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| C:\Users\ParkTKD\Dropbox\TKD\케릭터\ParksLogo.jpg**July 2018**Volume 6, Issue 3 | Park TimesLong Beach EditionWorld Hong Ik Tae Kwon DoQuarterly News Letter | C:\Users\ParkTKD\Dropbox\TKD\케릭터\TKD Art\attack2.wmf |

Grandmaster’s Message

I've been teaching and practicing Tae Kwon Do for most of my life. I have experienced first-hand the power of Tae Kwon Do to transform individuals and inspire growth in groups. I believe that Tae Kwon Do is useful as a tool to develop discipline, self-confidence, and commitment. I have seen it help kids and adults overcome their insecurities, improve focus, and achieve the goals they set for themselves. Students learn best through experience and muscle memory, so classes focus on mastering basic techniques, using them in group exercises, and mentally preparing for real world situations where they can be used for self-defense.



**\* Summer Camp is July 2 – August 24**

(Register Now!)

**\* August 11 – Annual School Picnic at**

 **Lido’s Mushroom Beach**

**\* August 25 & 26 – Demonstration**

 **on Long Beach Boardwalk**

**\* Sept 1 - 3 – Closed for Labor Day**



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| TKD Word Find Park’s Martial Arts conquers Bear Mountain**Parents Message**Tae Kwon Do is Action Philosophy. By practicing Tae Kwon Do one can develop good coordination, gain strength, increase flexibility and improve cardiovascular conditioning to have a strong body. One can build self-confidence, gain better judgment and improve self-control to have a strong mind. While developing a strong body and a strong mind, it is appropriate to learn the valuable tools and lesson in life ordered by the TKD philosophy. TKD philosophy emphasizes good health, happiness, generosity and a sense of value of freedom, justice and peace. All of these inspire both independence and coexistence. TKD is an art of humanity. It is a guide for the information of outstanding character. It is practiced as a modern world sport and a contemporary universal philosophy.**Students Message**Don’t get frustrated when learning a new skill, for example a spinning hook kick or a tornado kick. Very few students can learn new skills on their first try. For most of us it takes time for your body and brain to work together. The majority of beginners experience a feeling of inadequacy with regards to performing the movements involved. When learning a new skill in class you may feel like you have 2 left feet or not enough arms. Subconsciously, your brain is still working on it after class, especially while you are sleeping. Sometimes the next time you try it seems to work for you. Sometimes you need to practice more. Every student learns differently, you need to find what works for you. If you are having difficulty learning a skill, try asking a different instructor or Master. It may just take different point of view to perfect your technique. **Welcome** to all of our new students. When you become a student here at Park’s Martial Arts Tae Kwon Do School, you become a member of our family. |

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| July 2018 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2Summer Camp | 3Summer Camp | 4**School Closed** | 5Summer Camp | 6Summer Camp | 7 |
| 8 | 9SummerCampBoard Breaking Week | 10Summer Camp | 11SummerCamp | 12SummerCamp | 13SummerCamp | 14 |
| 15 | 16SummerCamp | 17SummerCamp | 18SummerCamp | 19SummerCamp | 20Summer Camp | 21 |
| 22 | 23 SummerCamp | 24 SummerCamp | 25 SummerCamp | 26 SummerCamp | 27Summer Camp | 28 |
| 29 | 30Summer Camp | 31Summer Camp |  |  |  |  |

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| August 2018 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1SummerCamp | 2SummerCamp | 3Summer Camp | 4 |
| 5 | 6Summer Camp | 7Summer Camp | 8Summer Camp | 9Summer Camp | 10Summer Camp | 11**Annual****School Picnic** |
| 12 | 13Board Breaking WeekSummer Camp | 14Summer Camp | 15Summer Camp | 16Summer Camp | 17Summer Camp | 18 |
| 19 | 20Summer Camp | 21Summer Camp | 22Summer Camp | 23Summer Camp | 24Summer Camp | 25**Board****Walk Demo** |
| 26**Board****Walk Demo** | 27 | 28 | 29 | 30 | 31 |  |

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**Our Staff**

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| **Grand Master Su Hyun Park** |
| Master: Won Chan JangInstructor: Maxwell DexterInstructor: Alfred Calambo | OM & Instructor: Lisa DexterInstructor: Erin KellyInstructor: Winter Landmann-Herd |
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