

JUE'S NEWS

August 2008



BLACK BELT TEST, JULY '08

TESTING CANDIDATES & THEIR FRIENDS

Upcoming Events



Aug. 2nd

Seminar with Master Choi, President of the ITF

Location: Grand Sierra Resort, Reno, NV

Sept. 4th, 5th & 6th

2nd Annual Ultimate Fitness Challenge!

Kick off meetings will take place in the studio at the following times:

Thursday, 9/4 at 8pm

Friday, 9/5 at 1pm

Saturday, 9/6 at 10am

All details for challenge will be announced in each of the launch meetings. Wear workout clothing to the meeting.

Non-members of Jue's TKD are welcome to attend and participate.

October

West Coast Open (Fall)

Details to be announced

BLACK BELT EXAM



On July 12th, two groups tested for their next black belt rank. First, there was assistant instructor, Jerri James, 3rd dan, who flew out from Mississippi to test with Master Jue for the rank of 4th dan. Testing for his 3rd degree black belt was Jue's TKD assistant instructor, Bill Hester.

The second group to test were the black belt candidates, who were all struck with the same affliction: tummy butterflies. On this day of tummy butterflies, Cindy Ha, Kelsey Parsons, Swathi Narahari, Ian Parsons, Lisa Defeo, and Rishika Baral all put on their red belts in hopes that it would be one of the last times they would have to wear it. It was testing day for black belts.

The following morning the black belt candidates and black belts had to demonstrate their level of dallyon, perseverance and indomitable spirit by doing a 3 mile run, 100 push-ups, 100 sit ups and 100 squat thrusts. The young and the not so young knocked out all of these requirements in amazing time. Following the Physical Training (PT) portion of the examination everyone returned to Jue's TKD for a written examination. All the black belts and black belt candidates then performed the following: Group Patterns (tuls), Individual Tuls, 5 types of step sparring was demonstrated, HoSin Sul demonstrations and finally breaking. All testing candidates had to break with both left and right side for

BLACK BELT (CONT'D)

hands and feet. Needless to say, all candidates showed a high degree of expertise with their TKD. After the examination Master Jue and Mr. Michael Munyon (testing panel) talked it over and agreed that everyone should promote to their next rank. Master Jue had to talk with the ITF board of promotions on a few items, but from a physical stand point, everyone did very well.

Cindy Ha received high test score for being consistently good in all aspects of the test.

Article was co-written by Mr. Michael Munyon and Ms. Catherine Jue

ULTIMATE FITNESS CHALLENGE 2008

Do you want to test how strong you are? Do you want to push yourself physically to the next level? Do you want to lose weight or go down a clothing size?

The answer to these questions is the 2nd annual Ultimate Fitness Challenge! Your competition is yourself - based on YOUR abilities and how far YOU can push yourself!

Come to any one of the 3 kick-off meetings to find out all the details of this inspiring and exciting challenge!

Build confidence, strength and a better you with this challenge.

Sign up sheets for all three meetings are now available at the studio. Sign up and reserve your spot today!

Note: This challenge is open to non-members of Jue's TKD so bring a friend along!

Beat the Summer Heat wave -



No matter where you live in the USA in July, you are probably keenly aware that we've havin' a heat wave. In July '08, temperatures reached well into the 90s and in some cases above 100°, a trend expected to continue across the country.

The National Weather Service issued excessive-heat warnings in several states, and health officials urged people and pets to stay inside air conditioning. "People don't realize it but heat is generally the number-one killer" among weather-related causes, said Ben Miller, a meteorologist for the National Weather Service.

To help in surviving the heat with some measure of comfort, [Dr. Ken Goldberg](#), an esteemed member of our [Scientific and Medical Advisory Board](#) has this advice:

Not many people really enjoy the hot summer days, but some sure seem to put up with the heat better than others. Ever wonder how?

They probably know some or even most of the following temperature-tolerance tips:

* *Drink Before You're Thirsty*

By the time you sense thirst, you're already on your way to dehydration. Without water, you can't sweat, and sweating is how your body keeps its cool. If your urine is dark yellow, you're not drinking enough water.

* *Respect Humidity*

It's the evaporation of perspiration that cooles your body, and when humidity is intense, the sweat just stands on your skin. Heat and humidity are a nasty combination, but even a moderate temperature of 80 and 90% humidity can spell trouble.

To read this article in its entirety, go to:

[http://
supplementalscience.wordpress.co
m/](http://supplementalscience.wordpress.com/)

Contacting Jue's TKD

Policy for changes to Billing

We require 30 days written notice to make any changes to your billing. This includes change of credit card information and cancellation of month to month memberships. Prepaid memberships are non-refundable. Notices may be mailed to the studio at 5460 Sunol Boulevard, Ste. 8, Pleasanton, CA 94566 or sent via email to teamjue@mac.com

Keep in Touch

If you would like to communicate with members of the studio, there are several clubs available --

www.juestkd.com/php

Employment Opportunity

Recruiting manager for a billion dollar company is looking to build a team in the Northern California market. If you are an entrepreneurial individual who is looking to make a career change or need to supplement your income, contact Grace at teamjue@mac.com.

Safety First

We don't mind if you bring your children to the classes when you work out. For safety purpose we need them to stay off the work out area. Thank you.