



MACH NEWS

June 2008

MACH MARTIAL ARTS CHAMPIONSHIP GRAND CHAMPIONS 2008



**Tim Y.
1st Dan Black Belt
Breaking Grand
Champion**

Congratulations New Champions!



**Jacob P.
Little Tigers 3rd
Gup
Forms Grand
Champion**

This year's annual MMA Championship was a great success! A record number of people made it out to the Tournament, making it our biggest yet! Students from all three schools showed us what hard work and perseverance can achieve. The effort put forth by all the participants ages 4- adult, Little Tigers and Regular students, was truly remarkable.

The day started with poomse competition where all ages and ranks competed to show their great power and confidence in their form. Loud ki haps and sharp uniform snaps filled the auditorium and kicked us off on a great start. Next was the Breaking competition where students got to show us their creativity, strength, and skill at breaking wooden boards. After lunch the Opening Ceremony was started by encouraging words from Grand Master Ahn and exciting demonstrations from the San Ramon and Fremont Demonstration Teams. Sparring competition was the final and most exciting category of competition where students tested their stamina, strength, and determination against their opponent. The day was wrapped up with the ultimate title of Grand Champion awarded to the best in show of both Poomse and Breaking first place winners. This years Championship was one of the best yet, and shows us all what Martial Arts is all about, having confidence in yourself, and the belief that you can do anything.

A special thanks goes out to all the Parent and Student volunteers. Our event could not have happened without your dedication and hard work, thank you each and everyone of you!



MMA 2008 SUMMER CAMP!!! JUNE 25-27



**MEMORIES TO LAST
A LIFETIME**



LEADERSHIP | FRIENDSHIP | TEAMWORK

MMA SUMMER CAMP COMES ONLY ONCE A YEAR! DON'T MISS OUT ON THIS FUN AND WONDERFUL EXPERIENCE. THE CAMP IS THREE DAYS AND TWO NIGHTS AT NEARBY LAKE DEL VALLE REGIONAL PARK. THERE WILL BE TKD TRAINING, FUN, GAMES, SPECIAL WEAPONS TRAINING, AND MEMORIES TO LAST YOU ALL YEAR. IT'S A WONDERFUL WAY TO KICK OFF YOUR SUMMER! SPACE IS LIMITED AND ALMOST FULL, SIGN UP TODAY!!



132ND PROMOTION TEST

JUNE 7TH, 2008



MORE PHOTOS OF THIS TEST AND MORE AT
AHNSTKD.COM

Summer's Finally Here! Don't Get Left Behind!

Summer has finally arrived and the fun family trips, summer camps, and other vacations will be plentiful. Summer memories will last for a lifetime and are a treasured part of childhood. While you're off on your own adventures, will you miss some of your TKD classes? If the answer is yes, there are several things that may help you stay on track toward your next belt. While you still need to fulfill your attendance requirements for you next belt, do your best not to that you will not have to wait next goal. It all comes down to practice! It cannot be stressed consistent practice to help your forms, self defense, and other is not just a physical sport; you all the movements your body You may be asking yourself, how



You may be asking yourself, how know perfectly? The answer is simple, just do your best. Remembering half your form is better than nothing at all, so practice what you know and try your best! Since your TKD instructor is not pocket-sized, and will not fit in your suitcase, here is a hint that will make practicing away from the dojang easier. Ask a parent or friend to video tape your form and requirements in one of your regular TKD classes, transfer it to a DVD or download on to your computer or laptop so that you can have a visual guide to help you practice at home. It is an easy way to practice and keep your requirements fresh in your head for when you return to your regular classes; it also makes a great review tape for Black Belt tests. Have a fun and safe summer, and remember to practice your requirements so you don't get left behind this summer.

do I practice something I don't

Students of the Month



Congratulations Armin E. !!!

Armin began his training at Mach Martial Arts in Pleasanton in October 2007, and is currently an Orange Belt in the Children's program. Although he isn't the biggest student in his class he has the ability to show the confidence and power of someone twice his size. He is a great role model and inspiration to his classmates.

His parents enrolled Armin in classes at Mach Martial Arts to teach him valuable life lessons such as confidence, respect, and focus. The promotion tests have helped motivate him to reach his next goal, and his passion for TKD has helped his parents keep him motivated to achieve it.

Armin loves his classes because they are fun and rewarding. He gets to play his favorite games while learning the more traditional aspect of TKD. His TKD lessons have also helped him in his daily life by improving his focus and concentration on his school work. He wants to one day become a Black Belt and be good in everything he does.

What is your favorite aspect of your child's martial arts involvement?

"Armin demonstrates passion and excitement in his attendance to his training classes; he shows the love of the sport."



Congratulations Claire V. !!!

Claire began her training at the Pleasanton Dojang in October 2007, and is currently an Orange Stripe belt in the Little Tiger program. She is a great role model to her fellow students by being a hard worker and her constant improvement both in and out of class.

Claire's parents enrolled her at Mach Martial Arts to learn self defense, improve her confidence, as well as keep in touch with the Korean Culture. She is very motivated to go to class and excels at her lessons where she has learned to be more confident and sure of her capabilities.

Claire enjoys her classes because it has helped her to be louder and stronger. She likes challenges like jump front kick and competitions that she can receive trophies and awards in. Someday Claire would like to become a Black Belt in TKD and have a career in art.

As a parent what has helped you motivate your child in their martial arts journey?

"She always enjoys TKD lessons and is the first one to be motivated"

Students of the Month



Congratulations Meagan D. !!!

Meagan began TKD training in 2002 and is currently a Black White stripe belt at the Fremont Dojang. She is the Captain of the Little Tiger's Demo team where she shows wonderful leadership skills, and is always a role model to her fellow classmates.

Since Meagan's parents enrolled her at Mach Martial Arts they have seen improvements in her stamina, and outgoingness. According to her parents her rise in self esteem and confidence has been a great motivator to Meagan. Being rewarded for her yearly achievements and the Year End Celebration has helped Meagan pursue her goal of becoming a Black Belt, which she is close to achieving.

Meagan loves her involvement in the Demo team and meeting new friends in her classes. She has improved her attitude and confidence in herself, as well as physical strengths. Her enjoyment of TKD has made Meagan want to not only become a Black Belt, but to also open her own school someday.

*What is your favorite aspect of your child's martial arts involvement?
"Learning to make friends, and learning to reach for higher goals"*



Congratulations Juhi A. !!!

Juhi began her training at the Fremont Dojang in 2004, and is currently a Black White stripe belt in the Children's program. She is a great role model to others in class by her effort and attitude to always improve and do her best.

Her parents enrolled Juhi in Mach Martial Arts so that she can learn how to defend herself; however, they have seen many other improvements in their daughter. Juhi has not only developed more self confidence, but has overcome her shyness, improved her grades, and has become a healthier person.

Juhi enjoys her classes and likes to see the improvements in herself and her techniques. She has become sharper in her forms, and TKD has also helped her to improve her memory. Juhi is very close to Black Belt and will soon meet the goal she set 4 years ago.

*What is your favorite aspect of your child's martial arts involvement?
"The friendly atmosphere and the Teacher's willingness to help and praise when the student does good."*

Students of the Month



Isabelle S.

*Congratulations
Isabelle and Claire S!!*



Claire S.

Isabelle joined Mach Martial Arts in San Ramon 5 years ago in 2003 at the age of 5; she is currently a Red Black Stripe in the Little Tiger program, and a member of the LT Demo team. Isabelle is the most senior girl in the LT program making her a great role model and inspiration to her juniors. Claire is following in her sisters footsteps and also started at the age of 5 in 2006, she is a member of the LT demo team, and currently is a Purple Green stripe in the Little Tiger program. Both girls show amazing leadership in their own classes, and have excellent respect toward all students. Their outgoing personalities and positive attitudes make them wonderful role models both as part of the Demo Team and in their individual classes.

Isabelle originally joined TKD to help her gain focus, but has gained much more than that. She has become confident in herself both physically and mentally. She has learned about making commitments and follow through on her goals. She loves being a part of the demo team where she can break boards and practice weapons. She wants to soon complete her goal and achieve her Black Belt, and someday become a fashion designer.

Claire's parents enrolled her in the program because she was inspired by her sister's success, and she enjoyed the instructors. Since she has been training, Claire has become much more focused on her tasks and has become resilient to tough situations that arise. Claire also loves being a part of the demo team and learning weapons like nun-chucks, as well as getting her next belt. Someday Claire wants to not only get her first degree Black Belt but 2nd, 3rd and even 4th and eventually become an Instructor.

What is your favorite aspect of your children's martial arts involvement?

"Having a strong female role model like Miss Claudia and seeing Claire be part of a team"

"The wonderful role models she is exposed to at the studio. They treat [Isabelle] with respect and kindness, and they challenge her."