



## iKickbox... Do you?

We are launching a brand new program for teens (13+) and adults... iKickbox! I've heard great things about this program, so I decided to purchase a license for our school.

The workouts are fun/challenging and are geared more towards fitness. Our new kickboxing program is a great way for people without any prior martial arts experience to get some exposure. It's also designed to help current students build strength, power and endurance.

An iKickbox membership is \$50/month for non-TKD students. We also have discounted iKickbox rates for TKD students and parents of TKD students.

**Current TKD Student:** \$25.00/month (save 50%)

**Parent of TKD Student:** \$37.50/month (save 25%)

Initially, classes will be offered Monday nights, Thursdays during the day and Saturday mornings. If the interest is there, we may add additional classes. If anyone has questions about the new iKickbox program, please ask!

**Nick Zorn, 4th Degree Black Belt**

School Owner, West of the Moon ATA

[nick@oswegoATA.com](mailto:nick@oswegoATA.com)



**Mr. Mike Moh**

## Bloomington Regional Tournament

The snow and cold weather didn't stop students from our school from participating in a regional tournament in Bloomington, IL. About a dozen students competed. We are proud of all of them! :)

The next regional tournament is **March 6-7 in Lynwood, IL** at the newly-remodeled Southland Center. Mr. Mike Moh will be the special guest at this tournament. He played Agent G in ATA's bully prevention program and Ryu in the new Street Fighter movie. He will be taking photos and signing autographs.

Our school has been challenged to bring 84 competitions. We rocked our last challenge. Can we do it again this time around?!



## New Year's Eve Workout

We had a great group of students that participated in this year's New Year's Eve workout. Our Tiger group ran through a challenging obstacle course and played an extended dodgeball game. The junior/adult group did some kickboxing partner drills. It's great to see so many people sacrificing sleeping in on a day off to workout!



## Valentine's Day Cards

We will be providing **FREE** Valentine's Day cards to anyone that would like them. They'll be available for pickup at the school starting February 1st and will be available until we run out.

## WOTM Tournament Update

For those of you that didn't attend this past session, our school earned a tournament. Our region awards them based on participation to the top eight schools. Our school came in seventh place and was given the date of **September 17, 2016** to host. We are looking at facilities in the area to host our event. If you have any ideas or have connections within the school district, please let us know!

## WORD OF THE CYCLE: Self-Control

**MEANING:** "Controlling your body and your actions."

### STUDENTS OF THE CYCLE

<b>Tiger Cubs</b>	Mateo Spinozzi
<b>ATA Tigers (Beginner)</b>	Hayden Ufen
<b>ATA Tigers (Intermediate)</b>	Mateo Lovero
<b>Beginner</b>	Kennedy Green
<b>Intermediate</b>	AJ Isztok
<b>Advanced</b>	Logan Woods
<b>Black Belts</b>	Dylan Stopinski

## Words or Actions?

At the beginning of each class we recite the Songahm oath. These words are intended to inspire us to do well during our class time. At the end of class, we again recite the Songahm oath. Here, the words should give us guidance outside of the school. But, do we really take them to heart?

In class, do you show courtesy to all of your fellow students, throughout the entire class time? This includes doing your best while working with a partner. Do you show loyalty to your instructor? Do you listen to their directions, and answer up in class? Do you have respect for your juniors and seniors? Respect is not only for those who are a higher rank than you, but also for those your rank and lower. You cannot expect respect if you do not give it in return.

Outside of the school, do you follow the closing oath? Do you persevere through the tough times at school, work, and home? The only sure way to fail is to give up. Be stronger than that - persevere. Have honor with others, by remembering to treat them as you would want to be treated. Do you show integrity, even if you know no one will know if you don't? Do you control your thoughts, words and actions? It is easy to let outside pressures get to you, cause you to lose control. Remember, though, that is not the way of a black belt.

The new motto of the ATA is to Always Take Action. I hope that this means that the oaths that we say are not just words for you, but you show them in your actions!!

**Charlotte Kennerly, 4th Degree Black Belt**

Chief Instructor, West of the Moon ATA

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# TESTING CYCLE OVERVIEW

JAN

SUN	MON	TUES	WED	THU	FRI	SAT
25 Session Starts	26	27	28	29	30	31



Pick up your FREE Valentine's Day cards starting February 1st!

FEBRUARY

SUN	MON	TUES	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Bully Prevention & SHARP
8	9	10	11	12	13	14 Valentine's Day
15	16	17	18	19	20	21 PNO
22	23	24	25	26	27	28

## 2/7—Bully Prevention / SHARP

We will be running a special schedule so that we can offer our younger students the "Agent G" Bullying Prevention Program and our teen/adult students SHARP (sexual harassment and rape prevention). Grab a flyer and watch the TV for more information!

## 2/21—Parent's Night Out, 5:00-9:00p

Parents, this is your chance to enjoy a date night, kid-free! Drop off your kids and we'll keep them entertained with games, pizza and a movie. This PNO's feature... Planes: Fire & Rescue (2014, PG)

## 3/7—Regional Tournament

All students are encouraged to compete in our last regional tournament of the season. Information is available at the front counter. Please let an instructor know if you are planning to attend and this will be your first tournament.

## 3/28—In-School Tournament

Our school will be hosting a small tournament. This is a great opportunity for students to get their first taste of competition and the last opportunity for leadership students to earn points for the season.

MARCH

SUN	MON	TUES	WED	THU	FRI	SAT
1	Tournament Week			5	6 Regional Tournament	7 Regional Tournament
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23 Yorkville CUSD Spring Break Starts	24	25	26	27 Yorkville CUSD Spring Break Ends	28 In-School Tournament
29	30 Oswego 308 Spring Break Starts	31				

## Rank Testing

The culmination of our testing cycle is rank testing. Students should have attended class regularly and must receive an instructor's permission to test. We offer a make-up the week before for students unable to make our regular testing.

**ATA Tigers will be testing on Thursday, April 9th.**

**Junior/Adult Students will be testing on Saturday, April 11th.**

Attendance Requirement for Rank Testing:

ATA Tigers: 12, Junior/Adult: 18

Dates/Times Subject to Change

Visit [oswegoATA.com](http://oswegoATA.com) for current calendar.

APRIL

SUN	MON	TUES	WED	THU	FRI	SAT
			1	2 Early Testing	3	4
5	6 Oswego 308 Spring Break Ends	7	8	9 Tiger Testing	10	11 Rank Testing

ONE-TIME

**\$50.00 Family Credit**

NEW PATIENTS ONLY

**Krouth Dental**  
1128 Douglas Road  
Oswego, IL 60543  
(630) 554-5244



KrouthDental

	BASIC TIGERS	INT. TIGERS	BEGINNER	INTERMEDIATE	ADVANCED	BLACK BELTS
<b>FORM</b>	Songahm #1 First Half	Songahm #4 First Half	Songahm #1	Songahm #4	In Wha #2	Rank-Appropriate
<b>LOW-RANK FORM</b>	N/A	N/A	N/A	N/A	Songahm #4	Songahm #1 Songahm #4
<b>SPARRING</b>	SA1 One-Step #1-2	SA4 Sparring Segment #1-2	SA1 One-Steps #1-2	SA4 Sparring Segments #1-2	Advanced Free-sparring	Advanced Free-sparring
<b>SELF-DEFENSE</b>	Palm Heel Stop & Knuckle Press	Songahm #4 Self-Defense #1-2	Songahm #1 Self-Defense #1-2	Songahm #4 Self-Defense #1-2	In Wha #2 Self-Defense #1-2	Outside Flows
<b>BOARD BREAK</b>	N/A	Backfist	N/A	Backfist	Reverse Side Kick	Rank-Appropriate
<b>BB/Leadership Weapon</b>	Single Bahng Mahng Ee	Single Bahng Mahng Ee	Single Bahng Mahng Ee	Single Bahng Mahng Ee	Single Bahng Mahng Ee	Single/Double Bahng Mahng Ee