



MACH NEWS

JULY 2008

MMA CONQUERS MT. DIABLO'S ROCK CITY!

Rock Climbing comes back by popular demand

Mach Martial Arts' Top Team members and their families came out in large numbers to conquer Mt. Diablo's famous Rock City. The day started out with general instruction and easy climbing tips from Grand Master Ahn, and progressed to more difficult skills. Students tested their strength and conquered their fears through out the day. Older students got to climb Rock City's most challenging rock, "The Crack" where they pushed their endurance and came out on top. A great time was had by all students and their families. Rock City's exciting and challenging rock faces made everyone realize the strength within and truly conquer their fears. Thank you to all participants, see you all next time!!

More photos from this event and others can be seen at www.AhnsTKD.com



TKD Goes to the Olympics

Did you know that WTF Tae Kwon Do is one of the few martial arts recognized as a world Olympic sport? Although Tae Kwon Do was developed centuries ago in Korea, it was not until 2000 at the Sydney Summer Olympic Games that TKD was officially counted among the many Olympic sports. Olympic style sparring is quickly spreading as a popular sport throughout the World, with 128 athletes from 35 different countries competing in this year's 2008 Beijing Summer Games.

Among the many Olympic Medal hopefuls is Team USA competing with four of the nation's best athletes. This year's team is already making the history books with three of the USA team members being siblings, a feat that has not been seen in over a century. Diana Lopez age 24, Mark age 26, and Steven age 29 all from Sugar Land Texas have made it onto the USA team as three of the 4 seats. Charlotte Craig age 17 from Murrieta California also made the team before even graduating High School. All athletes have claimed many titles to their careers in TKD. The most noteworthy of which is Steven who has already won 2 gold medals at previous Olympic Games, Mark was the youngest medalist at the 2003 World Championships at age 17, and all three Lopez members won World Championship titles in 2005 at the World Tae Kwon Do Championships in Spain. Charlotte has already overcome the biggest obstacle after she had a kidney removed as an infant, she was told she would never play a contact sport and is now in the running to win an Olympic medal. Team USA has already made it into the record books before even entering the ring. Watch them achieve their dreams in Beijing this August 20-23. go team USA!



Team USA (bottom) and their Coaches (top)

Master Sung Woo Ahn
Mach Martial Arts Taekwondo Coach
6th Degree Certified Black Belt

*The ultimate measure of a man is not where he stands in moments of comfort, but where he stands at times of challenge and controversy.
~ Martin Luther King Jr.*

LEADERSHIP SEMINAR I & II

MACH MARTIAL ARTS AHN'S TAE KWON DO
AUGUST 23, 2008 @ FREMONT SCHOOL
Green Belts & Up (Requirement for 2nd & 1st Gup Testing)

Learn to inspire others to dream more, do more, and become more through your actions at the LEADERSHIP SEMINAR!

★ LEADERSHIP I & II ★ Future Leaders of Tomorrow

Leadership seminars I & II are designed to help you learn how to be a leader amongst your peers, and how to better assist your instructors during class. These seminars are custom designed by the Mach Martial Arts Masters to show what it takes to reach the top, both inside the Dojang and out in the real world. Both seminars are a required part of the curriculum for the Children's program and are open to Green Belts and up. They only come around a few times a year so make sure you plan ahead. Come prepared to work hard, have some fun, and learn how to be the kind of leader the future needs!

133rd Promotion Test

July 19th, 2008



More photos from this test and others can be seen at www.AhnsTKD.com

July 19th's Belt Promotion Test proved to be one of our largest yet! Families from all three schools gathered at the San Ramon Dojang to celebrate their student's hard work and dedication. A wide range of students from White Belts testing for the first time, all the way to Black Belts trying to make it to their next Dan, proved what months of hard work and dedication can do. All students demonstrated loud kihaps and exciting breaking demonstrations throughout the testing day. Our youngest students, Little Tigers, showed us once again that it's not the physical size of the Martial Artist, but the heart and dedication found within. July's test group showed us that they have the power and confidence to succeed in not only TKD but life as well. This summer has been full of students working hard to further their TKD training. By coming to classes and working through the hot days, they have proven their self-discipline and dedication to their chosen sport. Congratulations to all test participants, keep up the great work, and continue pushing toward your next goal!

****Promotion Test Reminder****

All test forms must be turned in the Thursday before the test date. Please fill in all blank lines with the appropriate answers. If you need help please talk to your Assistant Instructors, Senior Belts, Instructors or Masters before class. Don't procrastinate and turn in your forms early. Late forms and/or incomplete forms will not be accepted.