



MACH NEWS

October 2007



- Announcements**
- October 6... Promotion Test
 - October 13.. Marathon and Picnic
 - October 20.. Ca Int. Tournament
 - October 27.. Leadership Seminar
 - October 31.. Halloween Party

MACH Martial Arts Competition Team brings home Gold from the 15th Annual CA International Championships! Congratulations Team!!

Want to be like Mach MA's elite? It all starts with PRACTICE!

How Can I Train At Home?

Just like any other sport Tae Kwon Do is something you have to work at to become great. Football, Soccer, even Baseball players will all tell you the same thing, if you want to make it you have to practice. Forty minutes a day two times a week is not enough, if you really want to give Tae Kwon Do your all you must practice at home. Here are some simple things you can do in the comfort of your own backyard to help you become the best you can be.

1. Jump rope- This simple school yard exercise helps build stamina and coordination needed for sparring forms and improves leg strength for kicking.
2. Sprints- Have a parent, spouse or siblings time you running from one place to another, always trying to beat your time. This helps you learn how to be an explosive athlete with kicks and sparring techniques.

3. Jumping- Pick a mark on a wall, tree or even better an adjustable basketball hoop and try reaching your target. Once you met your goal aim higher, increasing the height. This builds leg strength needed for higher jumps and increases you natural athletic ability.

4. Run/jogging- This is the most overall strength builder as it uses the whole body, start out slowly and increase speed or distance regularly. A great way to stay in shape and involve the whole family.

5. Review- The key to success as a Martial Artist is repetition, the more you do the better you become. Practice all your requirements, old and new. You will see the improvement in your performance almost immediately, and it is a great way to stay at the top of your game

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CONGRATULATIONS TO ALL NEW BLACK BELTS WELCOME TO THE FAMILY!

SEPTEMBER 2007 BB CANDIDATES TOP OF YOSEMITE FALLS



Congratulations to: Claudia E.(2nd Dan), Dallin W., James L. Molly H., Aaron S., Katee T., David K., Kevin H., Michael P., Jennifer L., David P., Billy J., Neil A., Mason S., Nyle A., Bradley T.

Make sure to congratulate and bow to Mach Martial Arts' newest Black Belts next time you see them in class, for their hard work, discipline, and dedication to becoming excellent Martial Artists!

(Download pictures from this Black Belt test and others @ ahnstkd.com)



What's With All The Bowing?

All students on their first day of Tae Kwon Do quickly learn that there is a lot of bowing in classes. But what does it all mean? What is it all for? They find themselves thinking; what's with all the bowing? The first and most important answer to why we bow is to show respect.

In many cultures around the world, including Korea where Tae Kwon Do originated, a bowing of the body is to show respect to the person or persons to whom you are bowing. In Tae Kwon Do we bow not only to people like Grand Masters or instructors, we also bow when entering the Dojang as a way to show respect to the teachings of the school, and to honor Tae Kwon Do's heritage. Bowing also signals the start of formal lessons, as well as signifies the end. We bow to partners before and after self defense to show you appreciate their help and knowledge. Martial Arts are all about respect, respect for you teachers, your surrounding and the world in which you live. As Martial Artists it is our responsibility to show that respect and appreciation at all times, which is why we bow.

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OCTOBER PROMOTION TEST

Oct. 6, 2007



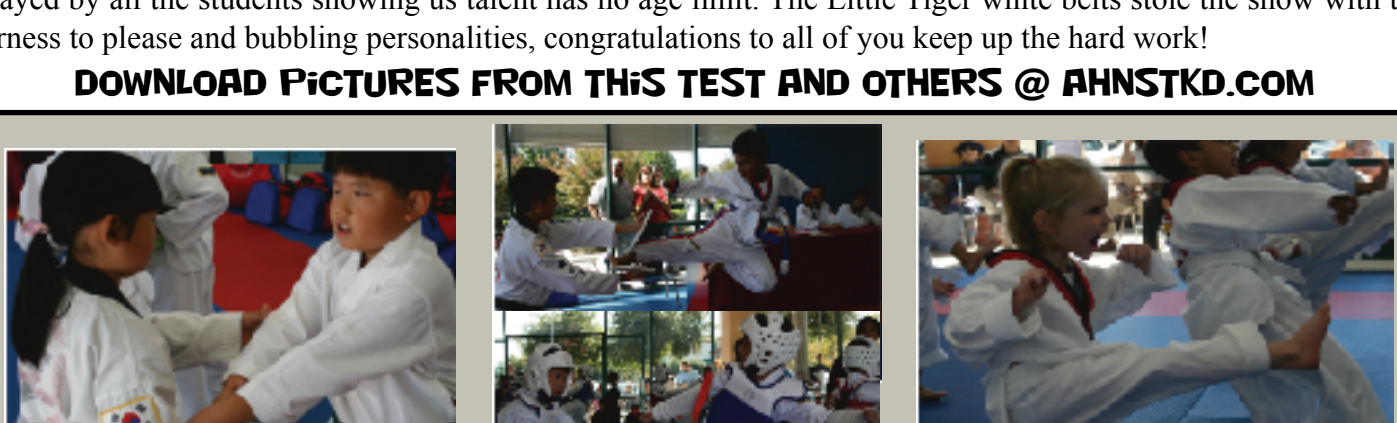
Congratulations to all those students who put in the hard work and dedication needed to achieve your next belt! Keep up the great work and push hard toward your next goal.

Promotion tests at Mach Martial Arts are regular monthly events, with regular class attendance and hard work; students get the opportunity to show the Masters and their Instructor's, as well as family and friends what they can do. This months test was no exception, making October's test the largest promotion test held by Mach Martial Arts to date.

The Regular Program kicked things off with a staggering amount of testing students filling the Dojang with loud kihaps and wonderful energy. First up were the Black Belts who pumped us up for the rest of the test with loud kihaps and powerful techniques, with San Ramon's own Program Director Mr. Carl leading the pack. The color belts that followed showed us that they too have worked hard for their next belt, becoming one step closer to their goals. The white belts outnumbered all other color belt groups with an outstanding 26 testing students all of which gave a great performance reminding us that every journey begins with the first step. Welcome to the family all new Yellow Stripes!

The Little Tiger test had fewer students but more energy ranking Mach MA youngest students off the energy charts; loud kihaps would be an understatement for this group of talented youngsters. Powerful moves and sharp skills were displayed by all the students showing us talent has no age limit. The Little Tiger white belts stole the show with their eagerness to please and bubbling personalities, congratulations to all of you keep up the hard work!

DOWNLOAD PICTURES FROM THIS TEST AND OTHERS @ AHNSTKD.COM



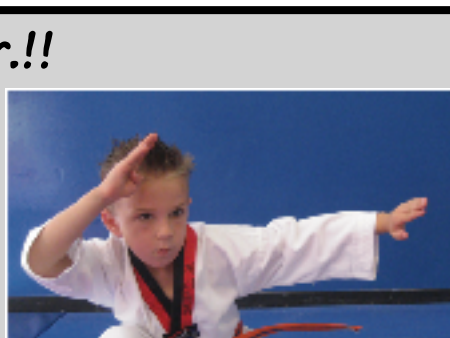
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Students of the Month

Congratulations Gary Jr.!!



Gary Jr. began TKD in November 2006, and is currently a Orange belt with Purple stripe. He was chosen as San Ramon Little Tiger's student of the month for his hard work and his classmates.



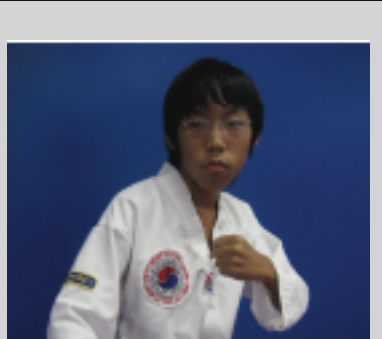
Since Gary began his training at Mach Martial Arts his instructors as well as his parents have seen a great improvement in focus, coordination, and especially confidence. Gary loves forms the most in his TKD classes, and is especially proud of his improved jumping skills and has become one of San Ramon Little Tiger's highest flyers. His future goal in life is to become a leader, which he is well on his way to becoming.

What major or minor improvements have you seen in Gary Jr. since enrolling him in Mach Martial Arts?
 "[His] desire to overachieve and give his best at everything he does."

Congratulations Kevin L.!!



Kevin L. began his training here at Mach MA as a promising transfer student in the early Spring of 2007. He was chosen as the San Ramon Children's Program Student of the Month for the excellent leadership skills he displays both in class and at home.



Since his training began here at Mach Martial Arts Kevin has seen a great difference in himself, and has learned a clearer definition of the word respect. While Kevin has become a great role model to his classmates and especially his juniors, his personal role model is his Father for all the encouragement and advice he has offered through Kevin's hard times.

What is your long term goal in Martial Arts?
 "I think getting a Black Belt is important, but i think it's the journey of getting a Black Belt [that] is better."