

THE PHOENIX



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SPECIAL ANNOUNCEMENT!!

Reaction Force Martial Arts will close the week of October 27 - 31, 2008.

We are extremely happy to announce that we will be traveling to Ohio at the end of October to be wed by a life-long friend of Katy's. We are holding the ceremony at Squires Castle, located in the Cleveland Metroparks with a small wedding party consisting of a few friends and our sons Thomas and Kyle.

Classes will resume on November 3, 2008.

Words of Wisdom

Do or do not; there is no try.
- Yoda

NOVEMBER TESTING - AROUND THE CORNER!!

We are currently planning to hold the next testing session on November 8, 2008. We are still working on the schedule and will update all of the students on the specific times for their testing sessions.

We would like to congratulate all of the students that tested at the August testing session and we look forward to their performance at the November testing session.

We were extremely pleased with all of our students during the August testing session as they did remarkably well, demonstrating good overall technique and knowledge of the course material they had learned up to their testing session.



The Little Phoenix class has come a long way since the middle of May, 2008, when they first began training and we are very happy with their progress.

We were also very proud of the Kids class students. We know these children will be our leaders of tomorrow and they are eager to learn.

As each student advances to a new belt level, there is new material to learn and previously learned material to hone skills on. The students are doing exceptionally well at this point and we are energetically looking forward to these last few weeks before the November testing session.

Students, remember your chores list for testing day and spend a little time each day reviewing your Student Hand-out to prepare yourself for the oral question/answer portion of the test.

GOOD LUCK!!
Rick and Katy

STEPPING UP AND KICKING OUT!!

Reaction Force Martial Arts Demonstration Team stepped up to the plate and showed the crowd what they have accomplished at the Godspeed '08 Car, Truck, and Motorcycle show on September 27, 2008.

The demo team has been working for over a month to prepare for this demonstration with daily hour long practices in addition to their regular martial arts class training.

On August 22, 2008, Reaction Force Martial Arts held demonstration team tryouts. We

want to congratulate the individuals that made the team for their hard work at the tryouts session, as well as for their performance at the God-speed '08 event.

All team members put their best foot forward demonstrating martial arts techniques, core discipline, and the desire to be martial artists. The team also stepped up and kicked out demonstrating various techniques while



breaking boards! To the team, Outstanding job!

Current team members are William Chambers, Wyatt Chambers, Zach Cooper, Chris Freitas, Christine Freitas, Taylor McMurrey, Rebecca Statlander, Jermaine Stewart, Seth Taylor, Elizabeth Ugbaja, and Seth Woytasczyk.



We're on the web!!
www.reactionforcemartialarts.com

UPDATED!!

Tenants of Tae Kwon Do

- Courtesy - Be nice!
- Integrity - Don't cheat, don't lie, don't steal.
- Perseverance - Never give up!
- Self-control - Control your self.
- Indomitable spirit - Do the right thing no matter what the odds are against you!

Special Thanks!

Katy and I wanted to extend a special thanks to those students and their families that participated in the Family Night and the Fun Night. We hope all had a great time and look forward to the next events!

Thanks, Rick and Katy.

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SAFETY FIRST! - TRAINING GEAR

In Tae Kwon Do, as students progress in their training, they begin working on more advanced skill sets that involve more contact. As with any sport that involves contact, the first focus for all is safety. Proper safety observation and use of sport-appropriate gear is key in avoiding injury.



At Reaction Force Martial Arts, we have determined the safety equipment needed for students as they progress in their training and have researched equipment suppliers and have come up with options for the students to acquire the necessary safety equipment.

We understand that the equipment can be expensive (having purchased the equipment for our own training, as well as for our 5 collective kids), so we have found a supplier who can provides safety equipment at reasonable prices. We have also developed a phase-in process so that a students do not need to purchase all of their gear at one time (see chart below). Our phase-in process is a recommended guideline for each belt level to coincide with the introduction of new skill sets as training advances.



Starting on October 1, 2008, we will begin to place bi-monthly orders for training gear with our supplier. Order forms will be provided for students to place orders. Students are not required to purchase gear through Reaction Force Martial Arts, and are free to purchase gear elsewhere if they find a better deal, as long as the training gear meets our safety standards. We are offering this service for you convenience.

Phase-in Chart		
Belt Level	Kids	Adults
White	No gear	Boxing gloves
Yellow	Fist/Forearm, Shin/Instep	Fist/Forearm, Shin/Instep, Sticks
Orange	Chest protector, Head gear	Chest protector, Head gear

Additional personal gear needed includes a mouth piece, sports cup for males, and a gear bag for the student's training gear.

If you have any questions concerning safety gear, please contact us.

**OCT/NOV
 EVENTS**

- Oct 27 - 31 Closed for Rick and Katy's wedding
- Nov 8 Testing session
 Testing times to be announced by Oct 24, 2008
- Nov 26 - 28 Closed for Thanksgiving



**ACADEMIC
 PATCHES**



With school time upon us again, we want to remind students that we require the 6-week progress reports to be brought in for our review.

Those students who maintain an A/B average in all of their classes, as well as maintaining excellent citizenship marks, will receive an Academic patch for each 6-week period.

Those students who have 3 scores of 100 in the same 6-week period will receive the 3 Star Academic patch rather than the traditional Academic patch.

We look for to seeing your grade cards!!!