



SUNCOAST TANG SOO DO
8351 STATE ROAD 54, #107
NEW PORT RICHEY, FL 34655
WWW.SUNCOASTTSD.COM ♦ 727-232-0177

Cha Ryut!

March 2010
Volume 3, Issue 3



Mar. 5:

- **7:00 PM:** Sparring - All ranks
- **8:00 PM:** YOGA

Mar. 12:

- **6:00 PM:** Make-Up Class
- **7:00 PM:** Sparring - All ranks
- **8:00 PM:** YOGA

Mar. 18:

- **Wear something green (with your uniform)!**

Mar. 19:

- **6:00 PM:** Make-Up Class
- **7:00 PM:** Sparring - All ranks
- **8:00 PM:** YOGA

Mar. 20:

- **10:00 AM:** Blacks & Blues
- **1:00 PM:** GUP TEST

Mar. 26:

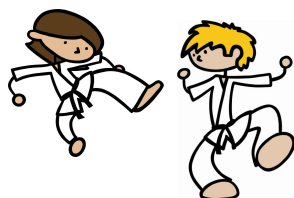
- **7:00 PM:** Sparring - All ranks
- **8:00 PM:** YOGA

Mar. 27:

- **10:00 AM:** Private Birthday Party

Mar. 30:

- **Tiger/Dragon Test**



Dojang Details Stuff You Need to Know!

MARCH EVENTS!!!

YOGA!

Anyone 15 and over is invited to join us for YOGA on select Friday Nights - students, friends and family members are all welcome!

Check the calendar for specific days and times; and if you own a yoga mat, you'll want to bring it. For more information, visit www.FridayNightYoga.com.

Make-Up Classes:

Come for a make-up class if you've missed a regular class or if you just want some extra practice! All ranks, ages 8 and up.

Blacks & Blues

This class is for Black and Blue Belts only. We will be working on advanced material, especially what is required for the next Black Belt test.

Gup Test:

If you are eligible to test, you will receive your test forms (See important note on the right and email Mrs. Yoder to say that you read the newsletter. Be the first to email and you'll receive a Push-Up Pass). Those testing for Green Belt and above also will receive a written test. The written test is an open-book test and answers MUST come from the WTSDA manual. If answers cannot be found in the Gup Manual, circle the number and then you may look for the answer in other resources.

DO NOT BE LATE ON TEST DAY - YOU WILL NOT BE ALLOWED TO TEST!

Tiger/Dragon Test:

If your student has both flag patches, or has approval from Mrs. Yoder, then he/she is eligible to test. Sign up and pay at the front desk.

ADVANCED BELTS AND ADULTS - TAKE NOTE!

We want you to get the most out of your training, so we are making a slight change to our schedule. Effective March 1, 2010, the Family Advanced Class will now be 1 1/2 hours, from 7:00-8:30 PM. We understand that there may be some conflicts, however, due to the amount of testing material needed for Brown-Blue Belts, the extra time and practice is also needed. Please make every effort to attend the full hour and a half.

Unfortunately we must also suspend the Adults Only Class that used to take place at 8:00. This decision was made to benefit the greater number of students in the 7:00 class. Beginner adults and White-Green Belt adults are still VERY welcome in the 6:00 Family Class! Bring your friends!

We appreciate your understanding as we try to make our program better for you!

HAPPY March BIRTHDAY!

- 9 - Moriah H.
- 26 - Alison T.
- 29 - Micael R.
- 30 - Drew H.

If we missed your birthday, let us know!

AN IMPORTANT NOTE ABOUT GUP TESTS!

Because we want our students to have the best possible test environment, the completed test application and test fee are due before test day. If Test Day approaches and the testing form and fee are not already turned in, students will not be allowed to test that day and will have to wait until the next Gup Test.

A NOTE ABOUT SAFETY: Protective gear is necessary for martial arts training. Groin cups are REQUIRED for males during sparring. Mouthguards are not required for Tigers and Dragons, but are HIGHLY recommended!