



NEWS LETTER

M A Y

Mom's Month

May is Mom's Month!! All Moms are welcome to join their child on the mat. Come for 1 class or train all month long!! See you in May!



Summer T-Shirts

Summer T-shirts are available for purchase at the front desk. You can wear the summer shirt from Memorial Day Weekend until Labor Day weekend. If you don't want to wear the summer shirt, you should wear your uniform.

Character Words

Starting May 4th, we will be talking about Cooperation. Beginning May 18th, we will talk about Responsibility. A parent letter has been included for both words in the newsletter. We feel these words are very important during this time.

Memorial Weekend

TBK will hold classes during Memorial Weekend. Enjoy your weekend and we will see you on the mat for Saturday and Monday classes.

Special Class

Thursday, May 7 at 6:30pm there will be a special class. This class will cover our Ho Sin Sul curriculum (grab techniques). Find a partner at home and join us. Future Thursday evening topics are still being decided. Stay tuned.

Virtual Tournament

Region 5 is hosting a virtual tournament Sunday, May 17th. We will be utilizing Zoom and their breakout rooms. Participants will demonstrate their form. Those that are brown belt and above may also demonstrate weapons forms. Sign up is online through May 9th. **[Bit.ly/2020VirtualTourney](https://bit.ly/2020VirtualTourney)**
Let us know if you have any questions.

Mark your Calendar: **May:**

Mom's Month—All Month
Virtual Tournament: 17th

Private Lessons

TBK will be offering private lessons. For color belt students the private lessons will be 10 minutes long with Ms. Loula and the link is: **bit.ly/TBK1on1lessons**. For Black Belts the lessons will be 15 minutes with Master H and the link is: **bit.ly/TBKBBlessons**. All private lessons are free.

Summer Camps

We are offering six different weeks of summer camp, with four different themes.

Camps will take place Monday-Friday from 8 a.m.-4 p.m. The weeks are as follow:

June 15th: American Ninja Warrior
June 22nd: Nerf
June 29th: Superhero
July 6th: Jedi
July 27th: American Ninja Warrior
August 3rd: Nerf

If you are interested in one of these camps, sign up at the desk.

TRUE CHARACTER



A Balanced Approach to
Character Development

Young students: “Let’s work together!”

Older students/teens/adults: “Working together towards a common goal.”

Dear Families,

From May 4-May 16 we will focus on “cooperation.”

Cooperation is working together towards a common goal. It covers all the social skills such as taking turns, sharing, listening, compromising, and appreciation. Working together to complete tasks and solve problems are skills that are learned early on. Think back to when you were in kindergarten or 1st grade, learning to work together and solve problems together.

As young children become more involved in sports or other activities (choir, band, etc) they realize that it takes cooperation to make the team work effectively. They learn about filling in when needed, supporting each other, and showing appreciation for each person’s role.

This level of cooperation doesn’t stop at sports. Children can apply the same “team player” knowledge to help their families, friends, and other groups they are part of. Even as adults, we still practice cooperation daily, even now with the stay at home order. We are cooperating to keep everyone safe.

Throughout the next 2 weeks, we will be discussing the following topics about cooperation:

Cooperation defined: What is it and when and where do we use it?

Individual cooperation skills: Taking turns, listening, and doing our fair share.

Team cooperation skills: Teamwork, compromising, rallying, valuing others.

Cooperation effects: The rewards of cooperation.

See you on the mat!

Master Helsdon and Master H.

TRUE CHARACTER



A Balanced Approach to
Character Development

Young students: "Let's work together!"

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Dear Families,

From May 18-May 31 we will focus on "responsibility."

Responsible people respond when they see a need. They respond when they have been given a job. Responsible people get things done!

They create responsible habits from being on time to prioritizing to returning borrowed items. They also initiate responsible actions whether someone is looking or not. They demonstrate responsible choices and they are reliable, accountable, and dependable (R.A.D).

Children and teens learn to be responsible in a variety of ways. From how they contribute at home to completing schoolwork on time, they are laying the foundation for being responsible adults. Online responsibility is also important and must be discussed. One's reputation and online actions are checked to determine suitability for jobs, college admission, and much more.

Responsibility is a crucial quality of a leader both online and offline. Leaders set the standard and when they show responsibility, it is more likely others will do the same. Whatever we are talking about, like following through with promises or being accountable for our choices, a leader's actions make a big difference.

Throughout the 2 weeks, we will be discussing the following topics about responsibility:

Responsibility defined: How can I be a R.A.D. family member and student?

Responsible person: Borrowing, being on time, prioritizing and promises.

Showing accountability: Owning up, choices and consequences.

Responsible leader: Going above & beyond and being a good example.

See you on the mat!

Master Helsdon and Master H.

Levels	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ki Gong (Meditation)		8:30-9:15a				
Exercise Class		9:30-10:00a		9:30-10:00a		
Little Dragons (White Stripe Belts) Beginners: 3-7 year olds	3:00-3:45p	3:00-3:45p	3:00-3:45p	3:00-3:45p		10:30-11:15a
Junior Achievers (Yellow Stripes) Beginners: 8 and older	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p		11:30-12:15p
Level 1 Yellow, Yellow/Orange, Orange Belts	4:00-4:45p	4:00-4:45p	4:00-4:45p	4:00-4:45p		11:30-12:15p
Level 2 Orange/Green, Green, Green/Brown Belts	5:00-5:45p	5:00-5:45p	5:00-5:45p	5:00-5:45p		9:30-10:15a
Level 3 Brown, Brown/Red, Red Belts	5:00-5:45p	5:00-5:45p	5:00-5:45p	5:00-5:45p		9:30-10:15a
Level 4 Red/Blue, Blue, Blue/Black	6:00-6:45pm	5:00-5:45p	6:00-6:45pm	5:00-5:45p		9:30-10:15a
Level 5 Black Belts	6:00-6:45pm	5:00-5:45p	6:00-6:45pm	5:00-5:45p		9:30-10:15a
Leadership		6:00-6:30p		6:00-6:30p		

1st EVER REGION 5 VIRTUAL TOURNAMENT

WHEN: MAY 17TH BEGINNING AT 1 PM*

WHERE: ZOOM, A FREE VIDEO CHATTING APP FOR PHONES, COMPUTERS, AND TABLETS

REGISTER: \$5 BY MAY 9TH
LINK: bit.ly/2020VirtualTourney

NOTE RANKS WILL BE ASSIGNED SPECIFIC TIMES TBD BY THE NUMBER OF REGISTRANTS. TIME OF YOUR COMPETITION WILL BE SHARED VIA EMAIL EARLIER IN THE WEEK.

Participants in the meeting:

- Sue Ki
- Samuel Dan
- Emma Mae
- Juan Soo
- Matt Burn
- Eden Ahpchagi
- Anita Stretchmore
- E.G. Kwansu

TBK SUMMER CAMPS!

Sign up now for \$50 off one week of camp



June 15-19:

American Ninja Warrior Camp

June 22-26:

Nerf Ninja Camp

June 29-July 2:

(Monday-Thursday)

Super Hero Camp

July 6-July 10:

Jedi Camp

July 27-July 31:

American Ninja Warrior Camp

August 3-August 7:

Nerf Ninja Camp

American Ninja Warrior Camps

Ninjas will learn rolling, tumbling, jumping drills, aerials, advanced kicking techniques and much more! We will also set up our own obstacle course (including the warped wall) and jump, crawl, duck our way to the finish line! We will also be learning Karate skills and drills.

Nerf Ninja Camps

Learn how to be nerf ninja with daily nerf gun battles and lessons in nerf sword, nunchuck, and staff. We will also be learning Karate skills and drills.

Super Hero Camp

Heroes will stay busy learning what it takes to be a hero! Speed, Strength, and Bravery will be our themes with challenges, games, and so much more!

Jedi Camp

Jedi recruits will learn light saber skills, tumbling, how to make a jedi fight scene, and learn how to use the "force". We will also be learning Karate skills and drills.



MAY
2016

MOMS MONTH

Moms train for free all month

**Get a free T-Shirt when
you try out class!**