



February Newsletter

February is a Busy Month: Testing is at the end of the month as well as a Break-A-Thon For Polar Fest. We also have a couple tournaments coming up in the coming months.

Evergreen Tournament: I would really like to see you all at the Evergreen Tourney on Feb 10th. This Tournament, in its 28th 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. We have a Carpool List on the Board. If you have any questions please let me know.

Testing: Winter session testing is scheduled for Wed. 28th and Thur. 1st. Test fees, dues, and forms must be turned in by Friday the 23rd. Please any Adv. Assistants, Pooms, and Black Belts that can make it please be there.

State Team: Our State team has been working very hard to prepare for the State Championships which we will hopefully host March 2nd, 3rd and qualify for the National Championships. This years team members are Mr. Jayden Schrupp, Mr. Davin Abraham, Ms. Maddie Volesky, Mr. Shawn Carey, Mr. Trey Martodam, Ms Abby Kalina. Last year we brought home 2 Silvers and 3 bronze from Nationals. Wish them luck in the ring. If you are interested in larger competitions come in and spend some time with the sparring team.

Adults: Our Adult classes are looking for some more great Adults to join. We still have a small adult classes with lots of Black Belt help. Taekwondo & Hapkido are fun dynamic workouts that relieve stress, challenge your mind and body. Hapkido uses many of the same Striking techniques as Taekwondo, but focuses more on Joint Manipulation and Self Defense techniques. These Classes are open to 13yr olds and up. Monday-Wednesday 7:30-8:30pm

Kumdo: Our Kumdo Sword class is rocking. Come try two free intro to Sword Classes in Feb. These Classes are open to 10yr olds and up. Tuesday-Thursday 6:30-7:25pm

Break-A-Thon: There will not be scheduled Jr. or Family Classes on Feb 15th as we will be doing a Community Building Activity At the Washington Square Mall as part of Polar Daze.

We would like encourage all our Students to Participate in a Break-A-Thon. We will be raising funds for the Becker County Food Pantry and The Greater Community Booster Club College Scholarship fund. Funds raised will be split evenly between the two funds. Forms have been sent home or pick on up today.

Permit to Carry Class: We are hosting a MN Permit to Carry Class at the Lake Park Legion Feb 24th at 9:00am. Check with master Lucas or the Bulletin board for details.



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Upcoming Events: (Remember you can print off a Month Calendar at our website)

February

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

15th –Polar Fest Break-a-Thon, No Jr or Family Class-

23rd- Booster Club Meeting

24th PTC Class Lake Park Legion 9 am

28th- Color Belt testing

March

1st Color Belt Testing

2nd-3rd tentative State Taekwondo Championships

10th Grappling Tournament Minneapolis

17th-Mid MN Martial Arts Tournament

26th- Booster Club Meeting

April

21-Wahpeton, ND TKD Tournament – Grand Master Eric Greenquist

30th Booster Club meeting

MAY

19th No Mercy IX Shooting Star

21st- Booster Club Meeting

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