

DE WITT MARTIAL ARTS

Teaching The Ancient Korean Martial Arts of Unarmed Self Defense

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KOREAN CHUNG DO KWAN



UNIVERSAL TAEKWONDO BROTHERHOOD

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KOREAN CHUNG DO KWAN

KOREAN HOSHIN SUL HAP KI DO

DOJANG NEWSLETTER

Class Schedule

Reminder, we have had a scheduling change!

Effective Monday July 23

4:35 PM	White Belt through Fifth Green ranked students
5:35 PM	White Belt through Brown Belt ranked students
6:35 PM	The late class is now set for Red Belt through Black Belt ranked students**

** NOTE: Those students who are of the Brown Belt rank & are tentatively scheduled to test for their Red Belt rank during our next test may continue to come to the late class. All other Purple Belt and Brown Belt ranked students will now need to attend the middle class.

Saturday Classes

There will NOT be classes on Saturdays until after the upcoming promotional test in September. We will make an announcement in class as to when these classes will resume.

Promotional Testing

Our upcoming promotional test is scheduled for September. The official date will be communicated SOON!

Training Tips

A good pair of running shoes makes all the difference in the world! A bad pair of running shoes can make even the shortest distances feel like a marathon. Hint, hint! Flip-flops, sandals and Etnies are NOT running shoes! ☺

GM Humesky

Grandmaster Humesky will be having a cardiac catheterization surgery which will increase blood flow to his heart. He hopes to be out of the

hospital on Friday. Please keep him in your thoughts!

History Tidbit

Our American Flag

Courtesy of the Independence Hall Association <http://www.ushistory.org>

What do the red, white, and blue of the flag represent?

“The Continental Congress left no record to show why it chose the colors. **However, in 1782, the Congress of the Confederation chose these same colors for the Great Seal of the United States** and listed their meaning as follows: white to mean purity and innocence, red for valor and hardiness, and blue for vigilance, perseverance, and justice.”

Quote of the Month:

"Courage is resistance to fear, mastery of fear, not absence of fear."
– Mark Twain