WHITE TIGER TAEKWONDO & MARTIAL ARTS

TIGER TIMES

NEWSLETTER JULY/AUG '19 • 919-469-3553

www.WhiteTigerTKD.com • www.facebook.com/WhiteTigerTKD

SATURDAY, JULY 27 • 10AM - 2:00PM

White Tiger will be hosting the annual Free Family Fun Day Saturday, July 27. In addition to testing for your next belt, we'll have plenty of fun things to do. There will be exciting demos to watch, prizes to win, Giant Slide Ride, Instructor Dunk Tank, free hot dogs and refreshments.

It is all **FREE!** Invite all your friends! There will be incredible one-day-only super-specials in the proshop and enrollment specials for new students.

If your friends become regular members here at White Tiger - YOU will earn a beautiful embroidered black V-neck uniform!

JULY 1-3 • WEEK #4

SUMMER CAMP -
"Nerf Ninja Camp"

Weeks are filling up, but there is still time to register for the White Tiger Summer Camp. Camps include: arts & crafts, gymnastics, science experiments, Tiger Tube playland, rock climbing, zipline, flipping harness, outdoor water slides & games, demonstrations and Taekwondo classes everyday. Registration forms are in the schedule rack and online.

CLOSED FOR HOLIDAY

HOLIDAY CLOSINGS

Closed on Wednesday July 4th, 5th, 6th & 7th for the holiday. Have a safe and happy Independence Day!

JULY 8-12 • WEEK #5

SUMMER CAMP -
"Self Defense Camp"

WEDNESDAY, JULY 10

FIELD TRIP TO WHITE TIGER

Team White Tiger to perform.

FRIDAY, JULY 12 • 6:30PM

TIGER TOT TOURNAMENT

Participants will be asked to do a roll on the wedge mat and then kick, punch and yell at the command of the judge and possibly break a very thin board. Judges will be extra patient and encouraging. Competitors will be scored by amount of "spirit" or courage and enthusiasm. Everyone will receive a trophy. Number of trophies are limited, we will only accept entries equal to the amount of trophies. Entry fee $15.00.

FRI, JULY 12 • 8:15-10:00PM

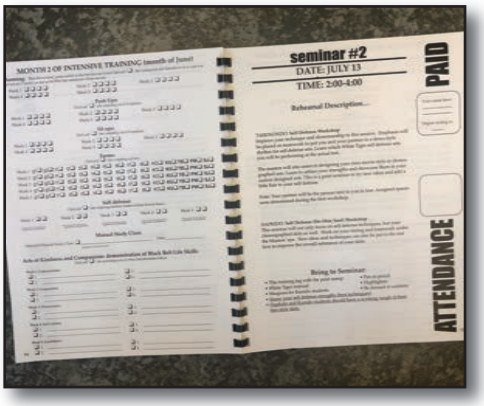
LEADERSHIP TEAM TRAINING

One hour of hands-on training followed by a social. Members 21+ will meet on the Leadership Lounge. Movie and pizza for everyone under 21 in the Tiger.

SAT, AUGUST 13 • 12:15-1:00PM

MANAGEMENT TEAM MEETING

Monthly meeting in the Dragon.



SAT, JULY 13 • 2:00-4:00PM

BLACK BELT REHEARSAL # 2

Number 2 of 6 rehearsal seminars. Please have your training log stamped prior to the beginning of the seminar.

JULY 15-19 • WEEK #6

SUMMER CAMP -
"Gladiator Camp"

MONDAY, JULY 15 • 1:30-3:00

FIELD TRIP TO WHITE TIGER

Team White Tiger to perform.

FRIDAY, JULY 19 • 6:00 - 6:45

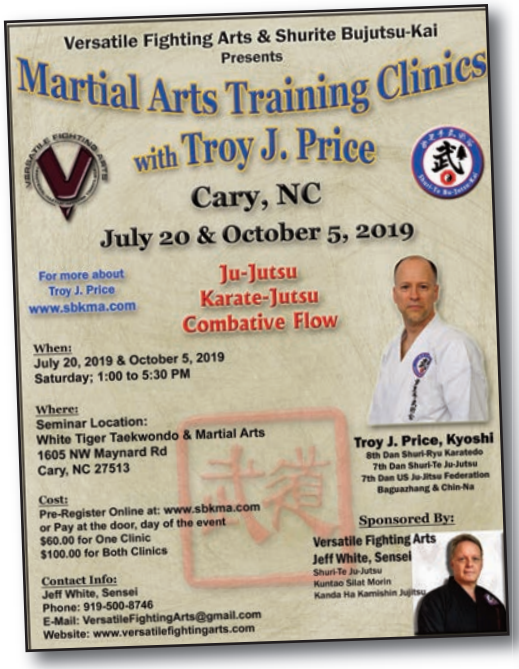
TIGER TRIVIA GAMESHOW

All students are invited to come out and play the gameshow to earn Taekwondough dollars!

MOBILE APP TO STUDY

"BAEKHO BATTLE TRIVIA"

Download the new app designed to help you learn your terminology, history, curriculum and rules/regulations. This fun app was designed by White Tiger students Teri Bergens, Crystal Wright and Master E. Wright. Available now for iphone, android app is coming soon.



SATURDAY, JULY 20

SEMINAR/KYOSHI TROY PRICE
Recommended for teens and adults.

JULY 22-26 • WEEK #7

SUMMER CAMP -
"World Culture Camp"

WEDNESDAY, JULY 24 • 1:30-3:00

FIELD TRIP TO WHITE TIGER
Team White Tiger to perform.

THURSDAY, JULY 25 • 10:30-12

FIELD TRIP TO WHITE TIGER
Team White Tiger to perform.

FRIDAY, JULY 26 • 10:30-12

FIELD TRIP TO WHITE TIGER
Team White Tiger to perform.

TEST & FREE FAMILY FUN DAY

2 EVENTS IN 1 - TESTING DAY
Taekwondo Color Belt Testing will be held on Saturday, July 27 at White Tiger beginning at 10:00am for Tiger Tots, 10:05pm for Black Belt forms, 10:10pm for low rank Taekwondo. Lady Tigers, Hapkido, Wing Chun and Weapons will test at 11. At noon we will test for green belt and above. Applications for testing are due by 7:30pm on Thursday, July 25th. There are no classes on testing day.

FREE FAMILY FUN DAY SCHEDULE

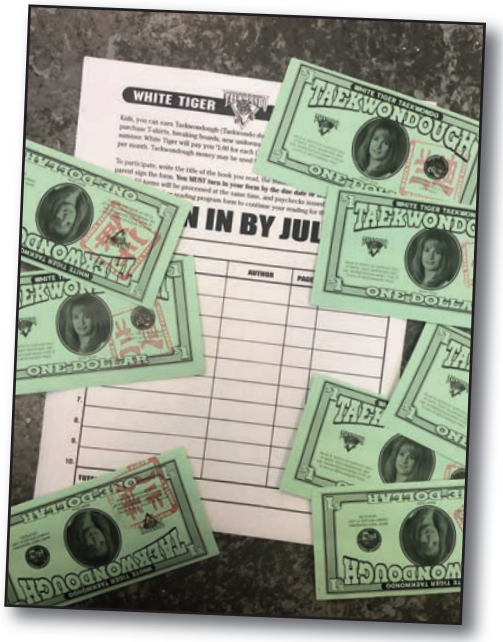
TIGER TOT TESTING	10AM
LOW RANK TAEKWONDO TESTING	10:15
TEAM WHITE TIGER DEMO	10:50
KUNG FU TESTING	11:00
HAPKIDO TESTING	11:15
LADY TIGERS TESTING	11:30
WEAPONS TESTING	11:45
TIGER TOT DEMO	12:00
KUNG FU DEMO	12:10
HIGH RANK TESTING	12:15
GRANDMASTER TORRES DEMO	12:50
TEAM WHITE TIGER	1:00
TRIAL LESSONS	1:15-2:00

also on July 27th...

Do not miss the 23rd Annual **FREE FAMILY FUN DAY**, to be held while the testing is in session. Enjoy FREE Giant Slide Ride, Instructor Dunk Tank, Pizza, drinks and prizes. This event is for each and every White Tiger student, friends, family and our community members. Invite everyone you know. Don't miss the incredible Proshop sales and special offers for new White Tiger students. Even if you are not testing on this day, come out and support your classmates, enjoy some incredible demonstrations and participate in all the free activities. Earn a ticket for every class attended this summer!

JULY 29 - AUG 2 • WEEK #8

SUMMER CAMP -
"Weapons Camp"



WEDNESDAY, JULY 31

JULY READING LOGS ARE DUE
Kids, don't forget to keep up on your reading over the sumer break. Pick up a reading log from the front schedule rack. Earn Taekwondough dollars for each book your read! Spend TKDough in the Proshop.

THURSDAY, AUGUST 1 • 6:45

REDMAN SELF DEFENSE

Scenario based self defense training seminar held during sparring class. For all students. No sparring gear required on this day, wear regular street clothes.

FRI, AUGUST 2 • 8:15-10:00PM

LEADERSHIP TEAM TRAINING

One hour of hands-on training followed by a social. Members 21+ will meet on the Leadership Lounge. Movie and pizza for everyone under 21 in the Tiger.

SAT, AUGUST 3 • 12:15-1:00PM

MANAGEMENT TEAM MEETING

Monthly meeting in the Dragon.

SAT, AUGUST 3 • 2:00-4:00PM

BLACK BELT REHEARSAL #3

Number 3 of 6 rehearsal seminars. At the end of this seminar you will be half way there! Please have your training log stamped prior to the beginning of the seminar.

AUGUST 5 - 9 • WEEK #9

SUMMER CAMP - "Adventure Camp"

SATURDAY, AUGUST 10

BIRTHDAY PARTIES

Team White Tiger to perform.

TUES, AUGUST 13 • 6:45PM

DEMO TEAM AUDITIONS

Do you like to yell really loud? Like to show off? Like to break boards and sign autographs? Demo team might be the team for you! Auditions will be held on Tuesday, August 13 at 6:45PM. Pick up an application in the schedule rack and also online. Practice up on your favorite form and breaking technique!

FRIDAY, AUGUST 16 • 6:00 - 6:45

TIGER TRIVIA GAMESHOW

All students are invited to come out and play the gameshow to earn Taekwondough dollars!

AUGUST 17 - 18 OVERNIGHT

COUNSELOR TEAM TRIP

In thanks for all thier hard work, Master Rondy and Mr. Fred will treat the Summer Camp Counselors with a minimum of 3 weeks of volunteer Sumer Camp Counselor service to a trip to the Great Wolf Lodge.

AUGUST 12-16 • WEEK #10

SUMMER CAMP - "Art Camp"

There is still time to register for any of the remaining weeks of White Tiger Summer Camp. Camps include: arts & crafts, gymnastics, science experiments, Tiger Tube playland, rock climbing, zipline, flipping harness, outdoor water slides & games, demonstrations and Taekwondo classes everyday. Registration forms are in the schedule rack and online.

AUGUST 19 - 23 • WEEK #11

SUMMER CAMP - "Anti Bully Camp"

The final week is filling up, but there is still time to register for this week. This week will include building self confidence, self esteem, develop social skills, work with body language and voice projection to decrease the appearance of being an easy target. Prepare for the best school year EVER! Camp will also include: arts & crafts, gymnastics, science experiments, Tiger Tube playland, rock climbing, zipline, flipping harness, outdoor water slides & games,

demonstrations and Taekwondo classes everyday. Registration forms are in the schedule rack and online.

AUGUST 23 • BUFFALO

SEMINAR IN NEW YORK

Master Rondy will be traveling to New York to present a recruitment and retention seminar to Masters and Grandmasters from around the World. She will also attend the Kali Instructor's Workshop by Datu Tim Hartman.

FRIDAY, AUGUST 23

AUGUST READING LOGS DUE

Keep up on your reading this summer and earn some taekwondough. Your Reading logs are due to the office on the last day of each month. Paychecks will be issued in class.

AUGUST 29 - SEPT 1 • ORLANDO

SEMINAR IN FLORIDA

Master Rondy has been nominated for a Grandmaster's Award at the World Head of Family Sokeship Council in Orlando. She will also be presenting a business seminar.

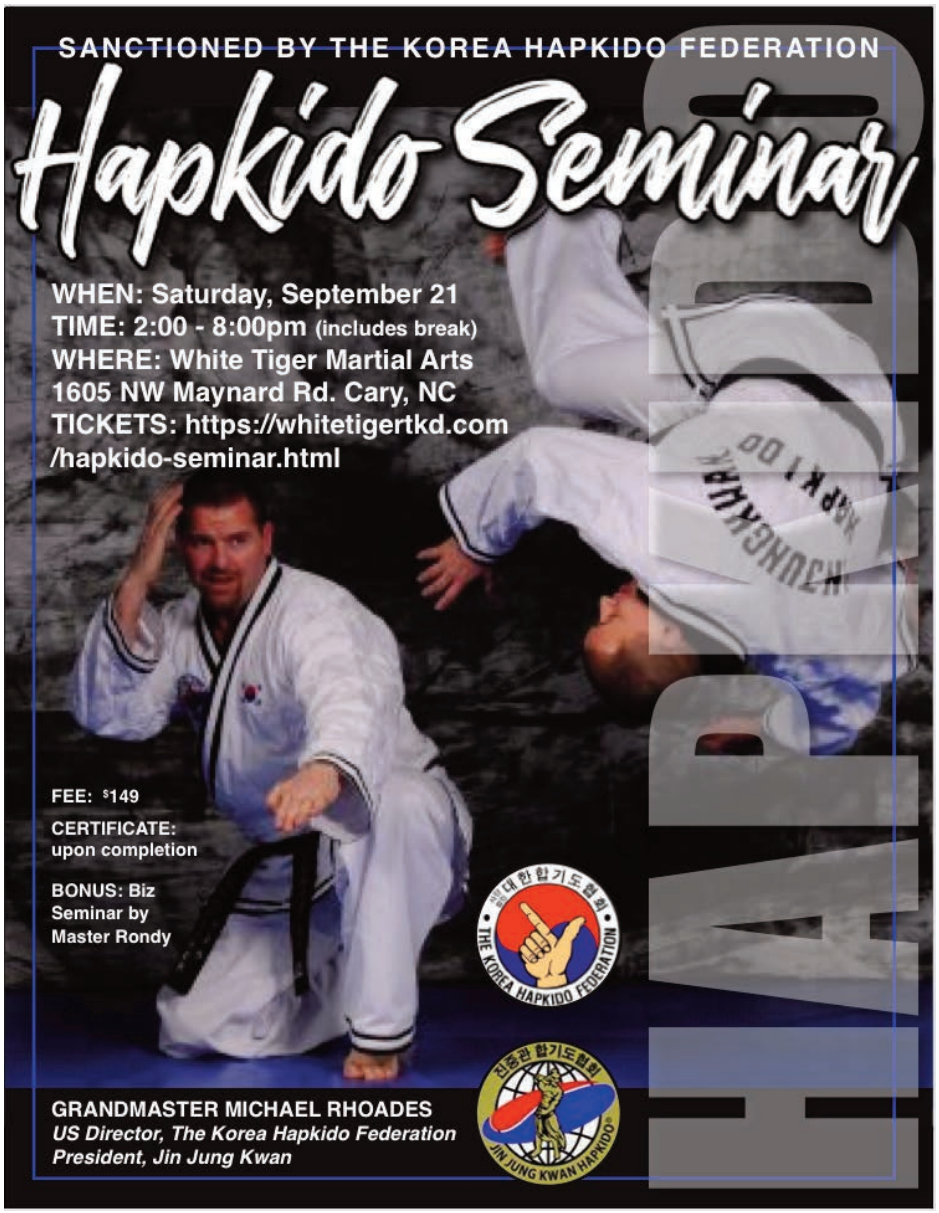
SAVE THE DATE! SEPTEMBER 21

THE KOREA HAPKIDO FEDERATION HAS CHOSEN US!

The KHF has chosen White Tiger for the sanctioned Hapkido Seminar with US Director 8th Degree Grandmaster Rhoades. Register early for best rates. Participants will receive a KHF certificate.

AUGUST 31, SEPTEMBER 1 & 2

SCHOOL WILL BE CLOSED FOR HOLIDAY



Seminars by Grandmaster Torres

POOMSAE REVIEW SEMINARS

FRIDAY, JULY 5, 10:AM - 11:30AM • $25/session
for White Belts 10th, Yellow Stripes 9th, Yellow Belts 8th and Green Stripes 7th

FRIDAY, JULY 5, 11:30AM - 1:30PM • $25/session
for Green Belts 6th, Blue Stripes 5th, Blue Belts 4th and Red Stripes 3rd

FRIDAY, JULY 5, 1:00PM - 2:30PM • $25/session
for Red Belts 2nd, Black Stripes 1st, Bodons and all Black Belts

The seminar will cover the forms for the listed ranks.

STRETCHING SEMINAR

SATURDAY, JULY 6, 10-12 • $25
for all ranks, all styles, all sports, open to students,parents, non students, etc.

SUPER SELF DEFENSE LEARN & REVIEW CLASS

SATURDAY, JULY 13, 2-4PM • $25
For all Taekwondo students. Curriculum 1-28.

SUPER SELF DEFENSE LEARN & REVIEW CLASS

SATURDAY, JULY 21, 2-4PM • $25
For all Taekwondo students. Curriculum 1-28.

STUDENTS OF MONTH - MAY

Daniel Watson.....Overall SOM
Advaith Gopalet.....White Belt
Naisha Garg.....Yellow Belt
Sai Tanay Kanchanam.....Green Belt
Asher Benson.....Blue Belt
Nathan Jebaraj.....Red Belt
Logan Kilcorse.....Bodon
Alexandra Ubbens .....Black Belt
Jennifer Pettes.....Leadership
Nicholas Champitto .....Hapkido
The Wright Family .....Family
Severa Gorbounov .....Lady Tiger
Wally Martz .....Tiger Tot
Shannon Benedetto .....Wing Chun

STUDENTS OF MONTH - JUNE

Trivid Santhosh.....Overall SOM
Abigail Dickens .....White Belt
Aarushi Sojitra .....Yellow Belt
Cynthia Chakkravarthy.....Green Belt
Jorrin Gutierrez .....Blue Belt
Akshat Changedia .....Red Belt
Brianna Libbey .....Bodon
Victor Luppi.....Black Belt
Clara Guy.....Leadership
Adam Olson .....Hapkido
The Wright Family .....Family
Mabel Vargus.....Lady Tiger
Paige Martz.....Tiger Tot
Samuel Lay.....Wing Chun