



MIGHTYFIST TAEKWON-DO NEWSLETTER

September 2010



Congratulations to everyone who participated in Nationals!

Nationals were a huge success. Thanks to everyone who participated and helped out - it couldn't have run without everyone's work. Please also congratulate those from MightyFist Taekwon-Do who made the U.S. team and will represent United States at Worlds 2011 in New Zealand, namely: Vivian Le, Ruri Kobayakawa, Stephen Ho, Benjamin Chung, Irina Litvinyuk, Daniel Nguyen, Derek Nguyen, Arjun Baokar, Colin Hong, Ramya Annam, Ammu Loganathan and Vaishnavi Raghuraman.

Labor Day Holiday Closing

We will be closed from Saturday September 4th and Monday September 6th. Classes will resume on Tuesday September 7th.

Tuesday Night Sparring Class

From now on the Tuesday Night Senior class will be a sparring class. For those students who want to work on sparring, please attend with your sparring gear and mouth guard. Please see Mr. Morris for eligibility.

Quote of the month

If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.

~ Bruce Lee

Colored Belt Test Breaking nights

We will be modifying the breaking protocol for tests. Instead of performing the breaks on the test night, all test candidates will now be tested 1 week prior to the actual test on a special test breaking night. Those students who are successful will then be submitted to test the remainder of their syllabus on the regular test night.

Colored Belt Test Results

The following students recently tested for their next belt with success:

Promoted to 1st Gup – Matthew Park, Shrinidhi Thirumalai, Siddhant Dange, Arpit Jasapara, Alex Mabanta

Promoted to 2nd Gup – Aditya Vempaty

Promoted to 3rd Gup – June Lee, Ramya Ponnambalam

Promoted to 4th Gup – Pranav Hariharane, Amy Zeng, Maya Abiram, Rachel Weaver, Han Lee, Siddhant Patel, Sabrina Illumin (A), Nolan Illumin (A), Kenneth Jeon, Treya Parikh, Zachary Youssef, Adrian Youssef, Danil Kiryashov, Ryan Nishimoto

Promoted to 5th Gup – Justin Jang, Jessica Jang, Ahana Sarkar, Alicia Gopal (A), Arati Manogaran, Vittal Thirumalai, Darion Jusuf (A), Nishita Bhatt (A), Jennifer Liu (A), Justin Yu, Kevin Sze

Promoted to 6th Gup – Ronen Burd, Tulika Wagle, Shane Aberg, William Chang, Chiranth Siddesh, Vedant Garg, Carly Chang, Tate Boynton, Abhinav Ganesh, Sarah Ungerer (A), Alyssa Ungerer (A)

Promoted to 7th Gup – Danila Karabelnikau (A), Arjun Subramonian, Chetan Mokkaapati, Puja Uppalapati, Aman Gupta, Adhavan Tiruthani, Arnold Zhou, Sriya Uppalapati, Dhruv Sharma, Karan Sharma, Rehaan Ahmad, Gaurav Datta, Tarun Ganamur (A)

Promoted to 8th Gup – Amish Gupta (A), Zackary Davey, Mira Gowaikar, Jay Thilking, Jesse Yao, Lauren Han, Dhruhin Kurli, Neel Bagora, Harman Chawla, June Kim (A), Ryan Masli (A)

Promoted to 9th Gup – William Jamieson (A), Alyssa Zhang (A), Naveen Sastri, Hanyah Zachriah (A), Hesham Zachriah, Arjun Desur, Pooja Desur, Christopher Kim, Santosh Ravindrabharathy, Ranjani Ravindrabharathy, Charvi Hoysal, Jennifer Deng, Anuj Changavi, Ishrak Ahmed (A), Chidi Onongaya (A), Aileen Lu (A), Sonia Hsuan (A), Selina Hsuan (A), Claire Korea (A), Angela Lee (A)

Nishita Bhatt and Alyssa Zhang received the trophies for outstanding test scores last period.

Please ensure you attend class regularly so that the instructors can review your eligibility to test

Colored Belt Test Schedule

Day/Month/Date	White belts through Green Stripes	Green belts and higher
Saturday, September 18 th	White Belts & Yellow Stripes only - 12:30 p.m. - 2:00 p.m.	
Friday, October 15 th	3:20 p.m. - 5:30 p.m.	5:00 p.m. - 7:00 p.m.
Friday, December 10 th	3:20 p.m. - 5:30 p.m.	5:00 p.m. - 7:00 p.m.