



March 2007 NEWSLETTER

USA SPIRIT CHRISTIAN TAEKWONDO

Bless, blessed, blest and blessing . . .

Can you define the word "bless" for me?

This word means many different things. It depends on who you ask, it depends when you ask it, it depends how you ask it, etc.

Merriam-Webster's dictionary defines it as 1: to hallow or consecrate by religious rite or word; 2: to hallow with the sign of the cross; 3: to invoke divine care for (bless your heart)-used in the phrase bless you to wish good health especially to one who has just sneezed; 4a: PRAISE, GLORIFY (bless his holy name) 4b: to speak well of APPROVE; 5: to confer

prosperity or happiness upon; 6: archaic: PROTECT, PRESERVE; 7: ENDOW, FAVOR (blessed with athletic ability).

Wow! Such a small word with big meaning. What I am getting at is that we are truly blessed. There is no other way to express it . . . Master John and I thank you for blessing us each and everyday. We thank God for you students and families as you are our greatest blessings. You inspire us, you challenge us, you supply much happiness, you hold us accountable and we thank you.

The black belt advisory

board has now met three times and we have been, once again, blessed at how willing they are to help (without acknowledgement).

We could not do our jobs without our black belts and we just want each one to know how much our lives have been blessed knowing each and everyone of you.

In these meetings we have come up with many new ideas and one of them is a "monthly newsletter". I hope this will keep you informed better of what is happening here at USA Spirit Christian TaeKwonDo Academy.

Blessings, John & Kim

USA Spirit Christian
TaeKwonDo Academy

MARCH

2007

Special points of interest:

- ☺ March Testing
- ☺ March Black Belt Test
- ☺ Russian Mission Trip
- ☺ Beginning April 2007 "Quarterly Membership Agreement"
- ☺ USA Spirit Service Projects

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March Testing

We would like to take this opportunity to congratulate the following on their belt promotions:

Joshua Dockter

Zack Thoreson

Emily Dockter

Hannah Griffin

Rachel Lizakowski

Alexa Anderson

Jordan Kracke

Curtis Kracke

Parker Wieland

Hannah Wieland

Anna Donley

Alex Iverson

David Lindberg

Matt Carlson

Kristi Carlson

Max Carlson

Danny Carlson

Russian Mission Trip

We have been approached by a Christian TaeKwonDo instructor from Russia, Serge Kasyanen, who is interested in bringing around 5 to 20 of his students here to the United States on a mission trip.

The details are to be worked out but the following is some of what we have been discussing:

- A 14 day stay.
- Tournament.
- Demonstration by their team.
- English teacher.
- Praise/Worship Devotion Time.

We would need to provide room and board for these students as well as some meals.

We would also like to bring them on a trip to the Mall of America or the Dakotas to see some of the country (maybe Medora)? Any ideas are welcome.

We are also praying for an English teacher. They are so interested in learning English.

The students would be between the ages of 11 and 16.



ENGLISH = "COOKERY"

Please pray and ask God if there is anyway in which you could help. You will bless a life as well as be blessed.

We will keep you informed as we learn more.

"Quarterly Membership Agreement"

We have been brainstorming and have come up with a plan. This plan is for you, the student/parent. Our goal as instructors is to meet each student's individual needs. We want each student to achieve their goal, whether it is to be a blue belt or a 1st degree black belt. In doing so we believe that going to a "Quarterly Membership Agreement" is the way. This will

help us to have a commitment from each student and their parents as well as a commitment from us, the instructors. You will have the option of paying \$160 for a student upfront (cash/check) or if unable to pay upfront we have implemented a \$60 a month ACH payment or credit card guarantee. We still have family memberships which are \$450 or \$150

month ACH payment or credit card guarantee. Each student and/or family member will be given a FREE month of Cormax. Brochures available.

"Quarterly Membership Agreement"
Beginning
4-1-07

1 of a Kind BIRTHDAY Party!!!

We want to offer you the availability of our facility for birthday parties.

Our After-School Program room is just the right size for birthday parties and we would like to start utilizing the room for more than



USA Spirit can host your next birthday party!

just the After-School Program.

We can host your party with numerous options available.

1. Either you provide everything or we provide everything;
2. TKD for 30 minutes

with an attempt for each to break a board or just games;

The options are endless and so the cost would vary per party. Please call and talk to Master Kim to work out details.

* All ages available.

Opportunity to Bless & B Blessed

So our theme this March is the word "bless". In our black belt meetings we have also come up with ways in which we can give back to our community.

So, each month USA Spirit is going to be volunteering at the Dorothy Day House and Churches United.

We will be prepping and serving meals at Churches United and volunteering our services at the Dorothy Day House.

If you are interested in these service projects you will need to have a parent also commit their time. You can volunteer without a parent/guardian if you are 16 years of age or older.

USA SPIRIT

SERVICE T-SHIRT

We have designed a t-shirt specifically for those who are interested in volunteering. We will be required to wear these t-shirts each time we volunteer and are only to be worn while volunteering. Cost \$5 (and USA Spirit is hoping to eat this cost). More details later.

Sign up available at the Moorhead dojang bulletin board.



"He who gives to the poor will lack nothing, but he who closes his eyes to them receives many curses."
Proverbs 28:27

GOOD LUCK

We just want to wish those students who are preparing to take their 1st Dan Black Belt test good luck.

The test will be at Oak Grove Lutheran School, Fargo, ND on Saturday, March 24th beginning at 1:00 p.m. Test is open to the public.

This is a time to celebrate all your hard work and dedication to the sport of TaeKwonDo.

Humbly go out there and do your best, giving all the glory to the one and true master of our lives.

Applicants are: Natasha McGowan, David Dobis, Abby Sperr, Mark Aakre, Kyle Appell, Graham Stollenow, Cole Amundson, Trevor Olson, Darby Olson, Troy Olson and Tammy Vanderbush.

You will need a USA Spirit promotion/test application filled out prior to the testing.

MARK
Saturday,
March 24,
2007 on your
calendar.

CORMAX

We are going to be giving each student or one of their family members a free month of Cormax with each "Quarterly Membership Agreement".

We feel this is a great deal for you, the student. You will see the results in just one month—we promise you. TaeKwonDo class will become easier along with anything else you do physi-

cally.

If you are unable to utilize the membership we would like to offer it to a family member. Here too, you will see how great this gift is that God has given us here at USA Spirit Christian TKD Academy.



Please take advantage of this great offer. It will help your golf game, volleyball, tennis, baseball, you name it.

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At USA Spirit Christian TaeKwonDo Academy we strive to not only teach each student self defense, but we aim to teach each student about our Lord and Savior Jesus Christ.

Ninja Turtle Classes

Okay, do you have a younger brother and/or sister? This class is just for them.

We will teach motor skills along with basic TaeKwonDo. Your child will learn self discipline in a structured setting.

Come and try out a class. The ninja turtles meet Wednesdays and Fridays from 6:00 to 6:30 p.m.



- Potty trained children only.
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