



January Newsletter

Happy New Year: Happy New Year! Hope everyone had a great break. Thank you for the Christmas Gifts/Cards; they were thoughtful and kind. With the New Year comes New Opportunities!

Tournaments: The Bismark Tournament is cancelled. The next tournament is Evergreen Total Martial Arts Tournament February 10th in Cass Lake, MN it is one of the best run and biggest tournaments in Northern MN. This Tournament, in its 278th year, is run by my instructor Grandmaster Cindy Brandt. It is one of the largest and well run tournaments in Northern MN. I really hope we can have a lot of participants from DL this year. If people can carpool or ride share that would be wonderful. If you have any questions please let me know.

Sparring: We will be sparring on the 24th & 25th. Major equipment such as chest protectors and helmets will always be provided. All students should have a mouth guard, which can be purchased anywhere. Males will also need their own groin cup. Sparring is fun way for students to practice their techniques, get experience, and a great workout. No sparring should ever be done without a Black Belt present. On sparring nights all Junior students may stay during all Junior and Family classes. Adults may spar during Adult and Family Classes.

Break-A-Thon/Demo: We will be having a Break-A-Thon in February 15th during Polar Daze. More information will be forthcoming. Students will get sponsors to donate money towards board breaking which we then split to donate to the local food shelf and raise some funds for a College scholarship. We have had a blast the last couple years and donated over a thousand dollars each year to the Becker County Food Pantry.

Self Defense Classes: January 15th-February 12th we will be having a 5 Day Monday Night Self Defense Class. This is a great for time for beginners and those who want to brush up skills they have learned in earlier seminars. The general Public \$30 fee for all 5 nights, TKD parents \$25. If you would like to drop in for one class \$10. Invite some friends or co-workers for these fun informative classes.

Testing: Tentative Winter session color belt testing will be February 28th-March 1st.

School cancelled=NO Class: If school is cancelled because of weather we usually do not have class. If you have any question tune to KRCQ or Wave 104.1 and I will have an announcement if there is no class. Or check us out on Facebook.

www.facebook.com/DLTKD/

Kumdo Seminar: There will be a Kumdo Seminar in Moorhead January 20th with Grandmaster Eugene Marquart. 12-4pm



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Upcoming events:

January

2nd -First Class After Break

Jan 6th Thief River Tournament

15 Self Defense Seminar 5:30pm-6:30pm

20th Kumdo Seminar Marquart's TKD Moorhead

24th & 25th Sparring in Class

February

10th- **Evergreen Invite**, Saturday 11-4pm Bemidji/Cass Lake, MN

15th –Polar Fest Break-a-Thon

28th- Color Belt testing

March

1st Color Belt Testing

10th Grappling Tournament Minneapolis

17th-Mid MN Martial Arts Tournament

April

? **Wahpeton, ND TKD Tournament** – Grand Master Eric Greenquist

MAY

19th No Mercy IX Shooting Star

23rd & 24th Approx. Spring Color Belt Testing

25th tentative A's and B's Club

JUNE

2nd – **tentative Detroit Lakes TKD Tournament, High School Gym**