

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

**FALL HAPPENINGS & NEW EVENTS**  
**FALL 2009**

**NATIONAL MARTIAL ARTS DAY CELEBRATION**  
**BAGEL BREAKFAST SATURDAY OCTOBER 10**  
**\$10.00 OFF NOVEMBER BOOT CAMP**



Martial arts instructs the values of physical fitness, self defense, self discipline, focus and self esteem while promoting goal setting abilities and strength of character. We love the martial arts, and we want to celebrate National Martial Arts Day with you and your friends and family! To celebrate, we have special offers for our November Boot Camp, and a bagel breakfast on Saturday, October 10<sup>th</sup>.

Saturday, October 10th – Have some bagels and juice from 9:00 am – 11:30 am at the main school. Grab a bite to eat before or after your classes.

Special offer - Enroll for our Tae Kwon Do or Gum Do Boot Camp between Oct. 10 & Oct. 17 and you'll receive \$10.00 off the regular \$99.00 five week course !!! Just \$89.00 for five weeks of classes, uniform and first promotion exam. Don't forget students always receive \$20 martial arts money for every person they refer.

**HALLOWEEN FUN STARTS HERE SATURDAY OCTOBER 24**  
**PLAZA FUN FEST AND SCHOOL HALLOWEEN PARTY**

☛ **Palatine Plaza Halloween Fun Fest 11:00 – 3:00**



Trick or treating at all the stores in our plaza (including DAIRY QUEEN), lots of activities, games, face painting, popcorn, giveaways and lots more planned at the different businesses, & it's all free!!! The festival is open to the public and is being held from 11:00 am – 3:00 pm. Kids can dress up if they'd like.

**At the FUN FEST our school we will be doing the following:**

1. Fun carnival games from 11:00 – 3:00
2. Open gym and obstacle course from 12:30 – 3:00

**\*\*\*\* THIS FEST IS OPEN TO THE PUBLIC - INVITE YOUR FRIENDS AND FAMILY TO PLAY GAMES AND COME TO OPEN GYM**

## SCHOOL SERVICE OPPORTUNITIES:

### \*\*\*\*\* WE NEED KIDS, TEENS & ADULTS TO RUN THESE ACTIVITIES

We are asking all kids and adults ages 10 and older to sign up to help that day for an hour – before or afterwards you can trick or treat and have a great time. SIGN UP ON THE SCHOOL BULLETIN BOARD OR CALL TO SIGN UP. You can sign up for one or two hour shifts to help run games, pass out treats, and supervise kids.

### SCHOOL HALLOWEEN PARTY – Oct. 24 from 4:30 – 6:30

Our GHOOLISH annual Halloween party is coming on Saturday, October 24 from 4:30 – 6:30 for our students and their siblings, and the children of our adult students, ages 4 to 12! **Please sign up on the attached flyer.** The party is free, but everyone must be registered to attend. COME IF YOU DARE!!!

MORE SCHOOL SERVICE OPPORTUNITIES: Attention Jr. High and High School Students: we need eight helpers for the party – please sign up on the Halloween Party flyer and turn the sheet into the front desk.



**WE ARE DECORATING FOR HALLOWEEN** – We will be decorating the school for Halloween on Thurs., October 22 from 11:30 – 12:30. If you can help out that day, please let Mrs. Wood know. **It won't take long – the more we have to help, the faster it will go!**

### **FAQ on UNIFORM POLICY**

Here are the answers to some recent frequently asked questions on our uniform policy:

Can we wear t-shirts year round? Yes – last year we changed our policy so that students can wear a school t-shirt year round. A school t-shirt is any shirt with our school logo on it.

Can we wear shorts year round? Yes – we are changing our policy so that students can wear school uniform shorts year round. THESE MUST BE UNIFORM SHORTS as this is our school policy.

What do we wear to testing? Testing is a formal occasion and full uniforms should always be worn to testing – no t-shirts or shorts.

### **TAEKWONDO TESTING IS ON SAT. OCTOBER 31 (HALLOWEEN) NOTE - NO REGULAR CLASSES THAT DAY**

We will not be holding regular classes on Halloween, Saturday, October 31. We will be holding our October Taekwondo test that morning. HERE IS OUR SPECIAL HALLOWEEN TEST SCHEDULE:

9:00	Yellow through Purple Belt Taekwondo test
10:00	Brown through Black Belt and Black Belt Graduations

## TOURNAMENT NEWS

### TOTAL WARRIOR GAMES – IN HOUSE TOURNAMENT - NOVEMBER 14 TAEKWONDO, OPEN WEAPON & GUMDO EVENT



It's back – our very fun Total Warrior Games for kids ages 4 - 14. This year students will compete in both Taekwondo, open weapon and Gumdo events. This exciting event will be held on Saturday, November 14<sup>th</sup> from 1:30 pm to 4:00 pm. This is our in-house contest and a very rewarding experience. All students can participate in all of the multitude of events including Forms, Breaking Contests, Kicking Contests, Cutting, and Sparring. I know the kids want to compete for the breaking alone! Competitors will receive awards in each event. Registration forms will be available the end of September.

### ANNUAL U.S.N.T.F. CHRISTMAS TOURNAMENT SUNDAY DECEMBER 6<sup>th</sup>.

Once again the U.S.N.T.F will be holding its annual Christmas tournament with a surprise guest at lunch (hint: he wears a red suit). This is a nice tournament that the kids enjoy - we will be participating in this event and I would like to bring 12 competitors to this tournament. This will be a Taekwondo (forms, breaking and sparring) and Gumdo (forms and sparring) tournament and will be held in the Chicagoland area.

## TESTING NEWS

### SEPTEMBER THROUGH DECEMBER TAEKWONDO & GUMDO

Saturday, September 19 at 12:30	Gumdo yellow belt and higher
Monday, Sept. 21 at 6:00	Gumdo make up test
Wednesday, September 30 at 6:00	September Boot Camp Test – ages 6 and older
Saturday, October 3 at 10:30 am	September Boot Camp Test – dragon students
Wednesday, October 28 at 6:00	Make up Taekwondo test
Thursday, October 29 at 6:00	Dragon test – white/red and higher
Saturday, October 31 at 9:00	Taekwondo yellow belt through purple belt
Saturday, October 31 at 10:00	Taekwondo brown belt through black belt
Friday, November 20 at 7:00 pm	Gumdo test
Wednesday, November 25 at 6:00 pm	Gumdo make up test
Wednesday, December 16 at 6:00	Taekwondo make up test (#1)
Thursday, December 17 at 6:00	Dragon Test – white/red and higher
Saturday, December 19	Taekwondo test
Wednesday, December 23 at 6:00	Make up Taekwondo Test (#2)

## GUMDO CUTTING SEMINAR

**Saturday, November 7, 2009 12:30 – 2:00 pm**

A Gumdo Cutting Seminar for our teen and adult gumdo students will be held on Saturday, November 7, 2009 at 1:00 pm. This is an excellent way to practice and “sharpen” your cutting skills. Students must have their own sharp sword to participate in this seminar. Please see Master Wood with any questions. Seminar information and registration forms will be handed out to the gumdo students.

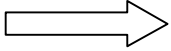


## **WEAPONS SEMINAR**

**Saturday, October 10, 2009 at 1:00 pm**

**WEAPONS TAUGHT: Sword, Nunchuck, Bo, and Arnis**

Want to learn a new weapon or practice an old one? We are holding a weapons seminar on Saturday, October 10 from 1:00 – 2:30. This is for juniors, teens and adults age 7 and older. Cost of the seminar is \$15.00 plus the cost of your weapon, if needed, and all registration is in advance. The seminars are a lot of fun and a good way to pick up some additional martial arts training whether you are a Taekwondo or Gumdo student. Please see the attached flyer.



**NOTE:** If you are thinking of competing in the open weapon events at the Total Warrior Games, you should attend this seminar.

## **GOLD TEAM NEWS**

Monthly GOLD Team training is held the 2<sup>nd</sup> Wednesday of each month. All GOLD Team members are required to attend each monthly meeting. Upcoming meeting information:

Wednesday, October 14 at 6:00 pm  
Wednesday, November 11 at 6:00 pm  
Wednesday, December 9 at 6:00 pm

All meetings will be held at the Palatine Public Library until further notice.

*ARE YOU INTERESTED IN JOINING THE G.O.L.D. Team?* Requirements are generally 13 years and older, purple belt and higher. Teens and Adults are welcome. Information sheets are available at the school. If you are interested please see Mrs. Wood, or drop her a note on the correspondence sheets.

## **J.P. WOOD DOLLARS\$ FOR MARTIAL ARTS SCHOLARS FUNDRAISING MEETING SEPTEMBER 26!!**

If you are new to the school, DOLLARS\$ FOR SCHOLARS provides college scholarships to one or more of our graduating High School Seniors. We plan several fundraisers during the school year and award scholarship(s) in late spring.

Our annual fundraising committee meeting will be held on Saturday, September 26<sup>th</sup> at 1:00 pm at Photo's Hot Dogs to review our efforts for the past year, and plan our next year's activities. Any adults (students or parents) who are interested in joining our committee, please meet us on the 26<sup>th</sup>.

## **HELP WANTED - FRONT DESK HAPPENINGS**

As I'm sure you have noticed, TJ Novokowski has left for Purdue College and we hear he's doing great as he settles into college life. With his heading off to school, we now have the following front desk position open:

Front Desk Position at J.P. Wood Martial Arts: 8 – 12 hours / week, evenings and Saturday mornings. Martial Arts experience a plus. High School or College students. Detail and customer

## HONOR GUARD NEWS

NEW TRAINING NIGHT – We are tentatively moving Honor Guard practices from Thursday to Wednesday night. We will practice from 8:00 – 8:30 pm on the last Wednesday of each month.

The Honor Guard is open to all teen and adult black belts at the school. Upcoming practices are:  
Wednesday, September 30 at 8:00 pm  
Wednesday, October 28 at 8:00 pm  
Wednesday, November 25 at 8:00 pm  
There will be no December practice.

## FALL HOLIDAY SCHEDULE & SCHOOL CLOSINGS:

PLEASE NOTE THE FOLLOWING DAYS WE WILL BE CLOSED:

Saturday, October 31 <sup>st</sup>	Halloween
NO CLASSES ON HALLOWEEN – WE WILL HAVE TESTING THIS DAY	
Thurs, Nov. 26 <sup>th</sup> through Sat. Nov. 28 <sup>th</sup>	Thanksgiving Holiday

## DEMO TEAM NEWS

Our Junior and Teen Demonstration Team put on an outstanding performance to a large crowd at the Palatine Street Fest Saturday night. The weather was great and the kids were awesome. Check out our pictures hanging up at the school for some great action shots. Congratulations to all our demo team members.

### UPCOMING DEMO TEAM DATES:

Sunday, October 4<sup>th</sup> at 4:00 pm – demonstration at Kinsch's Fall Fun Fest. Demo team members will be notified of the practices for this demonstration.

## CHARACTER BUILDING – RESPONSIBILITY

*What is Responsibility?* Responsibility is two things:

1. Being accountable for your actions, and
2. Accepting what happens once you make a choice and NOT looking for others to blame.

Responsibility means you have to accept the blame and consequences if you do something wrong, but it also means you get to take the credit when you do something right. A big part of responsibility is making good choices.

### TAKE THE RESPONSIBILITY CHALLENGE:

Take on a new responsibility which you are accountable for (in charge of) Example: You are now responsible for feeding your dog everyday when you come home from school.

-OR-

Think of something you frequently forget to do, or do poorly, and start accepting responsibility for getting this job done. Example: You no longer find excuses or blame others for the fact that your room is so dirty. It is your responsibility. You will clean your room once a week without making excuses for forgetting, etc

## PRIVATE LESSONS POLICY

A reminder on our Private Lessons:

- ❖ We offer each student up to two free private lessons per month as part of their program
- ❖ Lessons are 15 minutes long.
- ❖ The lessons need to be scheduled in advance at the front desk.
- ❖ Available times are:

TAEKWONDO:      Monday evenings at 5:45, 7:00 & 7:15,  
                         Wednesday evenings at 6:00, 6:15, 6:30 & 6:45  
                         Thursday evenings at 5:00, 5:15, 5:30 & 5:45

GUMDO:            Friday evenings at 6:45 and 8:00 (before and after 7:00 class)

IF YOU CAN NOT MAKE A SCHEDULED LESSON, YOU MUST CALL AND CANCEL YOUR APPOINTMENT.

Suggestions on ways to use the private lessons:

1. Don't wait until the last minute – schedule appointments when starting new curriculum
2. Schedule lessons as a “check up” midway through new curriculum to check your progress

## THANK YOU FOR CELEBRATING WITH US

A big thank you to all the students, black belts, and family members who attended Master Wood's 8<sup>th</sup> Degree Black Belt graduation ceremony. We had a lot of fun with promoting Mayor Jim Schwantz to his Honorary Black Belt, we were honored to have GrandMaster Kwon attend and present the 8<sup>th</sup> Degree certificate, and really enjoyed having the camaraderie of the black belts and our families to help us celebrate. Thanks!

## CHRISTMAS HOLIDAY PARTY SATURDAY, DECEMBER 5

Our school Christmas / Holiday party will be Saturday, December 5<sup>th</sup> – please mark this date on your calendar. For our new students, this is our annual party for all school members and their families with fun things to do for kids, juniors, teens and adults. We play cards, games and have different activities, and then have a great ethnic feast with food from all our families. **We'll be handing out flyers with all details in November, but please mark your calendar now for this fun event.**

## HOW TO CONTACT US:

Please feel free to contact us at any times with questions, suggestions, feed back, etc.

- Call us during the day at 847/ 705-8714
- Email is a great way to reach us: email Jan Wood at [JPWOODSMAA@MSN.com](mailto:JPWOODSMAA@MSN.com) and John Wood at [MASTERJPWOOD@SBCGLOBAL.net](mailto:MASTERJPWOOD@SBCGLOBAL.net)
- Fax us: 847/ 705-9749

## WEBSITE

We will be putting our newsletter and updates on line at our website so you can also have this information available on your computer. Our web address is: [www.palatinemartialarts.com](http://www.palatinemartialarts.com)