

Schedule Changes Program Additions

Be sure to pick up a copy of the new class schedule. There are some changes beginning March 1, 2008. We have added some new classes too!

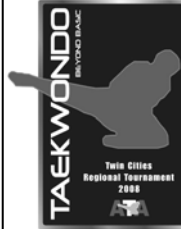
TINY TIGERS; Beginners are moving to Monday and Wednesday. Orange and Yellow belt classes are being split.

BLACK BELT CLUB: Members will continue to have the option to attend *three days per week*. We have added the following specialty classes: Junior Kickboxing, Intro to XMA, and Weapons training. (Blue through Red belts will also receive weapons training during their regular classes) A specialty class may be attended as a second class on a day that a regular class is attended.

RAPTORS DEN: We hope to expand your group. Black Belt Club Raptors may attend Junior BBC classes too /

LEADERSHIP TEAM: Any or all classes are still available for Junior and Adult Leadership Team members. Only those Team members that regularly attend Leadership classes will have the opportunity to assist in color belt classes and accumulate hours toward instructor certification. New SWAT, JR.LEADER, AND JR. INSTRUCTOR designations and patches may be achieved by those junior student leaders to coincide with adult certification titles and collars.

FAMILY CLASS: It's back! On Friday evening family groups of 2 or more Taekwondo students may attend the family team building class. This class will count toward required class numbers, but will not count against a students' maximum weekly attendance. This is your opportunity to training with your children and siblings that regularly attend different classes.



Spring Regional Tournament

The most important event for Excel this year is coming up very quickly!

We will be hosting the Spring Regional Tournament on April 18-19 and it is VERY IMPORTANT that every Excel student takes part. Our future ability to host another tournament depends on our students' participation. Please don't let us down! We're relying on you! More info to follow....

2008 spring nationals

The Spring National Event that was held on February 20-23 in the Las Vegas Convention Center was a great success! It is the toughest tournament of the year because it is the last chance competitors shooting for an ATA top ten position can achieve class AA competition points.

Alex Hovda, Preston Langford, Brandon Richardson, Anna Lewinska and Dorothy Walden-Woodworth did a great job in their individual competitions. So did:

	Forms	Sparring	Weapons
Mason Hellige	2 nd	2 nd	
Bill Tolbert	2 nd		
Teeghan Parfitt	2 nd	1 st	
Dave Niska		1 st	
	XMA Forms	XMA Weapons	
Alyssa Vanlandschoot	2 nd	2 nd	

Especially exciting.....I'm sure you've noticed the huge trophy on the front counter recently.....Team Excel, our XMA Demo Team placed 3rd in the National competition making them eligible to compete for the World Championship in June! Team Excel is made up of Leader Preston Langford, Alyssa Vanlandschoot, Mason Hellige, Matthew Etzweiler, Alex Hovda and Brandon Richardson.

School's Out Training

No school? On Friday, March 7 come to a special training seminar! Register by Wed. March 5th.

Tourney Training: FREE
 White - Yellow 11:00 – 12:00pm
 Camo – Red 12:00 – 1:00pm

Face shields will be required for camo and above .

They will be on sale for 25% off at the seminar .

Basic Ssahng Nat (Kama) \$55 inc. weapons
 All Ranks 7 & above 2:00 – 3:30pm
 Leadership students with weapons attend free!

Spring In-School Tournament

The Excel Spring In-School Tournament is scheduled for the Saturday, March 15th. All ranks and ages of Excel students should take part in the event.

Registration is due by Wednesday, March 12th .

The tournament schedule will be as follows
 (No regular classes except for L'il Dragons on Sat.)

10:30AM Rule Seminar
 11:00PM Tiny Tigers / Junior Color Belts
 12:30PM Teens / Adult Color Belts
 2:00PM All Black Belts

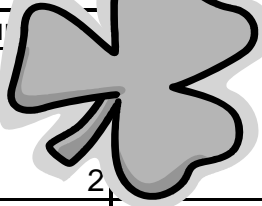
All students should take part as a "warm-up" for the April Regional. If this is your first ATA competition, plan on attending the rules seminar at 10:30. This will give you the opportunity to become a member of the Competition Team, get your Team patch for your uniform, and compete in any other ATA events.

SPECIAL: Anyone registering for the April 19th St. Paul Regional tournament by March 12 may compete at the in-school competition for free. Otherwise the registration fee is \$25 + \$15 for each additional event.

Sparring Challenge Board

Preliminary matches begin on Saturday, March 8th.
 Registration is free and due by March 6th. Forms will be available at the front desk. Watch the front desk board for times. See Mr. Niska for more info.

March 2008



Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Daniel Tolbert & Alex Daum Day	Madeline Blonski Day	Michael Petrich, Michael May & Racheal Johnson Day	Zachary Jacoby Day School's Out Tourney Training	Sparring Challenge
2	3	4	5	6	7
Matthew Etzweiler & Jack Britten Day	Brenna Stevens & Zachariah Sawyer-Anderson Day	Anna Lewinska Day	Aidan Ryan & Alex Kim Day	Madisen Miller Day	In-School Tourney
9	10	11	12	13	14
15	16	17	18	19	20
Chloe Phillion Day	Loree Tolbert & Grant Neumann Day		Jack Waggener & Rachel Ji Day	Jaden Verba & Keith Graham Day	
22	23	24	25	26	27
EASTER	Michael Jensen Day			Amit Kumra Day	Abi Lampert Day Alternative Testing
29	30	31			
Logan McGraw Day	Jessica Lu Day				
			This month's life skill: LOYALTY		