

Clear Creek ~ Gilpin academy of martial arts Newsletter for September-December 2017:

Thanks so much for making the Gilpin County Fair TKD demonstration such a great event!

No classes at GCCC on Tuesdays, September 26th and October 3rd due to Mr. Beasley being out of state.

No classes at CCMRD on Thursdays, September 28th and October 5th due to Mr. Beasley being out of state.

There is a possibility of Mr. Beasley extending his time away from us. Please be patient and keep in touch with Mrs. Rich for any additional dates that we will need to cancel classes.

Be on the lookout for information on a fall tournament, October 28th at the Lakewood Link Recreation Center. We will do a costume contest and games afterwards. Look for new divisions in the competitions and a demo.

October 28th, 2017, 7pm. Senior Living talent show. 6pm lasagna dinner starts, discount to those that do the demo, others have to pay. So once we are done at the tournament we will have to get back to Gilpin to participate in the talent show. I encourage everyone to volunteer for this, it supports a great cause. October 24th, 25th, and 26th expect to practice for the talent show during classes. We will be opening with kinder kicks doing punches, potato act, step sparring, forms, then finish with breaking.

Mock test on November 14, 15, and 16th. Be prepared to show us all of your stuff. You have to make it to one of these classes, it is a requirement.

Breaking class on December 5th and 6th. Required class, please make arrangements with your instructor if you cannot make it. \$25.00 testing fee due at this time. If paid late the fee is \$30.00 and it must be in cash. Please make sure your belt is clean so that it can be used for the next person testing for your rank.

Testing at the Lakewood Link Recreation center, Saturday, December 9th, 2017, noon. Be there at 11:30 in order to stretch and run through your things once.

No classes for CCMRD the following days (during winter break): December 21st, 26th, 28th, January 2nd and 4th.

No classes for GCCC the following days (during winter break): December 19th, 21st, 26th, 28th, January 2nd.

Additional Information Students Need to Know: The style you study is Tae Kwon Do, Tae Kwon Do is from Korea. Name of our association is Moo Duk Kwan.

You will be a green belt for 6 months. The first 3 months are to concentrate on all your new stuff (form, step sparring and self-defense), the second 3 months are used to perfect those things and to begin learning a weapon form. Getting your green belt is an exciting time in your martial arts career as this is the point where you are first able to start learning a weapon form. Learning a weapon is a major responsibility. Not only is it difficult, but there is a much higher risk of injury to yourself and to others. For this reason we have restrictions on rank and weapon choice. As always, the following restrictions are subject to instructor discretion, so before selecting a weapon to learn, talk to your instructors!

Mountain Academy of Martial Arts website: <http://mountainacademymartialarts.com/>

Mrs.

Rich: 303-582-5427 (imyrrich@yahoo.com) Mr. Beasley: 303-582-1201 (jim.beasley@ionsky.com)

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Creek Recreation Center: 303-567-4822. Gilpin County Community Center: 303-582-1453. Lakewood Link

Recreation Center: 303-987-5400. Evolution Martial Arts Studios, <http://evo-martialarts.com/>, 7456 W 5th

Ave, Lakewood, CO 80226, Dom Blum: Telephone: (720) 940-5883, dblum@evo-martialarts.com. Please feel

free to contact any one of us at any time, or give our #'s out to your friends who have questions. For Mrs. Rich's

Black Hawk classes: <https://www.7healingstars.org/>.