



ROBINSON'S TAEKWONDO, INC.

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AUGUST 2009 NEWSLETTER

KIDZ N POWER – Sunday August 9, 2009 - We are pleased to announce that Robinson's Taekwondo and Karate for Kids along with the Hudson Valley Renegades and Amber Alert have partnered together to present the Kidz n' Power Child Safety Workshop. **The workshop will be taught by special guest Taekwon Lee** son of 10th Degree Black Belt Grandmaster H.U Lee at the Casperkill / Bright Horizons. This exciting community event will teach children and parents the latest in child safety awareness and self defense techniques in a fun and professional atmosphere.

After the event each family individually will proceed to Dutchess Stadium to watch the Renegades take on the Spikes.

Please invite lots of friends!!!!!!!!!!

Sign up now! Full color flyer available. Registration due on Thursday August 6, 2009.

Combat Camp – August 10-14, 2009 8:30-12:30 PM. Join Mr. Robinson for an awesome week of martial arts camp. Our school will be introducing a new program which will be Bahng Mahng EE (Stick) Sparring, this amazing new event will be offered at future tournaments. In addition the camp will focus on teaching self defense tactics, basic ground fighting, sparring strategies and lots of fun. Spaces still available. Registration ends August 4.

Teen / Women's Self Defense Seminar – Saturday August 15, 2009 @ 1:30 PM. This seminar is ideal for all teen girls 15 and up and adult women. Whether in High School, leaving for College or for general personal safety learn the latest in women's self defensive tactics from Mr. Robinson. This seminar will cover car jacking, street defense, rape and new weapon use of short stick. Cost is \$20.00 includes weapon.

GRACIE JIU JITSU SEMINAR – Friday August 28 @ 7:00 **Rener Gracie chief instructor of the Headquarters of the Gracie Jiu Jitsu Academy** in Torrance California will be visiting our school and will conduct a Gracie Combative Seminar. This is a very unique opportunity. This is open to all students 14 years and up. No experience necessary. Cost \$50.00. Seminar is 2 hours. Space limited. Register now.

Please give us your email address – To upgrade our methods of communication we are setting up a database so we can correspond via email. Please stop by the front desk and give us your name and email address.