GREAT! This has been the best fitness program we have ever done! The nutritional guideline is easy to follow, the kickboxing fitness class is a BLAST and the strength and conditioning class challenges us to work beyond our preconceived limitations! EVERYONE has seen FANTASTIC results between loss in body fat, loss in inches around our waists, weight loss and an overall toning of our bodies. Plus the pure release of the stress our daily lives bring! The rush we get when we come in and punch and kick the tar out of the heavy bags is AWESOME! This class is by far the best fitness program in town! Stay tuned next month to find out who our in house \$440 winner is! Congratulations and thank you to all who have shared UBC with their friends and family! Theresa Howey, she has earned 1 free month of UBC maintenance. Amy Kershner and Bobbi McClain have earned 2 FREE months of UBC maintenance and Lisa Lindholm has earned 3 FREE months of UBC maintenance! Your referrals are appreciated! THANK YOU!

Dates to Mark!

UBC Session 1: Your FINAL evaluation will be on Friday, April 11th @ 6:30p.m. or Saturday, April 12th @ 12:00p.m. For those of you who can NOT attend due to Spring Break, please see Mrs. Crussemeyer and let her know you will be in for your evaluation on Monday, April 14th at 6:00p.m. DON'T FORGET TO WEAR YOUR SPORTS BRA AND SHORTS FOR YOUR AFTER PICTURES!!! DO UP YOUR HAIR! SHOW OFF YOUR SLIMMER, HOT BODIES! Your awards and celebration will be on Sunday, April 20th at 4:00p.m. It will be at 53333 Beech Grove Drive, Bristol IN. At this time you will have your 2nd challenge which is a HEALTHY DISH COOK OFF! Bring your favorite healthy dish to share, and don't forget to write it down on an index card to pass out to all! If your life is busy and you need a little help finding the perfect recipe, check out the UBC website for ideas!

UBC Session 2: Your 1st evaluation will be on Friday April 11th @ 6:30p.m. or Saturday, April 12th @ 12:00p.m. For those of you who can NOT attend due to Spring Break, please see Mrs. Crussemeyer and let her know you will be coming in at 6:00p.m. on Monday, 14th.

Your 1st team challenge which will be a 2 mile run/walk will be on Saturday April 12th at 8:00a.m. The location will be announced at a later date.

UBC Session 3: Our 3rd session of UBC will begin April 14th with our evaluation on the 11th and 12th at the same times listed above.

Kids UBC Session 1: Your 1st evaluation will be on Wednesday, April 2nd @ 6:00p.m. Your 1st class will begin April 14th @ 4:00p.m.

If you have not already, but are interested in signing up your child or yourself for the next sessions of UBC, please see Mrs. Crussemeyer or Mrs. Munoz and sign up ASAP! Each session has a limited enrollment number, so make sure you get signed up early! The costs for the Kids UBC and the adult UBC are listed in on the class schedules found in the parent area.

CONGRATULATIONS to ALL of our 1st session UBC students! You guys have been GREAT! I have LOVED working with you! It has been an honor and a privilege to work with each and everyone of you! Right now you are soaring through the clouds! Your fitness journey has flown you through many paths! For those of you who would like to continue soar through your UBC journey we will be offering a monthly maintenance class. Your tuition will be \$100 a month. Your month will run from your sign up date to the same date the following month. You do NOT have to fill out a new UBC booklet or get involved in the challenges each team participates in. However, if you DO want to do the booklet and challenges all over again then you can sign up for the next 10 week session. This would then include all the pre, mid and post evaluations, challenges, contests, and your participation in filling out your UBC booklet.

If you have any questions, please see Mrs. Crussemeyer.

