



MACH NEWS

March 2008

PUSHING THE LIMITS BREAKING COMPETITION 2008



FOR MORE PHOTOS OF THIS COMPETITION AND OTHERS VISIT US AT
WWW.AHNSTKD.COM

This year's participation in our annual Pushing the Limits Breaking Competition was amazing. Students from both of our programs came out to show us their strength. Little Tigers as young as four, more than doubled their personal board breaking records; while some of our older teens showed us their ability by breaking through tremendous stacks of boards. The afternoon was filled with surprising acts of strength and execution by all competitors; thank you all for your continued support of our school and its students, we hope you were as inspired as we were from this event. Congratulations to all participants for challenging yourselves, and pushing the limits with us here at Mach Martial Arts.

First Place Breaking Competitors:

Arian E.
Gary W.
Kyle Z.
Daniel L.
Josh S.
Sebastian G.
Jennifer L.
Eric S.



ANNOUNCEMENTS

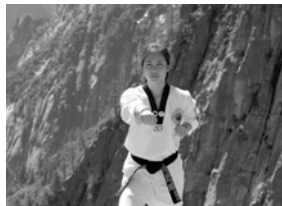
Mar. 21- 22... Yosemite Trip (schools closed)
Mar. 29 16th Black Belt Test
Apr. 5 Promotion Test
Apr. 26 Leadership Seminar
May 17..... M.M.A Championships

BLACK BELT TRAINING

Black Belt tests only come two times a year to Mach M.A., and while we all enjoy the demonstrations, exciting breaks, and celebration that come with that much awaited day, few know how much work goes into this one day event. Many might think that the years and months that students dedicate to their TKD training is all that is required to test for your Black Belt, but in reality, those years are just the foundation required to begin your Black Belt Training. The real training begins one month before the actual test date. The students who pass recommendation begin their one month of Black Belt training where they not only memorize all requirements, but refine their techniques to perfection. The month long process is both mentally and physically draining, but the students who make it through the process gain a deep and true understanding of what hard work and discipline is, and gain self respect and pride of their special accomplishment. A Black Belt is more than just wearing a colored piece of cloth, it has a deep and ingrained value to its owner, it becomes a piece of who you are as a person. A true Black Belt is a feeling that lies within yourself, it becomes as much of who you are as any of the other values and beliefs you live your life by. Good luck to all those students who are currently going through this process, stay strong and persevere.



Black Belt Candidate Yosemite Trip



Hike to the Top of Upper Yosemite Falls



Height: 2,400 ft.

Hike distance: 3.6 mi

Test your strength, drive, and perseverance as you reach new heights with your TKD Masters and fellow test candidates on this overnight hiking trip.





Sparring



Forms

Grand Master Ahn Presents.....

Mach Martial Arts Championship

Saturday, May 17th 2008

10AM - 5PM

★ **SIGN UP TODAY FOR MACH MARTIAL ARTS' BIGGEST EVENT OF THE YEAR!**

★ **AN INSPIRATIONAL DAY FOR ALL MARTIAL ARTISTS!**

★ **DESIGNED FOR ALL LEVELS!**

Location



**PLEASANTON
MIDDLE SCHOOL**

**Creative
Breaking**



**Friendly
Competition**

★ **PLANNING A
BIRTHDAY PARTY?** ★



Different packages available! Call (925) 931-9117 or email us at machkd@yahoo.com for more information today!

**Party Like a Ninja
with M.M.A!!**

Students of the Month



Congratulations Mitchell S. !!!

Mitchell started TKD in October 2007, and is currently an Orange Stripe Belt at Pleasanton Mach Martial Arts. Mitchell's parents enrolled their son in Mach MA to find a sport their son liked that involved exercise as well as discipline.

Since he has begun his training they have seen a marked improvement in his physical fitness and has shown an improvement in self confidence. His parents encourage his success at Mach MA by watching his classes, practicing at home, and coming to all his promotion tests.

Mitchell loves his new physical hobby and using his loud voice in classes, along with his improved his stamina and strength. He has become stronger and more confident which has helped him participate in other school sports. His role model is his instructor Master Sung Woo, because he makes class fun and encouraging while still being strict and disciplined. Mitchell wants to continue to progress in TKD and someday get is Black Belt.

What is your favorite aspect of your child's TKD involvement?

"We like the fact that Mitchell looks forward to his TKD classes and that the instructors teach the students to develop their respect for others and self confidence in addition to TKD skills."



Congratulations Bobby K. !!!

Bobby started TKD at Pleasanton Mach MA in the fall of 2007. He is currently a Yellow Belt in the Little Tiger's program.

His parents enrolled him in Mach MA after trying a different school and seeing their son's enjoyment. After he started classes Bobby's parents have seen an improvement in discipline toward school work, and in his respect toward others. He enjoys all his classes and is always enthusiastic; it is because of his enthusiasm to learn that makes Bobby a great role model to his fellow classmates.

Bobby says he loves his TKD classes because they are fun, and he has gotten stronger because of them. It has helped him to be more disciplined in his life and work hard so he can get his next belt. Bobby someday wants to be a Black Belt in TKD, and to become a Professor of Math when gets older.

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

"I don't really have to encourage Bobby in TKD; he just loves it so much that he looks forward to going to class! Thank You Mach Martial Arts!"

Students of the Month



Congratulations Jonathan B. !!!

Jonathan joined Mach Martial Arts in June 2002 in the Little Tiger program, and is currently a 1st Dan Black Belt at the San Ramon Dojang. Jonathan was one of the first Little Tiger Black Belts to test out of San Ramon, and remains a good role model to his fellow classmates both in classes and outside the Dojang.

Jonathan's parents enrolled him to learn discipline and respect for others while still having fun. He has not only built his confidence but is no longer afraid to try new things.

His parents have always told him that he can achieve anything if he puts his mind and heart into it. With that attitude Jonathan continues to excel in Martial Arts, and it has helped him become the Black Belt he is today. Jonathan has been doing TKD at Mach MA for a long time now and continues to love it because it makes him feel confident about himself. It has helped him improve his strength, confidence and his respect toward others. His future goal in TKD is to achieve his 2nd Dan Black Belt, and to one day become a successful sports player or Lawyer.

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

"Jonathan's involvement in assisting a class as an instructor and helping during promotion test are our favorite aspects because we see him grow up and learn how to share what he has learned in TKD with other students."



Congratulations Kyle Z. !!!

Kyle started TKD at the age of 4 in June 2005. He is currently a Green Belt in the Little Tiger program at the San Ramon Dojang, as well as a member of the Demo Team and a new member of the Competition Team.

Kyle's parents saw his interest in TKD spark when they enrolled him in a Preschool Karate class, and sought out a more formal Martial Arts setting. He loved the classes and soon became very serious about his training, and became a great role model to his fellow students.

Kyle always strives for perfection in regular classes as well as Demo Team and sparring practices. Kyle loves the demo team because of the harder level of skill involved and because they are fun and cool. He says he has improved his respect and sense of responsibility, and has become more helpful to others. He wants to some day become a National TKD Competition Champion, and his role model is his Competition Team coach, Master Sung Woo.

How has TKD helped you in your daily life?

"TKD helps me to be more responsible, disciplined, respectful and helpful to others."

Students of the Month



Congratulations Maria T. !!!

Maria started training at Mach Martial Arts in March 2007. She is currently a Blue Belt at the Fremont Dojang. Maria is one of the new members of the Competition team, which shows her hard work and dedication to always doing her best. Maria's parents enrolled her in Martial arts to learn about the culture and tradition of Martial Arts, as well as to help relieve stress in daily life.

Since she began TKD Maria has excelled in both classes and at home. The extra focus has helped her in school, and she has gained the confidence to try new things like the jump rope contest, as well as joining the sparring team which she enjoys.

Her involvement in Martial Arts has helped Maria set goals and strive to achieve them. Her goals in life are to someday intern and write for a style magazine. Her goal in TKD is to become a black belt and excel at sparring.

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

"She is able to participate physically in a sport she enjoys and that teaches her to follow the right paths in life."



Congratulations Jesse J. !!!

Jesse began Tae Kwon Do at Mach MA in the fall of 2005. While he is currently a Red Belt at the Fremont Dojang, he is also a new member of the Competition Team.

Jesse's parents enrolled their son in MMA to raise his confidence and improve his discipline. Since he has begun his training they have seen both physical and mental changes in their son, and he has become more confident at what he does.

He is a member of the Little Tiger's Demonstration team and really enjoys making new friends at TKD. Jesse himself has said that TKD has made him stronger and more serious; he loves to do the best he can and challenge himself to improve everyday. His favorite Mach MA event is the Mach Martial Arts Championships where he can compete with other people, and do his best. He someday wants to become a Black Belt, and become a Lawyer when he grows up.

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

"Jesse really enjoys going to TKD lessons, and has improved quite a bit in every way."