



PAC Taekwondo News

Happy New Year!

I hope you all had a wonderful holiday season with your families. Another year has passed and it is time to set resolutions for the new year. This is a great time to reflect upon the previous year and make new goals to better ourselves. Goal setting is a big part of our Taekwondo training as it helps us to work hard and achieve things we never thought we could accomplish. My hope is that our focus and determination to accomplish great feats in Taekwondo carries into our everyday lives. The same will and determination that we use in Taekwondo can help to achieve personal goals you set for yourselves this year. In addition to your personal resolutions, I would like my students to set one short and long term goal for Taekwondo!

Master Pourarian



CHEST PROTECTOR REQUIREMENT



As of February, chest protectors will be a mandatory gear requirement. All students must wear their chest protector to spar. Most of you already own a chest protector; however, for those that need to purchase one you can go to www.msptkd.com to order or let me know via email.

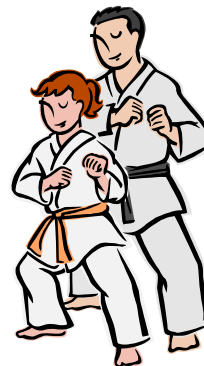
Calling all Adults...

Is your New Year's Resolution to...

- Lose weight ▪ Gain flexibility
- Be Healthier ▪ Gain Confidence
- Learn Self-Defense

*Look no further than our
Monday & Wednesday 8:15pm
Taekwondo Adult Class!*

*One month free to the first 3
Tkd parents that join.*



Master Corrie's Corner..... **Respect amongst Ranks**

As you travel on your Taekwondo journey you will find special people to look up to and many that will help guide you on the right path. You will also find that sometimes you are the person that others see as a role model and the person giving guidance. For this reason it is important for all of us to follow the tenets of Taekwondo at all times and to be great role models in and out of class. One of the best ways to set a good example for juniors is to understand and practice respect amongst ranks. Such examples include always being courteous to your peers and instructors, bowing to your seniors, and calling all instructors and Black Belts by their last name. It is up to the first person that sees the senior instructor walk into the room to bring the students' attention to the instructor and give the command for everyone to bow. Bowing is both an oriental and martial arts custom. It is somewhat equivalent to our custom of shaking hands. As such all students should bow when greeting a senior or instructor. It is also customary for all students to bow as they enter and leave their training environment. This shows respect to the place you have come to learn and grow. The training area has always been looked at as a serious and sacred place where practitioners come to learn to defend themselves and practice an art. Training with discipline and seriousness is another way of showing respect to both your instructor and peers.

Upcoming Events

- 2/26 TUESDAY
Rank Testing
6:30 pm
- 2/27 Wednesday
No Class
- 4th Annual Friendship Tournament
hosted by
Pourarian's TKD
April/May TBA
- UWTA Tournament
March 29, 2008
Sacramento, CA

**Students-Please
make sure that
your uniforms
have both the
UWTA and
Pourarian's TKD
patches sewn on.**

Thanks You



Check out
www.msptkd.com