

Newsletter Information September 2008

I would like to thank everyone who took part in our 2nd Annual AMTA Picnic up at Prairie Creek Reservoir. I'm sorry that I couldn't be there, but again, I had to move my son's things down to Texas A & M University, for his Graduate school. I truly believe... family first!

Please note on the October schedule, there will be some extra Saturday classes, to work on our forms/katas. Students must be able to step out and run these forms on their own. It is their "responsibility" to do so. These extra classes are strictly for forms practice.

Mom's and wives...you will also note that I am offering a "Busy Mom's Self-Defense" class on the dates of October 11th and 18th, 2008. There is no charge for you if you want to participate in this self-defense seminar. I would suggest that you bring a "workout buddy" with you – it is more fun for both of you that way! I will charge your friend \$5.00 mat fee for the session.

-wear loose fitting clothing {i.e.: sweat / workout clothes (long sweat pants & closed t-shirt-like top), clean tennis shoes for these sessions}.

-please RSVP with me regarding the date you choose, as I do not really want over 10 ladies per session.

Please check out our AMTA website at amta-ma.com(this stands for American Midwest Tae Kwon Do Association – Martial Arts).

Please do not forget about our 3rd Annual Gathering of Warriors on November 8th at New Haven Middle School in Ft. Wayne.