

J.P. WOOD MARTIAL ARTS AMERICA
847/ 705-8714

SPRING 2010

OUR SUMMER CAMPS ARE GREAT!

STUNT ACTION MOVIE CAMP!!

July 12th – 16th

Ages: 6 – 13 years old

Monday thru Thursday 10:30 am – 3:30pm, Friday 9:30 – 11:30



CAMP #1: Kids can live out their fantasy by starring in a stunt action hero movie at this fantastic one week camp. Campers will learn and practice martial arts, tumbling, stunt action adventure and movie acting skills. Then they'll create, practice and star in their own stunt action hero movie! Campers will also participate in a variety of games and activities throughout the week. No experience needed. Participants will be divided according to age. All participants will receive a DVD of their final movie. Bring a packed lunch and drink each day.

Camp Fee: \$129.00 for J.P. Wood MAA members, \$149.00 for non members

Martial Arts Sports Camp

June 28th – July 1st Ages: 6 – 13 years old

10:30 am – 1:30 pm Monday to Thursday

CAMP #2: Your kids will have a fun and exciting time participating in martial arts games and contests while learning and improving their martial arts fundamentals and skills. Utilizing the field of competition as a backdrop, our staff will teach the rules of various competitions used in martial arts sports, and methods to excel and become a champion martial artist. These contests are designed to develop a sense of accomplishment in your child and present age based challenges. No experience needed. Some games have controlled physical contact. All supplies will be provided by J.P. Wood Martial Arts. Bring a packed lunch and drink each day.

Camp Fee: \$74.00 for J.P. Wood MAA members, \$89.00 for non members.

Martial Arts Camp

August 9th – August 12th Ages: 6 – 13 years old

10:30 – 1:30 Monday to Thursday

CAMP #3: Get a full martial arts experience in this four day martial arts training camp. Our instructors will incorporate many fun skill development activities that excite and motivate the kids to learn while having a great experience. Kids will familiarize themselves with a variety of empty handed and weapon martial arts styles. Topics include different styles of self defense, different sport contests, traditional martial arts weapons and martial arts training. No experience needed. All supplies will be provided by J.P. Wood Martial Arts. Bring a packed lunch and drink each day

Camp Fee: \$79.00 for J.P. Wood MAA members, \$89.00 for non members.

MARTIAL ARTS & MORE TWO DAY CAMPS

Ages: 4 – 7 years old

Camp # 4: Mon. June 21st and Weds. June 23rd 9:30 – 12:30

Camp # 5: Mon July 19th and Weds July 21st 9:30 – 12:30

You won't believe the fun your kids will have in these awesome camps. Martial arts, tumbling, obstacle courses, new skills, games and so much more awaits your child. We will do different activities and learn new skills in each camp, so your child can attend one or both of these camps for double the fun.

Camp Fee: \$ 35.00 per camp.

HOW DO I REGISTER FOR CAMPS? We have flyers at the school, or you can download a flyer at our website www.palatinemartialarts.com – soon you will be able to register online too.

MARTIAL ARTS WORKOUT – SPRING SESSION BOOT CAMP SUMMER'S COMING – LET'S BURN THOSE CALORIES NOW

Monday, April 5th to Monday, June 28th 8:00 pm – 9:00 pm

This is our awesome workout class for teens and adults. This class is for males and females, with or without martial arts or fitness experience. This is open to both our students and non-students.

Can't start the first week? Not a problem, join us next week – it's never too late to start.

What do we do each class? New and different activities for a great workout! The class consists of a cardio workout, stretching exercises, heavy bag work (upper and lower body), resistance band exercises (upper and lower body strength conditioning), push ups, sit ups and more!

Cost of the class: \$99.00 for non-students, **free to our students**. If another member of your family is a student at our school, then your reduced price is \$59.00 for this session.

Let all your friends, neighbors, cousins and co-workers know about our Spring session.



TINY TIGERS ARE GREAT!!

2 ½ to early 4 year old Winter Session is starting

Yes your 2 ½ year old can do the martial arts! You'll be amazed at the transformation of these energetic 2 ½ and 3 year olds as they learn to perform sit ups, front kicks, roll outs, and to actually listen! This is an eight week session starting the week of April 12th.

EVENINGS: Monday and Tuesday evenings at Palatine Park District facilities. Eight week sessions starting week of April 12th. Sign up through Palatine Park District. Note: These sessions fill up very quickly.

DAYTIME: Wednesday mornings at 10:30 am starting April 14th \$52.00. Sign up at JP Wood Martial Arts for this class.



10th ANNUAL SAMURANG GAMES A SUCCESS

We want to take this opportunity for a final thanks to our awesome volunteers, competitors and parents for a great job at this year's Samurang Games. The day ran very smoothly and everyone seemed to really enjoy the competition and camaraderie. Great job everyone!

Coming soon - be sure to check out our website and the school windows for some great Samurang Games' action shots and video.

IT'S SPRING CLEANING TIME:

1. Check the Lost and Found and changing rooms for items left behind
2. We'll be doing equipment checks in classes (see below).
3. We're checking our contact information (see below).
4. Uniforms – are they clean? (See below for additional information on your uniform)

HAS YOUR HOME PHONE NUMBER CHANGED? EMAIL ADDRESS? CELL PHONE NUMBER?

Please keep us updated on your contact phone numbers and email addresses for ongoing communication and in the case of an emergency. Check your or your child's attendance card – does it have your current home and cell phone # on it? If not please let us know.

We are using email communication more frequently these days so please also be sure that we have your current email address. Please note that if you are not receiving emails regularly from us, please stop by or call and give us your email address.

UNIFORMS

Please remember we are a martial arts school with a requirement of wearing your uniform to class. All students are required to wear a *UNIFORM TOP* or T-SHIRT, *UNIFORM PANTS* or SHORTS, and your current belt. What does this mean? A school top, with our logo, and uniform pants or uniform shorts. OTHER T-SHIRTS, PANTS AND SHORTS ARE NOT UNIFORMS AND ARE NOT TO BE WORN IN CLASS.

Yes we realize from time to time your uniform may be dirty and in the laundry, but these times need to be in rare circumstances and not on a regular basis.

EQUIPMENT – WHEN TO BRING IT AND LABELING ALL PIECES

We will be doing equipment checks over this next month. What does this mean? We will be checking if you have your name on all your equipment, your mouth guard is boiled and ready to be worn, and you are not missing pieces of equipment.

When do you need to bring your Taekwondo equipment to school? We have two ways of relaying this information:

1. We'll have a sign on the front door that says "You Need Equipment this Week" or "You Do Not Need Equipment this Week" – you can look at the sign on the door as you drop your child off to determine whether or not to bring their Taekwondo bag to class.
2. Email – We will also email to let you know.

TESTING NEWS

TESTING DATES – APRIL THROUGH JUNE 2010

Thursday, April 22 at 6:00 pm
Saturday, April 24 at 11:30 am
Saturday, April 24 at 12:45 pm

Wednesday, April 28 at 6:00 pm
Saturday, May 22 at 12:30 pm
Wednesday, May 26 at 6:00 pm
Thursday, June 24 at 6:00 pm
Saturday, June 26
Wednesday, June 30 at 6:00 pm

Dragon Test – white/red and higher
Taekwondo Test – Yellow through Purple Belts
Taekwondo Test – Black Belt Graduations and
Brown through Black Belts

Make up Taekwondo Test
Gumdo Test
Make up Gumdo Test
Dragon Test – white/red and higher
Taekwondo test
Make up Taekwondo Test

NEW CHARACTER BUILDING THEME IS HABITS

YEAH!

Habits is our new Character Building Theme. When we talk about habits being a “bad habit”, it generally falls into one of three categories.

THREE CATEGORIES OF HABITS:

1. Something you want to do, but just can't remember to do it most of the time.

Solutions: Set up memory triggers: put up signs, write in on a calendar, do it when you automatically do other things, or ask others to help you remember.

2. Something I should do, but I keep talking myself out of it.

Solutions: Decide you want to make the change, list the advantages, start out slowly, keep track of your good habits, don't let your inner self talk you out of the good habit, reward yourself, ask for others support or better yet convince your whole family to work on new, good habits with you.

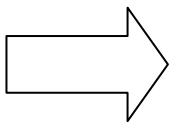
3. Something I should stop, but I keep letting myself do it.

Solutions: Decide you want to break the bad habit, list all the benefits you'll get when you stop it, listen to how you usually talk yourself into the bad habit and stop yourself, notice when you do the bad habit and come up with ways to avoid temptations, reward yourself for breaking the habit and ask others for support or convince them to break a bad habit.

HABITS CHALLENGE: Choose a habit you want to establish, or one you want to break. Over the next weeks commit to your new habit to make it an automatic habit for your own betterment.

For further information, read our Habits Character Building handout.

SPRING CLOSINGS



We will be closed the following days:

Friday, April 2nd and Saturday, April 3rd
Saturday, May 29th and Monday, May 31st

Easter holiday
Memorial Day



EARN YOUR FITNESS PATCH – FITNESS PROGRAM

White patch:	35 push ups	35 sit ups
Silver patch:	70 push ups	70 sit ups
Gold patch:	100 push ups	100 sit ups

Our fitness patch program is ongoing and year round, we are gearing up to get everyone in shape for the summer, and working on executing CORRECT push ups and sit ups and motivating you to be your best. The exact rules are posted at the school, and in your textbook. KEEP WORKING ON EARNING YOUR PATCHES.



YES WE DO BIRTHDAY PARTIES

LOOKING FOR THAT SPECIAL PARTY FOR YOUR CHILD??? OUR MARTIAL ARTS BIRTHDAY PARTIES ARE GREAT!!!

Our birthday parties have become quite popular – we hold them on Saturday and Sunday afternoons, and weekday mornings and early afternoons. Parents love our parties because you have the entire school to yourself, all the focus is on your child and having them and their friends have a great time, and the kids love it!

We have two hour parties (with pizza and cake) and 1 ½ hour parties (with cake). For more info, please pick up a flyer at the front desk area or look up the information on our web site at www.palatinemartialarts.com.

INTERESTED IN JOINING GOLD OR SILVER TEAM?

We will soon be holding another new training session for both GOLD Team members and SILVER Team members. Please see Mrs. Wood if you are interested.

Eligibility for SILVER Team:

Black Belt junior students

Eligibility for GOLD Team:

Advanced rank teen and adult students

GOLD Team news:

GOLD Team meetings will continue to be held the 2nd Wednesday of each month. These will all be held at the Palatine Public Library. The majority of the meetings will be held in Room #3.

Upcoming meeting dates are: April 14, May 12, and June 9. These are held at 6:00 pm.

DEMO TEAM DATES, NEWS, and NEW STUDENTS:

MONTHLY PRACTICES: 1st Wednesday of each month at 4:00 pm. Practice dates through this school year: April 7th, May 5th, and June 2nd.

We will be doing a demonstration for the Relay for Life on Friday, June 11th at 7:00 pm.

Are you interested in joining the demonstration team? We are a fun team practicing exciting martial arts techniques. Please see Mrs. Wood for more information.

HONOR GUARD NEWS

Thanks to the Honor Guard for marching at the Samurang Games.

Honor Guard is open to all teen and adult black belts in Taekwondo and Gumdo. WE PRACTICE THE LAST WEDNESDAY OF EACH MONTH. Upcoming practices are: April 28, May 26 and June 30. Practices are held from 8:00 – 8:30 pm. If you are interested in joining the Honor Guard, please come to one of our practices.

ATTENTION ALL TAEKWONDO & GUMDO RED/BLACK & BLACK BELTS

As a Red/Black Belt Student, and EACH AND EVERY TIME YOU REACH A NEW DEGREE OF BLACK BELT, you need to schedule a conference with Master Wood so he can go over your testing requirements with you.

FRIDAY NIGHT IS FIGHT NIGHT! (SPARRING CLASSES)

Come train and get a great workout at the Friday night Tae Kwon Do family sparring classes at 6:00 pm. These classes are geared for the whole family: junior, teen and adult students. Mature dragon students can attend WITH PERMISSION. These classes are excellent for those wanting to increase their cardio training and their sparring skills, and those wanting to get a great workout, get ready for tournament competition, and/or prepare for black belt testing. You will leave tired, sweating and smiling!

→ ALL JUNIOR BLACK BELTS ARE STRONGLY ENCOURAGED TO ATTEND AT LEAST ONE SPARRING CLASS PER MONTH.

PRIVATE LESSONS


A reminder on the times for our private lessons:

Taekwondo: Monday at 5:45, 6:00, 6:15, 6:30 and 6:45
Wednesday at 6:00, 6:15, 6:30 and 6:45 pm
Thursday at 5:00, 5:15, 5:30 and 5:45 pm
Gumdo: Friday at 6:45 and 6:30

We encourage you to take advantage of this free service we are offering by scheduling a 15 minute private lesson at the front desk. These lessons are an excellent way to gain additional help on forms, self defense, or your basic techniques especially for review belts and red/black belts. As general rule students are offered one free lesson per month – if you or your child needs more please see Mr. or Mrs. Wood.

IF YOU CAN NOT MAKE A SCHEDULED LESSON, WE REQUIRE THAT YOU CALL AND CANCEL YOUR APPOINTMENT. Thank you for your cooperation in this regard.

WE KNOW IT'S HARD TO CATCH US AT NIGHT – HERE ARE OTHER WAYS TO REACH US

 Please feel free to call us during the day at 847/ 705-8714 – generally someone is in after 9:00 am each day.



Email is a great way to reach us: email Jan Wood JPWOODSMAA@MSN.com and email John Wood MASTERJPWOOD@SBCGLOBAL.net



Go to www.Palatinemartialarts.com under “contact us”.



Fax us: 847/ 705-9749

THANKS FOR ALL YOUR WRITTEN CORRESPONDENCE - PLEASE CONTINUE TO WRITE DOWN INFORMATION FOR US BY USING OUR CORRESPONDENCE FORMS OR EMAILING US

As much as we try, we simply do not remember everything students and parents tell us before, during and after classes (especially when it is very busy). Please feel free to tell us in person, but also write a quick note on correspondence forms we have at the front desk. We appreciate your help. Also, feel free to email us at any time at our above email addresses.