

June

- June 1st - TKD Skills Exams
Skills schedule to be posted
- June 4th - Last day of After School Program.
- June 9th - Governors Cup TKD Tournament - Ames
- June 14th - **NO TKD CLASSES**
TKD Belt Exams
- June 15th - Black Belt Graduation, 5:30 pm
- June 23rd - **NO TKD CLASSES**
Farmers Market Demo, 10:00 am at North Grand Mall
- June 30th - **NO TKD CLASSES**

June TKD Special Classes:

Master Harp will be conducting special forms classes for individual belt ranks. Please look for your belt rank and attend to get some extra attention on your form.

June 18th - Forms class - Recommend Black Belts, 6:15 pm

June 20th - Forms class - Decide Black Belts, 6:15 pm

June 25th - Forms class - 2nd Dan and above Black Belts, 6:15 pm

June 27th - Forms class - Red Belts, 6:15 pm

June TKD Sparring Classes:

5th, 19th, 26th - Free Sparring - 7:30 pm,

Protective Equipment is required to take part in free sparring. Those without the necessary equipment are welcome to take part in sparring drills but may not take part in free sparring. See Sparring Equipment List in this newsletter for details

July

- July 4th- Fourth of July Parade downtown Ames.
- July 5th - TKD skills exams, **NO TKD CLASSES**
- July 12th - Free Attendance Seminar
- July 14th - **NO TKD CLASSES**
- July 15th - Iowa Games TKD Tournament - Ames
- July 19th - TKD Belt Testing, **NO TKD CLASSES**

June TKD Special Classes:

Master Harp will be conducting special forms classes for individual belt ranks. Please look for your belt rank and attend to get some extra attention on your form.

July 2nd - Forms class - Decide Black Belts, 6:15 pm

July 9th - Forms class - Red Belts, 6:15 pm

July 11th - Forms class - Recommend Black Belts, 6:15 pm

July 16th - Forms class - Purple Belts, 6:15 pm

July 18th - Forms class - 2nd Dan and above Black Belts, 6:15 pm

July 23rd - Forms class - Brown Belts, 6:15 pm

July TKD Sparring Classes:

3rd, 10th, 17th - Free Sparring -7:30 pm,

Protective Equipment is required to take part in free sparring. Those without the necessary equipment are welcome to take part in sparring drills but may not take part in free sparring. See Sparring Equipment List in this newsletter for details

August

- August 9th - Free Attendance Seminar
- August 23rd - School begins , After School Program Resumes
- Sept 1 & 3rd - **NO TKD CLASSES Labor Day**

August TKD Sparring Classes:

14th, 28th - Free Sparring -7:30 pm,

Protective Equipment is required to take part in free sparring. Those without the necessary equipment are welcome to take part in sparring drills but may not take part in free sparring. See Sparring Equipment List in

Events for May - August are subject to change.

Please watch for changes or new event postings at the front desk.

SUMMER ATTENDANCE BONUS SEMINAR

Have fun at class this summer while earning a free bonus seminar!

Earn 15 tickets during the month and turn them in at the seminar to attend for FREE. Bonus Seminars are for **all ages** and are open to any student who has 15 or more tickets. Seminars will begin at 6:45 pm and the length will vary from seminar to seminar.

Attendance period for each seminar is as follows:

June 11th - July 11th for Wood & Concrete Breaking Bonus Seminar on July 12th.

July 13th - August 8th for Sport Sword & Traditional Sword Bonus Seminar on August 9th.

Tickets will be handed out **before** class. The stu-

dent is responsible for his/her tickets. Replacement tickets will not be available. Write your name on your tickets.

Earn tickets as follows:
TKD/HKD class = 1 ticket
Saturday TKD class = 2 tickets
Camp or attend a demonstration = 5 tickets
Attend a skills exam = 2 tickets

Pick up the July attendance seminar handout out the front desk for further directions.

VACATION

We are planning on taking our family vacation from July 20th - August 5th, therefore the class schedule may be reduced. Please watch for info at the front desk.

Clean Feet Please!

Please wash your feet before coming to class if you go bare foot outside.

FREE SPARRING REQUIRED EQUIPMENT

To take part in free sparring you must have the following **FMAC approved equipment**:

Headgear
Chest Protector
Forearm Pads
Shin Pads
Mouth piece
Groin guard for males

We select the best quality equipment for our students to ensure the best possible sparring experience.

Some items will need to be ordered but, most equipment is available for purchase in the FMAC pro shop.

'07 - '08 After School Program

We are now accepting enrollments for new students in our after school program for next school year. Register early, space is limited. Ask Master Shilkaitis for details.