



2007 July Edition

PAC Taekwondo News

Happy 4th of July!



Upcoming Events

Summer Membership Drive

DEMO DAY

Billing Cycle
6/6-7/30

No Class 7/4 Wed

Saturday 7/14
PAC Summerfest
Taekwondo Demo 1:30

Demo Day
7/16 all classes held in
the lawn area

7/17 Women's
Self Defense Workshop
6:30pm in Studio B

Next Testing
Tentatively 7/24

UWTA Summer Camp
July 13-15th
Soda Springs, CA
Check out:
www.uwta.org

PAC Summerfest **July 14th, Saturday**

Our Taekwondo program will be performing at the annual PAC Summerfest celebration at 1:30pm. Ms. P will give details in class and get a head count of all those that will be participating in the event.

Women's Self Defense Workshop in Studio B on Tuesday July 17th at 6:30pm. See PAC activity board for more info and to register.

On July 16th, all classes will be held outside in the lawn area. We will be demonstrating our art for other club members in order to promote our program. If you have friends at the PAC that are curious about what you do or are interested in the martial arts, this is a great event to invite them to. All students should make sure that their uniforms look sharp and make sure your belt is tied right!!! I am looking forward to DEMO DAY as it is going to be a blast!

The summer is a great time to get your friends and family to try martial arts. We are going to designate Monday July 16th as "bring a friend to class day!" You can bring any PAC member to class for free to be your buddy. Decide now who you want to bring and invite them ahead of time so they mark their calendar!!! This day is the same day as our demo day...see next column for details...

EXECUTIVE MARTIAL ARTS

Many of you have experienced first hand or seen the benefits of Taekwondo through your child's development. As we know, martial arts is more than kicking and punching. Although one of the greatest benefits is the physical aspects (self defense, getting in great shape, flexibility, etc) the mental benefits are countless. Some of the major advantages one can gain mentally include self confidence, self discipline, camaraderie, goal orientation, self drive, consistency, moral awareness, respect for self and others, loyalty and much more. Now imagine having a workforce with the above mental attributes. It sounds to good too be true but its real. Martial arts shapes us as people which in turn pours out into our everyday lives and provides a foundation for the choices and decision we make. So lets put it this way, if your employees or colleagues were all martial artists and you all had a common mentality and understanding, your work environment would be considerably more cohesive, productive, supportive and loyal to each other and your company.

Currently, Lil Ms. P and I are teaching martial arts to teams of business professionals. We have been working with Grubb & Ellis/BRE Commercial for close to 2 years and have first hand seen the benefits martial arts can bring to the professional world. If you would like your company to reap the same benefits please feel to contact us at 619 921-4551. Whether you own the company or are a team member, let us know you are interested.