



**Chosun
Academy**
Newsletter

July 23rd, 2012
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**Get in Shape - With Martial
Arts!**

When looking for an energizing workout, there's no shortage of them, but how do you choose? There's Zumba, Pilates, Cage Fitness, kickboxing, and even martial arts. Yes, martial arts is a well-balanced workout that includes core and endurance training. Our martial arts facility boasts many opportunities that your typical workout may not offer. Although you train in a class setting, martial arts offers a special opportunity to work at your own pace and meet your own goals. This personal touch is often the difference between you staying motivated or quitting prematurely before achieving your workout goals. Our goal is simply to help you achieve your goals.

Why does this work better in a martial arts program than in other fitness programs? Because we are constantly setting and resetting goals with our members, so it's easy to adjust to help you achieve your desired results. A lot of people shy away from martial arts because they think it's for kids or about belts or breaking boards. That may be a part of martial arts training, but it can also be a great form of fitness. In addition to fitness, it offers so much more, including self-defense, stress relief, goal setting, socialization, feelings of accomplishment, and for those with kids, it's a program the entire family can do together. So, instead of talking about all the reasons not to try a class, talk to an instructor today and try a free class to see if it's something you will enjoy. (continued on page 5)

SUMMER CAMP 2012



Wow, Summer Camp 2012 was a **BLAST!** Everyone got to learn how to use a weapon called the Sai, we had a fantastic cookout and went to the pool and everyone got a chance to feast on a delicious Korean dinner! What a great weekend!



Chosun
Academy Student of the
Month:
Teodora Drazic

"The Chosun One" for July 2012

Teodora Drazic is a ten year old green stripe. Her favorite kick is the stepside kick and her favorite martial artist is Master Peterson! Her favorite actress is Angelina Jolie and her favorite movie is The Parent Trap. She loves to watch the Big Bang Theory on TV and enjoys listening to her favorite musician, Brad Paisley. Besides TKD, Teodora loves tennis! Her favorite subject in school is math and if she could, she would actually ask for longer math time at school!

Congratulations Teodora! Keep up the good work!

Chosun Academy Event

SUMMER PICNIC 2012

Saturday
August 11th,
2012!



I hope you've been saving those tickets... because the Chosun Summer picnic is just around the corner! You can use those tickets to win some cool prizes, so be sure to prep them in advance by clearly writing your name on every one!

We'll be starting things off with the belt ceremony, so be sure to dress in your uniform if you're receiving a new rank! After that, it's fun and games, followed by a fantastic pot luck luncheon! Remember, we'll be having a contest for best dessert and best main course, so make sure you bring your mad cooking skills!



Chosun Academy Softball

Every Sunday, during the summer, Chosun Black Belt Academy's softball team is playing at Konkel Park, on Layton ave. in Greenfield!

Come out and cheer for them! A schedule is printed below with times.



**Final
Game!**

SUNDAY JULY 29TH

**7:15
p.m.**

Dates to Remember:

Saturday July 28th – Testing Preparation Class 11:30am

Tuesday, July 31st – Test Applications are due

Friday, August 3rd – Testing for all color belts

Saturday, August 4th – Testing for all Black Belt Candidates



Chosun Academy Birthdays!

Birthdays in July:

Chellie Beaudot - 7/24
Kristina Barrett - 7/26
Karen Grzybowski - 7/27
Maria Stueck - 7/29

GET IN SHAPE WITH MARTIAL ARTS (CONTINUED)

Steps to Start Classes

- 1) Talk to an instructor about your specific fitness goals.
- 2) Get to class a few minutes early so you are not rushed.
- 3) Ask questions if you are nervous.
- 4) Be willing to commit to regular classes for a certain amount of time.
- 5) Enjoy!

CHOSUN BBA



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