
APRIL/ MAY NEWSLETTER

Taekwondo United

Summer time is approaching us quickly! Come join us at our Survival Summer Camp program. Water survival, wilderness survival, bully buster strategies. Street survival, and much more!

Sign up early and save! Register for summer camp before April 30th and receive a 10% discount each week!

IMPORTANT TAEKWONDO CHANGES

Dear parents,

I feel that it is very important to communicate with you about some changes that we have made in the teaching of our curriculum. I strongly believe in the latest version of our curriculum and feel that it encompasses all the essential knowledge of our art. Since we have made the adjustments in our curriculum I have noticed that the techniques and the abilities of our students has lacked in fundamental knowledge of realistic application. I have come to realize that the "traditional" method of teaching Taekwondo will not support the "understanding" level that we would like to reach. In my opinion, it doesn't make any sense to have many techniques memorized but no working knowledge of distance, timing and targeting. Application is our focus.

Because of the new teaching method, we are expecting to experience a brief learning curve. I ask that you be patient with us while we get used to the new procedures. But most importantly, be patient with your child as they may not be advancing belt ranks as fast as they used too. Your child may not look like they are learning new techniques but please trust that they are earning value that spans beyond the belt. They will gain self-confidence through ability rather than the color of belt. Thank you for your understanding and as always, if you have any questions or concerns please do not hesitate to seek me out or schedule a time with Mrs. Amy so that I may make the time.

Master Geoffrey Rackebrandt



Upcoming Events

April 8

PARENT'S NIGHT OUT
Archery Tag

April 9

FTC Scrimmage (APEX)

April 16

Inflatable 5K

April 22

Parent's Night Out
Nerf Games

April 23

Florida State TKD Champion
(APEX)

April 24

Belt Test

April 30

AAU Qualifier (APEX)

May 11

Break Fest

May 20

Parents Night Out

May 25

Bring A Friend To Class

May 28

Belt Test

Book Drive – We are collecting any gentle used books for our classrooms.

Outdoor Toy Drive- If you have any outdoor toys that you are not using: Little Tykes, big wheels, trikes, etc.

Master's Mind

Training. The single most important activity an athlete can do to become better. But training is not as one dimensional as, "go to the gym and work out". Training is all encompassing. Everything from workouts, to diets, to mentality all fall under the category of training. If an athlete is missing one of these, their training has not been optimally balanced and will never be able to perform to their absolute best of their potential ability. A person can always "try their best" but were they performing at the absolute best of their ability? You might say, "Well Master Geoff, I am not an athlete. I do not compete; I only come to traditional classes." Guess what? You might not consider yourself an athlete, but if you are coming to my Taekwondo school, I do. We train you with the same goal as one of our Apex competitors; you must be able to fight and you must have the ability and the want to win. This concept is even more important to our traditional students. Your fight will most likely be for your LIFE. Apex athletes can win and lose matches and come the gym and get better. If a traditional student has to fight, winning is your only acceptable option. So these concepts are for ALL MY ATHLETES.

The best workouts are the ones that challenge the athlete both physically and mentally; a balance is needed here. The training cannot be so rigorous that the athlete cannot handle it and wants to quit. Nor so simple that the athlete becomes bored and wants to quit. At the same time, the training has to be engaging enough to promote focus and the right mind set but not so complex that the concepts are lost or misunderstood. This will inevitably cause frustration and the athlete will want to quit.

The diet, in my humble opinion, should be the foundation of all athlete's training program. Without the proper intake, the athlete's performance output will be poor. In this case you literally get out what you put in. If you eat a lot of garbage and junk, you will feel and perform much the same. An athlete should find out what their metabolic rate is, determine how many calories they need to eat according to how many they will be burning, and how much protein they will be needing to build their muscles; and these are just the basics. Nutrition for an athlete can feel very complicated. Do not be discouraged. Do some research or speak to a professional and that way it will be easier to establish a plan; and later a habit. Stay dedicated!

This is where your mentality comes into play. You have heard me talk about dedication already. And without it nothing is possible. But beyond this, understanding your strengths and weaknesses as well as identifying your fears is paramount. By defining what your "comfort zone" is you inevitably also define what is NOT comfortable for you. Therein lies your goal; to ever expand your comfort zone into the expanses of your insecurities. Somethings will never be comfortable for us to think about or perform, however, we will become more comfortable being uncomfortable. The best way to cultivate this mentality is to simply stay the path. Be dedicated to your craft. Take on the hard days as well as the easy ones. Accept all challenges and work through them with maximum effort. It is the daily grind that polishes one's abilities. There are no shortcuts. If you want to be able to perform to the best of your ability you have to train that way. Then you will know that through this training you have cultivated a strong and BALANCED mind, body and spirit; and understand that the more you train, the less you fear.

From our preschool corner

Our VPK program has been very busy with so many exciting things! We are just around the corner from ending this year and talking about going to Kindergarten! We have a great time going on our little adventures and making memories. Sign ups for the 2016-2017 year are now open. We will also have a Camp Survival for ages 3-5, learning skills such as water safety, fire safety, bully buster, and we will have field trips and water play.



We are so excited to be continuing our Survival Summer Camp! This will be our 4th consecutive SURVIVAL themed camp and the best one yet! We have so many new activities and field trips in store for our campers along with some old school favorites like Tree Umph, Zoomers, and the one and only MUD RUN. Campers will be learning survival tactics that cover the 4 areas of survival: Street, Water, First Aid, and Wilderness. As the campers learn these skills they will be tested on their ability to survive and work their way up through the ranks in attempt to achieve "Level 3 SURVIVOR".



Congratulations to APEX member Griffin Peters on qualifying for the ATU National Championship in Atlanta GA. Griffin stepped into the ring on March 26th and after two matches, ended up taking gold in sparring and bronze in forms. Griffin has stepped up his training and will be attending three different qualifiers this year!



Team APEX returned from there competition in Puerto Rico with a lot of hardware! Team members Griffin P. Talia W. Ashley M. Jorge P. As well as Phoenix R. Landon P. And master Geoff R. All competed at the Gallitos Olímpicos tournament that is held annually in Puerto Rico. Master Geoff made his return back to the ring and was very successful winning his poomse division, Griffin racking up 7 medals, Talia with 4 medals, Ashley with 2 medals, master Geoff with 2 medals and Landon, Phoenix and Jorge with 1 medal each racking up the total count for team APEX to 18!! The team also competed at the Florida truesore cup where the team took the second place trophy as a team falling short to the first place team that had 10 additional members fighting. This was one of the teams most successful tournaments where our first 9 competitors took gold in their sparring divisions as well as the rest of the team taking numerous other medals! Team APEX is now getting ready to compete at the Florida state AAU National Qualifier which is held on April 30th,