DE WITT MARTIAL ARTS

Teaching The Ancient Korean Martial Arts of Unarmed Self Defense

태권도 Est. 1993 합기도

Issue 208 February 2009

KOREAN CHUNG DO KWAN

UNIVERSAL TAEKWONDO BROTHERHOOD

1014 Laurel, Brainerd, MN 56401 (218) 828-8522

Senior Master Garrett De Witt
Master Karmon Keppers, Chief Instructor Mr. Todd O. Dahl, Head Instructor
Mr. Randy Mertes, Instructor Dr. Renee Taylor, Instructor
Dr. Jeffrey Nyblom, Consulting Instructor

KOREAN CHUNG DO KWAN **KOREAN HOSHIN SUL HAP KI DO**

DOJANG NEWSLETTER

http://www.dewittmartialarts.com/

January Promotions

Congratulations to those students recently promoted during the January Promotional Testing.

Seventh Gold	Hunter Gibson Kirk Brandanger Maddie Bernie Olivia King Cindy Urbaniak Lauren Lindell Sophia Urbaniak Samara Dahlberg
Sixth Green	Renzen Caughey Nathan Lindell
Fourth Purple	Nancy Russell John Hanson Jordan VanRisseghen Courtney Russell
Third Purple	Jayme VanRisseghen Magali Seymour
Second Brown	Katrina Welch Chance Meyer
First Dahn	Mr. Loren Jones Miss Miranda Zilka
Second Dahn	Mr. Jeffrey Ellstrom Ms. Lynne MacKenzie Ms. Shirley Salber

Class Schedule

4:35 PM	White Belt through Fifth Green ranked students
5:35 PM	White Belt through Brown Belt ranked students
6:35 PM	Red Belt through Black Belt ranked students & Brown Belt ranked students who are preparing for Red Belt

Quotes of the Month:

"When you come to the end of your rope, tie a knot and hang on." ~Franklin D. Roosevelt

"Perseverance is the hard work you do after you get tired of doing the hard work you already did." ~ Newt Gingrich

Notes from Senior Master DeWitt

Black Belt Dahn Test January 2009

Our recent Black Belt promotional test proved once again to be a very, very tough physical test which was completed after almost thirteen (yes, 13) hours of pure mental/cognitive and physical fun. Over the past year I have stepped back a bit to observe so very many of our students work exceedingly hard in the late class to polish each other's physical, psychological and cognitive skills and abilities. I watched as Master Keppers, Dr. Taylor, Mr. Mertes and Mrs. Christenson, push Mr. Ellstrom, Ms. Lynne MacKenzie and Ms. Salber to the point of utter physical and psychological exhaustion. During this fun period, I also watched all of the Black Belt ranked students, along with Mrs. Handlos, Ms. Cora Simenstad, Ms. Jasmine MacKenzie and Devin MacKenzie, push, prod and physically, cognitively and ever so slowly, grind Mr. Loren Jones and Ms. Miranda Zilka into two very polished and confident Black Belts. This promotional test brought a lot of tears, sweat, and laughter and above all else, it really brought out each individual's character. None of these students backed up one step throughout this testing. They demonstrated the tenets of Tae Kwon Do and persevered and have each achieved something (True Growth/Dahn Rank) which over one thousand, one hundred students over the years at our dojang, failed to do.

Congratulations to each of you. Never, ever, fail to face your fears in life, as this will allow you to face all obstacles, which may hinder your family and your own personal growth. As we all know, "there are no re-runs in life."

March Tournament

It is almost that time of the year once again.

Many of our students have competed or attended this tournament; however, for those who have not, this is a very good tournament in which to be involved. There are many areas to compete and we have done well this very well organized event. I do hope we can get a number of students to attend and compete at this one.

Tournament information and registration form are included in this newsletter

CROW RIVER KARATE'S

Hutchinson Open
TKD, Karate & JuJitsu Championship
Saturday, March 21, 2009
McLeod County Fairgrounds, 800 Century Avenue, Hutchinson, MN

Form

Weapons Form

Breaking

Open Sparring

- All Matches 2 minutes

TKD Sparring

- Colored Belt Matches 2 minutes; Black Belt matches (2) 2 min. rounds
- All Competitors must wear safety equipment

JuJitsu

FEES & TIMES

Entry Fees	
(1) Event—Advance Registration	$35.00
At the door	$40.00
Each Add'l Event	5.00
Black Belt Judge Discount	5.00

**PRE-REG. POSTMARKED BY FRI. MAR. 7TH!

Spectator Fees:	
Adult	3.00
Child (7-12)	2.00
6 & Under	Free

Open Registration: 9:00
Competition Begins: 11:00
Black Belt Judges Meeting 10:30

Forms & Breaking Under Black Belt

7 & Under
Beginner
Intermediate
Advanced

8-11 Years
Beginner
Intermediate
Advanced

12-14 Years
Beginner
Intermediate
Advanced

15-17 Years
Beginner
Intermediate
Advanced

Women's
Beginner
Intermediate
Advanced

Men's
Beginner
Intermediate
Advanced

Black Belt Forms & Breaking

Youth 11 & Under
Juniors 12-17
Women's
Men's
Min. 4 competitors for Grand Championship

Weapons Forms

Under Black Belt
- Juniors
- Adults

Black Belt
- Juniors
- Adults

Min. 4 competitors for Grand Championship

Black Belt - TKD Sparring
Black Belt - Open Sparring

Youth
Juniors
Women's/Women's Seniors
Men's/Men's Seniors

Color Belt TKD Sparring/Open Sparring

6 & Under
Beginner
Intermediate
Advanced

7-8 Years
Beginner
Intermediate
Advanced

9-11 Years
Beginner
Intermediate
Advanced

12-13 Years (Boys/Girls Separate)
Beginner
Intermediate
Advanced

14-15 Years (Boys/Girls Separate)
Beginner
Intermediate
Advanced

16-17 Years (Boys/Girls Separate)
Beginner
Intermediate
Advanced

Color Belt TKD Sparring/Open Sparring

Women's/Women's Seniors
Beginner
Intermediate
Advanced

Men's/Men's Seniors
Beginner
Intermediate
Advanced

JuJitsu

Divisions will be determined by weight class.

Additional Information

In Youth divisions, both age & size will be considered. Min. of 4 athletes/div.

Board Sizes 1" x 12"

8 & Under:	4" long
9-16 years:	6" long
17 yrs -Adult:	10"long

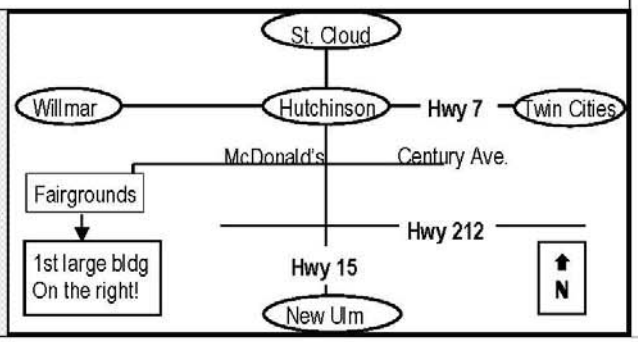
No Head Breaks • No Patio Blocks
• No Refunds on Boards!

Sparring: May enter only (1) Sparring Event. Must choose either TKD Sparring or Open Sparring.

Awards: 1st, 2nd, 3rd place trophies will be awarded. Trophies will be awarded to all participants 11 & Under!!

Grand Championship trophies awarded in Forms & Weapons

Registration/Questions:
Mr. Mike Campa
%CRK Productions
879 Oak St. NE,
Hutchinson, MN 55350
Call: 320-587-2241 Home#
E-mail: crktkd@mchsi.com (new email)
On tournament day or the day before,
call 320-582-1201 Mike
or 320-582-1202 Connie



HUTCHINSON OPEN REGISTRATION FORM

PLEASE PRINT CLEARLY!!

Name_____ ____ ____
(First) (M.I.) (Last)

If↓18, parent/guardian_____

Home Address_____

City_____ST_____Zip_____

Home Phone(_____)_____-_____Cell Phone(_____)_____-_____Email:_____

Beginner_____Intermediate_____Advanced_____Black_____Age_____Sex_____

Please list gup or degree, instead of color; 10-9-8 Gup=Beginner; 7-6-5 Gup=Intermediate; 4-3-2-1 Gup=Advanced

Name of Karate School_____Phone(_____)_____-_____

Karate School Address_____City_____Zip_____

Instructor's Name_____Email_____

I apply for participation in the Hutchinson Open Karate Championships. I assume any & all responsibility for any & all losses, damages, and/or injuries I may sustain or incur, if any, while attending & participating. I waive any & all claims against officials, CRK Productions, promoters, operators, sponsors & fellow participants of this tournament, individually, or jointly, for any losses, damages and/or injuries. Any & all photographs taken are the sole property of tournament officials.

Signature_____Date_____

Parent/Guardian Signature_____Date_____

Entry Fees: $35 (1) Event; $5 Each Additional Event
At the Door $40 (1) Event; $5 Each Additional Event
$5 Discount Black Belt Judge
Make Checks Payable to: CRKP

☐ **Forms** ☐ **Weapons** ☐ **Breaking**

☐ **Open Sparring** ☐ **TKD (Olympic) Sparring** ☐ **JuJitsu**
May enter only (1) Sparring Event. Must choose either TKD Sparring or Open Sparring.

CRK Productions
879 Oak St. NE
Hutchinson MN 55350