

JUE'S NEWS

March 2008



WHY I WANT TO BE A BLACK BELT

BY SMITA NALLURI

Number of years TKD training: 6 years

Avg number of classes she attends each week: 3- 4



P Powerful punches, threatening kicks, conditioning my body, fighting imaginary opponents, sparring against friends, learning how to defend myself... can only mean one thing for me - Taekwon-Do.

The tests in Taekwon-do have taught me the valuable points of staying calm and listening to instructions. In fact, the first test that I took in Taekwon-do as a white belt, was my very first test in life! It has also taught me to respect my seniors and elders, while being patient and pleasant to my juniors. It has taught me to be attentive and disciplined; to finish the things I start and to perfect them. I have learnt to be more observant both in class and outside. I have learnt to lose graciously and win

humbly. I have gained self-esteem, as I see myself as a more confident, secure and content person. I have learned to be less selfish and think about the not-so-fortunate, when I volunteered at the Open Heart Kitchen. Overall, Taekwon-do has made me a better person.

I can contribute to the society by being myself - caring, empathetic, and self-confident. I want to continue volunteering both at my Dojang and Open Heart Kitchen, doing everything I can to help make this world a better place with my positive attitude. I hope to influence and inspire others in becoming better people.

Taekwon-do makes me complete. It is a big part of my life and I know it will stay with me forever.



Upcoming Events



Mar. 8th

10:30am - 12pm Color Belt Test

Mar. 13th & 15th

Weigh In - Team Fitness Challenge

Weigh ins will take place at the following times: 3/12 at 7:30pm; 3/13 at 10am or 8pm; 3/15 at 10am

Mar. 21st

6:00 - 8:00pm Birthday celebration for Mr. Wold at Mtn. Mike's

Gift donations are being accepted - see Kate

Sign the birthday card - see Kate

Apr. 19th

West Coast Open - Spring

Patterns and Sparring tournament to be held at Pleasanton Middle School

May 9th

3pm - 8pm Robertson Martial Arts Photography

Sign up sheets are now available - See Kate

CONTACTING JUE'S TAEKWON-DO

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 juestkd@mac.com.

Keep in Touch

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

<http://groups.yahoo.com/group/juestkdmember>

<http://groups.yahoo.com/group/advocare>

<http://sports.groups.yahoo.com/group/trivalleycycling>