

JUE'S NEWS

December 2008



Team Training

TRAINING FOR WORLDS 2010

Upcoming Events



Jan. 1 - Mar. 31

Win an iPod in 2009!

Refer your friends to either our amazing TKD program or our hard hitting KB classes and get into the running to win your very own iPod! See flyer at studio for full details.

Jan. 8th - 10th

Annual Fitness Challenge Kick Off!

Kick off your year with a bang! Whether your goal is to work out more, lose weight, or build more strength, join our annual 3 month challenge to stay the course!

Pick the kick off meeting to attend and to find out the parameters of the challenge:

Thurs, Jan. 8th at 8pm

Fri, Jan. 9th at 1pm

Sat, Jan. 10 at 10am

Last challenge, we had over \$500 in the pot for the winners. Grab your friends and join us for this fun annual event!

Jan. 16th

Color Belt Testing

Students who have their sign off card completed can turn it in the Monday prior to testing to schedule test time.

Jan. 19th

No 6am KB class. All other TKD and KB classes follow the normal schedule.

IT'S NEVER TOO EARLY TO START TRAINING!

The 2010 ITF World Championship seems so distant in the future but really, it isn't. For students 4th gup and higher, 10+ years old, the time is now to start training. We have 2 gold medalists from our studio so the bar is set high for the next group of athletes to strive for. In individual patterns competition, as well as team patterns, all athletes must be able to do each and every

pattern with precision and uniformity. The task is daunting and challenging but for the group of students who have raised their hands for the chance to represent Jue's Taekwon-Do and the United States, they are up for it. Students are working on building skill set, strength, power and endurance for the next 12 months. Then, they'll demonstrate what they've trained on at the U.S.

PROGRESS UPDATE (CONT'D)

Nationals (location TBA). The location of the 2010 ITF World Championship has been changed to Korea. Not only will the qualifying students have to contend with time zone changes, but there will also be a language barrier. Time for some quick Korean lessons!

There is a fundraising committee formed to help finance the trip for the students and coaches to both Nationals and Worlds. Stay tuned to for upcoming events to support the team.

Go Team Jue-choi!!



Seven Common Dietary disconnects

Recently the International Food Information Council (IFIC) released the results of their 2008 Food & Health Survey on Consumer Attitudes toward Food, Nutrition & Health. The survey results showed that while most Americans want more information on how to have a healthy diet - they still don't really understand much of what they need to know. This latest installment of the report points out seven "dietary disconnects" which show that American consumers know how to talk the talk when it comes to dietary health and nutrition, but many don't walk the walk. The survey didn't poll consumers about their food concerns, rather it posed general questions around diet, physical activity and meal behavior, as well as specific questions about dietary fats, carbohydrates and functional foods and beverages.

The Seven Disconnects -

1. *Preparing foods*
2. *Counting calories*
3. *Diet and physical activity*
4. *Breakfast*
5. *Dietary fat*
6. *Fiber*
7. *Functional foods*

In addition to exploring the seven dietary disconnects, the survey also examined factors that influenced food purchase decisions. "Taste" is still king, with "price," "healthfulness" and "convenience" following closely behind.

To read the full version of this study, log on to [IFIC's website](#)

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.

Winter Coat Drive

As the winter season starts to near, we would like to remind you about our annual winter coat drive. Since this is the 6th year of collecting coats, and the winter is colder than ever, we are hoping to collect even more coats than the years before!

We have set a goal to collect 500 coats, and only you can help us reach that goal! Please join us in helping to make a difference in the life of others during this holiday season.

- Collect your coats, jackets, sweaters, sweatshirts, and toys of any size, shape, or color.
- The coats will go to local charities and shelters.

**Thank you so much for your participation
In the Coat drive this winter season!**

Sincerely,

Nicole & Derek Edgington

We will be accepting donations at our studio during our Holiday party on Dec. 19th.