



## ROBINSON'S TAEKWONDO, INC.

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### APRIL 2008 NEWSLETTER

**Sword Seminar – April 19 @ 1:30 PM** Learn the art of the Samurai. Robinson's Taekwondo is one of the few certified schools in NY State to teach the art of Haidong Gumdo. Participants ages 12 and up may take this introductory class. The workout will be fun yet challenging. Day and evening classes are available. A popular class for those wanting to get in shape and be challenged. Cost \$35.00. Seminar includes training Sword.

**Knife and Gun Disarm Seminar – April 26 @ 1:30 PM.** With the rise in crime this may be one of the most important seminars offered to teens and adults this year. Learn straight forward practical techniques for defending against Gun and Knife attacks. Ages 14 through Adults. Cost \$35.00. Register now.

**Buddy Day – April 14 & 15.** Bring a Buddy to class on April 14-15. Consent forms must be filled out by the buddies parents if the buddies parents do not come to the school with them.

**Summer Camps – Taekwondo summer camp will be the week of July 14<sup>th</sup> - 18, 2008.** This camp will book quickly. Mon-Fri from 9:00 AM till 12:30 PM. Our popular Taekwondo camp will be open to all BBC and Masters Club Members. Camp fee includes all instruction, school T-shirt, snacks, drinks and the Friday Pizza Party. The camp will take a max of 18 students. Cost \$199.00. Sign up now. **We will be introducing the glow in the dark Long Staff at this camp.** A night time show will be held the last day of the camp. Glow in the dark staff not included in camp cost. First come first serve basis. To reserve a space see Lisa. A \$25.00 non refundable deposit will be required.

**Hapkido Camp – August 4-8, 2008. This camp was full last year.** Mon- Friday 9AM-12:30 PM. An intense week of one of the most effective Street Self Defensive tactics around. Learn joint locks, weapons disarming, weapons self defense tactics, ground fighting and the Cane for combat. This camp is available to all students 12 years and older, teens, adults and parents. Cost \$199.00. First come first serve basis. To reserve a space see Lisa. A \$25.00 non refundable deposit will be required.

**A note regarding spring and summer sports -** With the spring coming up we are happy to see many of our students get involved in outdoor sports. Taekwondo is an art that teaches discipline and enhances performance in school or on the field. It is not surprising that our students excel on the field and are cherished by their coaches. Several parents each year ask if it would be ok to take the spring or summer off. I by no means support such a decision, as it will be detrimental to the continuity and growth of individual martial arts training. Martial Arts is not a seasonal sport but a continuous character building art.