

BC Kim's

Olympic Tae Kwon Do

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August 2004

Korea Trip 2004 *by Leanna Jones*

Welcome home to all of you who Joined Master Kim, Master Lee and Master Noll on the excursion to Korea! During these 10 days we toured four different cities, went to numerous tourist sites including Buddhist Temples, Mater Kim's old University, Beautiful Gardens, Beaches, and much more! We learned a lot of Korean history, tradition and even some of their language. For those who don't know much about the annual trip, this is a time that a few Masters come together every year with a few of there students and take us on a tour of their homeland. During this time we have to opportunity to:

- Stay in five star Hotels
- Try amazing new food
- Train with world class athletes
- Visit the historic city of Kyungju
- And much much more!

It is a great trip and opportunity to experience a new culture and make new friends, get to know your classmates much better and have one great vacation! If anyone is interested in coming next year stays tuned for additional information in the following months, or feel free to ask Master Kim.

Upcoming Events

August 2004						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

September 2004						
S	M	T	W	T	F	S
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2004						
S	M	T	W	T	F	S
						1
						2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

August

21st: 2nd Dan Black Belt Testing (3rd and 4th Dan Pre-testing)

September

22nd – 24th: Color Belt Testing

October

16th: Break-A-Thon

Black Belt Testing Preparation Class:

Every Sunday 11am - 1pm the studio will be open for August and November testing candidates to practice forms, one step sparring and strength training.

Tae Kwon Do Basics

Counting

- 1.Hana 2. Dul 3. Set 4.Net
5. Dasut 6. Yasut 7. Ilgop
8. Yudul 9. Ahop 10. Yul

A champion is someone who gets up, even when they can't

Tae Kwon Do Rules

1. Respect your parents
2. Always Do your best in school
3. Believe in yourself

-Unknown



Tae Kwon Do Terms

- 1.Uniform - DoBok
2. Bow - Kyung-yeh
3. Studio - DoJong
4. Master - Sa Bum Nim
5. Attention - Charyot
6. Flag - Kookki

If you would like to submit an article or have any questions/comments please email Rea Meyer and Leanna Jones at newsletter@olympic-taekwondo.com

