

# Taekwondo Times

Dec/Jan 2008

*Training Tools this Testing Cycle:*

Black Belt Club:  
Bahng Mahng Ee

Leadership:  
Double Ssahng Jeol Bong

*Life skill Word this Testing Cycle:*  
Confidence

*Forms this Testing Cycle:*

White-Green belts:  
Songahm Two

Purple - Red Belts:  
In Wha One

All Tiny Tigers:  
Songahm Two

## Holiday Sale

Satisfy all of the martial artists in your life by ordering the gifts guaranteed to be appreciated. Leave the long lines, traffic and stress behind by shopping at our school's Holiday Sale! December 1st - 10th



### A few words from Mr. Lansing

We are focused on **confidence** this testing cycle. Please use this opportunity to help your child display confidence at home by encouraging them to speak up and look you in the eyes when speaking to you.

Thank you for helping with our Thanksgiving food drive. Please read the food drive info on the back of this newsletter and do whatever you can for our December drive--large or small, every donation helps!

Finally, if you love what you or your child gets out of the program, tell a friend. When you talk about our programs we grow and continue our mission of **TRAINING TOMORROW'S LEADERS...TODAY!**

*Confidence*

*"Whatever you say, say it with conviction."*

*Mark Twain*

[www.LansingsMartialArts.com](http://www.LansingsMartialArts.com)



*Training Tomorrow's Leaders... TODAY!*

## Holiday Food Drives

Thank you to everyone who brought in food for our Thanksgiving food drive! Windsor Service Alliance was very appreciative of our efforts and hopefully we were able to help them to give those in need in our community a little more to be thankful for. on Thanksgiving.

We will be hosting a food drive for the first 3 weeks of December. **60,000 people are hungry each month in Sonoma County (of those 23,000 are children)** and the need is more critical than ever with more and more Sonoma County families turning to food banks for help. We would really like to make as much of an impact as we possibly can to help needy families in our community.

### Lansing's ATA Martial Arts

397 Aviation Blvd. Ste B  
Santa Rosa, CA 95403  
Phone: 707-591-0800  
Fax: 707-591-0600

[www.LansingsMartialArts.com](http://www.LansingsMartialArts.com)

*Training Tomorrow's Leaders...  
TODAY!*



### Confidence

*"Confidence comes not from always being right but from not fearing to be wrong."*

Peter T McIntyre

Help our Leadership program by booking all of your travel needs at [www.psglobetrotters.com](http://www.psglobetrotters.com) 20% of all profits go to Lansing's Martial Arts Leadership Program!



### December

- Holiday Sale December 1st –10th
- Dec. 24th - Jan. 4th Closed Holidays

### January

- Friday & Saturday, **Jan. 23rd & 24th** Testing (no classes on testing days)
- Please pay by Tuesday, **Jan. 20th** for discount
- January 30th & 31st Black Belt Nationals  
Los Angeles, CA

### February

- Sat., Feb. 21st Tournament Rocklin, CA