
Great Job!: Congrats on the last color Belt testing! Great Job with the Break-A-Thon we had a blast breaking all sorts of stuff and raised over \$2000.

Booster Club Meeting: There is a Booster Club Meeting Monday March 26th 5:30pm getting ready for the DL Tournament please come with your ideas and helping hands.

Student Referrals: Bring in a friend you think might be interested in Martial Arts. I will give you \$5 off your next equipment purchase for each student that joins and pays for their first month.

Trophy Sponsorships: The Booster Club is collecting trophy Sponsorships for the 11th Annual Detroit Lakes Taekwondo Tournament. Businesses may sponsor a division of Trophies and advertising for their business will be in our Tournament booklet. Parents and Relatives can purchase ad space or Sponsor Trophies to leave a message to their Favorite athlete.

Equipment: All Equipment MUST be approved by Master Lucas and the governing bodies for the Martial Arts we teach. We are able to purchase almost any and all equipment you or your student may need. Most Basic Equipment and Uniforms (Doboks) are always in stock. Also we have a trade in program for equipment. When students grow out of equipment; if it is in good repair I can give discounts on new equipment and old equipment will be used for gym equipment. Also donated uniforms are distributed to students with special situations free of charge. Or feel free to pass down uniforms/equipment to students if they are too small for your own.

Required Equipment: There is very little required TKD/HKD equipment for color belts other than a uniform. Sparring days will require a mouth guard and cup for males. The Student Handbook has suggestions for equipment at certain ranks and students should purchase a Student Handbook by green belt. It is very helpful for parents and students. I suggest that all students that wish to attend many tournaments have Shin pads, Forearm or Elbow pads, Gloves, and a Helmet.

TKD/Hapkido Black Belts: Pooms/Adults should have a nunchucku, Bo Staff, and Jukdo. Adult Black Belts will also need Danbongs

Kumdo Students must have Dobok, Jukdo, and Mukgum. There is no current requirement for armor. You may not purchase armor until you are a 5th gup.

MMA Students must have Minimum Gloves, Mouth Guard, and Protective Cup

Mid-Minnesota Tournament: New York Mills will be hosting a regional Tournament March 17th. This is a great tournament for beginners to gain experience and it is only about 30 min away.

Jokyomin Ms Abby Kalina: Some of you may know but Ms. Abby Kalina will be getting an upgrade from Assistant instructor to Head Instructor and will be managing a second location in Bemidji, MN. She will be moving at the end of the month to meet her new students and train with Grandmaster Cindy before Grandmaster Cindy's retirement at the end of May.

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

March

5th- Spring Session Starts

17th- Mid MN Tournament- New York Mills

26th- Booster Club meeting @ 5:30

28th & 29th- Sparring in Class

April

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

21st- MN BJF Spring Open

30th- Booster Club Meeting 5:30 pm

MAY

5th Black Belt testing- Bemidji,MN

5th Submission Challenge Fargo

18th tentative A's and B's Club

21st - Booster Club meeting

23rd & 24th Approx. Spring Color Belt Testing

JUNE

2nd –11th Annual Detroit Lakes Inviational Tournament, High School Gym

Adult Summer Camp-?

JULY

2nd-9th USA Taekwondo National Championships. Salt Lakes City, UT

27th-28th Tentative Detroit Lakes TKD Jr. Summer Camp.