



# Kickin' it with Sparta

Sparta Tae Kwon Do, Encina Grande Shopping Center

2885 Ygnacio Valley Road, Walnut Creek (925) 938-5300 [www.spartatkd.com](http://www.spartatkd.com)

## Upcoming Dates

### Belt Testing

Saturday, June 1

9-12pm (no Saturday Classes)

Belt Testing application must be turned in by Wednesday, May 29

All applications must include the following:  
Top portion filled out; parent & teacher signatures; Sparta instructor signature; fees paid

### Belt Ceremony

Thursday, June 6 @7:00

No classes after 6:30. Please bring a potluck dish and drinks to share.

**KEEP AN EYE OUT FOR THE FOLLOWING SPARTA EVENTS!**

**Details at Sparta**

Jason Han seminar: Sat 6/1

12:30-4

Poomsae seminar: Sat., 6/8

Summer Camp: 6/17-6/21 and 7/8-7/12

Poker Tournament: Sat., 6/15

Year end sleepover : Sat., 6/29

## Congratulations to latest black belt candidates!

On Saturday, May 18, 10 candidates tested for their black belts! In a grueling test that lasted from 9 am to 5 pm, candidates demonstrated all 19 poomsae, kicks, self defense, 5-station board break, brick break, basic techniques and finished up with endurance and a 5 mile run. A little bit of blood, lots of sweat, and even a few tears were shed but all candidates pushed through to the end. Congratulations to PETER CONNICK, EMMY ANDREWS, MIA ANDREWS, KIANA SMITH, KEITH UY, MICHAEL TOM, JOHN SIMPKINS, RONIL SYNGHAL, DENNIS HOH AND KEN UY (2nd dan testing)!



They did over 500 push ups!



Keith flying through the air!



Emmy breaking her brick!



19 poomsae plus repeats for any mistakes



Uy brothers demonstrating knife self defense



Peter executing his axe kick



Mr. Lopez making sure the bricks are set up just right



Poomsae, kicks, breaks, sparring, self defense, 500 push ups, 100 burpees, 100's of other exercises, and a 5 mile run! The test is finally over! Sparta black belt EARN their belts. Congratulations to all black belt candidates for surviving with a smile on your faces!

My child has reached blue belt but is having a difficult time staying motivated to keep training. What can we do to rejuvenate his interest?

*Your child is currently going through what we call at Sparta the "green/blue syndrome". This is where most students start to quit or slow down in their progress. Once a student reaches green belt, there are two forms to learn and more challenging kicks are introduced. No longer can a student reach their new belt level in 2 months but rather taking 3-6 months to advance. At blue belt, a student is required to wait one month after the third tip to belt test due to the advanced techniques learned.*

*For many children who use a new belt as their goal, this slow down can be distressing. They have a harder time envisioning the long term goal of a black belt. To make things easier, smaller more obtainable goals can be helpful in keeping the student on track.*

*Here are some recommendations to help keep your child interested and motivated to keep training.*

- *Reward them with small bouncy balls each time their go to class. Collect all the balls in a jar and when they reach a certain level, they have earned a treat or prize.*
- *Dedicate a belt level to a friend or family member. Have the student contact that special person and tell them they are dedicating their next belt to them. Invite them to class, belt test or ceremony.*
- *Have them write a training log or diary. On bad days, they can read how far they have come or review an entry of a really good day of training.*
- *Have set days to attend. Having a pattern will help the student prepare themselves to attend. Have them plan their schedule around TKD not the other way around.*