

TUKONG TIMES

DATES TO REMEMBER:

Free Women's Class 2/5

Belt Test 2/11

Women's Class 2/12

Sparring Tips

- Keep your chin down.
- Keep your teeth clinched..
- Kiap when striking or being struck.
- Look at the opponents upper chest, use peripheral vision.
- Keep knees slightly bent.
- When stepping, don't cross your feet.

COLOR BELT TEST

On Saturday, February 11, at 10 am we will have a color belt test. Karen will inform you if you are testing. Students need to register by Thursday, February 9. Please see the testing fee schedule on the bulletin board. To prepare for testing, please practice at home and

attend classes regularly. Students have been denied testing because of lack of attendance. Also, help clean the DoJang to make it ready for testing. A list of cleaning responsibilities will be on the bulletin board.

SPARRING AND STRETCHING

Through each quarter of the year, we will be focusing on specific training techniques that will improve each students' performance. This quarter we will be focusing on sparring and stretching.

To be prepared to spar, each student must purchase a mouthpiece. Wal-Mart and Fitness First have these.

"Shock Doctor" brand has a guarantee if there is any dental damage. For students with braces, look for the mouthpiece that looks like a pacifier (Fitness First will be the best source for these). Students who do not have a mouth-

piece will not spar. Mouthpieces must be fitted to the individual, follow the directions on the package. Please have the mouthpiece available at class by February 1.

Many students' kicks are very low. In order to improve this, **we will be focusing on stretching.** With most students making at most 2 classes each week, they must practice at home to improve. Stretching can be done daily while watching TV.

WOMEN'S SELF DEFENSE CLASS

FREE Women's Self Defense Class on Sunday, February 5 at 6 pm. Followed by 5 Sunday classes at 6pm for \$50 per person. Focus on escape, awareness, and best defense methods for women. Did you know that in the time it took you to read this article, one woman in the US was attacked. Learn defense in the mini-course designed specifically

ly for women. Join the 5 week class to practice the skills so that they will be second nature to you. Learning self defense is like having insurance; we never want to use it, but are glad we have it when we need it.

Website:

www.tukongkerrville.com

SCHEDULE

Ip Sun (Tai Chi)

Monday & Wednesday

6:00-7:00 pm

Adult Classes

Monday

7:00-8:00

Tuesday & Thursday

7:00—8:30

Kid's Classes

Monday & Wednesday

5:30-6:00 ages 3-4

Tuesday & Thursday

5:30—6:15 ages 5-8

6:15—7:00 ages 9-12

Free Trial

*Not everything that can
be counted counts, and
not everything that
counts can be counted.*

Albert Einstein

. INJURED? YES, YOU CAN STILL TRAIN WHILE INJURED. IT IS THE STUDENTS RESPONSIBILITY TO INFORM THE INSTRUCTOR SO THAT THEY WILL BE ABLE TO MODIFY THE ACTIVITY.

ALERTS:

Wear a **black t-shirt** under your uniform to remain consistent with Grandmaster's design for the uniform.

Students will be assigned cleaning tasks. Please allow extra time to accomplish these tasks.

Please use the payment box to pay tuition. Please let Karen or Wes know if you need a receipt.

Items available for purchase: Nunchuks, Sword, Staff, see display case.