

# Ehrmantraut's Academy of Martial Arts

## January 2010 Topic News

### THANK YOU

As we bring in the *NEW YEAR 2010*, we wish to extend our sincere thanks for helping us celebrate a wonderful 16<sup>th</sup> Anniversary Year in business.

It is with the cumulative efforts of all that allowed each of us to live out our

### **Anniversary Theme:**

*"From good to great, and great to excellent!"*

### Congratulations

**2009 Sponsorships & Scholarships:** We are very proud to offer our Academy's Outreach Program. Over the course of 2009, we were able to kick back \$8000.00 in scholarships, donations, Academy family and community contributions.

### January 4<sup>th</sup>, 2010

All classes resume following our Holiday break

### Monthly Theme and Life Skills

Each month, we share a theme which focuses on positive "LIFE SKILLS" for young and old alike. The life skill is posted on our bulletin board or doorway. Please join us in our emphasis to live as trustworthy, responsible friends and citizens with an awesome quality of life!

***January Life Skill = Courage***

### **RED & BLACK BELT MENTORSHIP PROGRAM**

All Red and Black Belts are part of our Assistant Teaching Outreach and Mentorship Program. We ask parents and families of our Academy to extend a warm thanks to the teachers who assist with classes, provide leadership skills and be positive role models for all of our practitioners.

***Red and Black Belts...Please pick up your teaching schedule monthly.***

### January Black Belt Birthdays

Mr. Duane Thorsen - 19<sup>th</sup>      Mr. Ed Bullinger - 26<sup>th</sup>  
Mr. Randy Ogle - 28<sup>th</sup>        Mr. Art Thorsen - 29<sup>th</sup>

Thursday, January 22<sup>nd</sup> Black Belt Assessment Palgae & Taeguk Il Chang (7:45 p.m.)

## SATURDAY, JANUARY 9<sup>TH</sup>

### DULUTH, MN TAEKWONDO TOURNAMENT

Hosted By: Master Bruce Sodahl [Inquire for further information]

### January 4<sup>th</sup>-22<sup>nd</sup> Classes

All training during January classes will be focused toward learning about and practicing the 6 Competitive events of TaeKwonDo. Therefore, we will not have Promotion Testing for Belt Rank Advancement during the month of January.

### Tournament Sponsors Contest

Please join us in our Fund Raising Campaign to raise funds for our Academy's Outreach Program, defray expenses for our Tournament, and provide tuition funds for our Special Olympians. We heavily rely on your efforts as MEMBERS to seek sponsors for our Tournament event. There are several individuals and businesses that are looking for positive ways to contribute to their community...let them know about us! If you have not received your packet please inquire with Master Ben. (Due January 18<sup>th</sup>, 2010)

#### **PRIZE WINNERS WILL RECEIVE THE FOLLOWING:**

1 <sup>st</sup> Place – Sword or Dagger Sweatshirt	6 <sup>th</sup> Place – TaeKwonDo
2 <sup>nd</sup> Place – Large Kick Shield	7 <sup>th</sup> Place – Shin Instep Guards
3 <sup>rd</sup> Place – Hogu Chest Protector Shield	8 <sup>th</sup> Place – Small Kick
4 <sup>th</sup> Place – Head Gear	9 <sup>th</sup> Place – TaeKwonDo T-shirt
5 <sup>th</sup> Place – TaeKwonDo Gloves	10 <sup>th</sup> Place – Nunchakku

## EHRMANTRAUT'S CAPITAL CITY CHAMPIONSHIPS

**Saturday, January 23<sup>rd</sup>, 2010**

**Set-up: Friday, January 22<sup>nd</sup>, Wachter 6:00 p.m.**

(Pre-Registration for Ehrmantraut's members January 4<sup>th</sup>-22<sup>nd</sup> at class - Academy)

Hosted By: Masters Ben & Kris

Time: 9:00-11:00 a.m. Registration

10:30 a.m. Black Belt/Ref. Mtg.

Location: Wachter Middle School  
1107. 7<sup>th</sup> St. South

Events: Forms (Pattern), Creative Forms, Sparring,

Weapons, Board Breaking, Power Challenge

Entry Fee: \$35.00 One-Five Events, \$5.00 Breaking

General Admission: \$4.00 Adults, \$2.00 7-17  
\$2.00 Seniors, Under 6-Free

Committee Volunteers: We are putting together a "SUPPORT TEAM". If you would like to volunteer to help, please contact Master's Ben or Kris at the Academy or Home (258-7305).

## **UPCOMING EVENTS**

**Saturday, February 6<sup>th</sup>**: Bemidji TaeKwonDo Tournament (Hosted By: Grand Master Brandts)

**February 8<sup>th</sup>-12<sup>th</sup>**: "BRING A GUEST" WEEK (regular classes, Valentine's treats)

**Tuesday, February 6<sup>th</sup>**: Korea Team Meeting w/Great Grand Master Yun 1:00 p.m. Academy

**February 15<sup>th</sup>-25<sup>th</sup>**: Korea Promotional Trip (Team of 12)

**Thursday, February 26<sup>th</sup>**: Palgae & Taeguk Il Chang Assessment (7:45 p.m.)

**Friday, February 26<sup>th</sup>**: Color Belt Promotion Testing 7:00-9:00 p.m. (Academy)

**Saturday, February 27<sup>th</sup>**: Watertown, SD TKD Tourney (Masters Jason and Twyla Meyer)