

Blue Mountain Martial Arts

Newsletter

March 2010

NEWS

- **INCENTIVE PROGRAM UPDATE!** We offer an incentive program year-round to reward our students for bringing new people to the school. We have decided to mix things up a little bit to sweeten the deal for you! Here's how it will work: Please take some of our blue passes and write your last name or initials on the back. For each person that you refer that takes a \$20.00 Trial Month during February or March and then signs a 12-month contract, you will receive a FREE MONTH! The free month will be awarded in the form of a certificate so that you can use to use it whenever you want (example: some teachers do not get paid through the Summer, some types of construction slows down during the Winter, etc.). *THIS OFFER IS ONLY GOING TO BE AVAILABLE FOR TRIAL MONTHS SIGNED DURING FEBRUARY AND MARCH; TRIAL MONTHS MUST HAVE A BLUE PASS WITH YOUR NAME!* Don't miss out! *Blue Passes are always available!* Please let us know if you would like some to hand out to your friends and neighbors!
- **DRESS CODE!** This information is included in every newsletter for two reasons:
 - 1) We have new students every month and it is important that they are made aware of the dress code.
 - 2) There are many students that are aware of the dress code and do not adhere to it.*PLEASE REMEMBER THE DRESS CODE!!!!* When wearing a t-shirt under your school jacket please understand that is just as much a part of your uniform as your jacket, pants, and belt. For this reason all students must wear either a BMMA t-shirt or a plain white t-shirt under their jacket. *No other t-shirts will be permitted (even if it is a solid color!).* If you are interested in purchasing a school t-shirt we do have them available in several colors. Please see Master Chris or Becky for more information!
- **WINTER WEATHER POLICY!** As the weather gets colder the threat of snow and ice are looming. Please follow these guidelines for BMMA closing due to weather: If Frederick County Public Schools are closed then BMMA will also be closed. However, if the roads are clear by early afternoon then BMMA may be open; please call (540)868-9331 to verify whether the school is open or not! Please use your discretion as we may not know the condition of all roads in the surrounding area. We want everyone to be safe and sound!
- **USA TAEKWONDO MEMBERSHIP!** There are many benefits to having membership with USA Taekwondo! All USAT members receive a USAT membership card, a USAT decal, a USAT patch (can be added to your uniform), and the USAT quarterly magazine. One of the best benefits is that you automatically receive secondary liability insurance that will cover you not only when you are in our school, but also when you are participating in Tournaments and Demonstrations that are held at other venues. Membership is \$35.00 per year for individuals (annual family membership is also available: \$90.00 for three, \$115.00 for four. Each additional family member thereafter is \$25.00). USAT also offers their members affordable health insurance options! Please see Master Chris or Becky for more info; you can also visit <http://www.usa-taekwondo.us/> (click on the Membership tab to access more info on health insurance or to print membership forms. You can also register online to have immediate active membership)!

EVENTS

- **BOOTCAMP FITNESS!!** During the last few testings Grandmaster Lee has made comments that he would like all students to increase their fitness levels. As a way of helping our students we will be starting a new program that we are going to call Bootcamp Fitness. Every Saturday (starting on February 6th) all students are invited to workout with Master Chris from 12:00pm – 2:00pm. Exercises will vary from one session to the next. All students are required to wear their uniform pants and a BMMA t-shirt (or plain white t-shirt if you do not have a school shirt); please bring a small towel, a sweatshirt, and your running shoes as each session will start with a light run. There is no additional fee for this class! *Students that are attending the morning classes can bring a sack lunch/snack to eat before the workout session (we want to make sure that everyone has energy!).* Parents are invited to participate as well! There will be no Bootcamp Fitness on February 27th or March 6th. If you have any questions please see Master Chris.

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- **SPARRING CLASS!** We are adding a class this month where the sole focus will be on sparring. Thursday, March 4th from 5:15pm-7:15pm. This is an opportunity for all students to learn some additional tips and strategies through sparring drills and get some extra practice in before the next testing. Students will not be sparring the entire time as we do not want them completely exhausted. Students will need to stay for the duration of the class so we can make the best possible matches. *There is no additional fee for this class!*
- **KICKBOXING OPEN HOUSE!** This is an open invitation to everyone in the community to try out our Kickboxing Class for FREE! Thursday, March 4th from 7:30pm-8:30pm. Invite a friend and have some fun!
- **TESTING!!!** The next opportunity to test will be on Saturday, March 6th. *COMPLETED TESTING FORMS AND PAYMENT ARE DUE BY FRIDAY, FEBRUARY 26th!* Testing fee is \$45.00; please make checks payable to WMAC (World Martial Arts Center). Testing is scheduled to begin at 2:30pm; students that are testing are required to arrive no later than 2:00pm so that they can warm up prior to Grandmaster Lee's arrival at the school. *DRESS CODE IS STRICTLY ENFORCED FOR TESTING! MEN AND BOYS ARE NOT PERMITTED TO WEAR T-SHIRTS UNDER THEIR JACKETS BUT LADIES ARE REQUIRED TO WEAR T-SHIRTS. IF YOU DO NOT HAVE AN APPROPRIATE T-SHIRT (Please see Dress Code on the previous page) AND JACKET YOU WILL NOT BE PERMITTED TO TEST!* We would like to encourage everyone to attend testing to support your fellow students! If you have not experienced testing this is a good opportunity to see what it is all about so you can be better prepared when you do test. You can wear street clothes or you can wear your uniform and bow in with the entire group and sit with those students that are testing. Please come out and show your school spirit! *(Next possible testing date is April 3rd)*
- **LADIES SELF DEFENSE!** We will be holding a Ladies Self Defense Seminar on Saturday, March 13th from 2:00pm-4:00pm. Learn how to assess danger, set boundaries, turn fear into power, become assertive, and how to prevent attacks. Members of the community are welcome, so invite your friends! Fee for this seminar is \$20.00 per person.
- **PARENTS NIGHT OUT!** March 13th from 5:00pm – 9:00pm! We will have games, activities, and fun! The cost is \$5.00 per participant; please bring a snack to share. To celebrate St. Patrick's Day we would like everyone to bring a GREEN SNACK (Broccoli and dip, green apple slices, green jello, etc; we will also have popcorn, juice, and water available)! All children must be over the age of five. *PLEASE SIGN-UP ON THE BULLETIN BOARD IF YOU PLAN TO ATTEND – LET US KNOW WHAT SNACK YOU PLAN TO BRING SO NOBODY BRINGS THE SAME THING!* Invite your friends, too! Please see Master Chris or Becky for more information!
- **TOURNAMENT ANNOUNCEMENT!** Mark your calendars! Grandmaster Lee's 3rd Annual Eastern Taekwondo Championship Tournament will be held on Saturday, April 17th, 2010. The tournament will be held at the Wakefield School in The Plains, VA (4439 Old Tavern Road, The Plains, VA 20198). The pre-registration deadline is Friday, April 9th. *ADVANCE REGISTRATION FEES HAVE BEEN REDUCED!!!* Fees are as follows: \$60.00 for the first event, \$10.00 for each additional event (after the pre-registration deadline the fees are \$80.00 for the first event, \$20.00 for each additional event). Form, Breaking, and Sparring are considered separate events. Spectator Fee is \$10.00 per person (spectator fee is waived for any adult that volunteers to work during the tournament). Additional information and sign-up forms will be available on the bulletin board!