

SPRING 2018

AFMAC SCHOOL NEWSLETTER

Thu., Mar. 29 thru Sun., Apr. 1 **EASTER BREAK NO CLASSES**

Mon., Apr. 2 – Resume Training Schedule.

Tue., Apr. 3 – Deadline to turn in test forms for April 7 test.

Sat., Apr. 7 – **Belt test, 10 AM.** Arrive by 9:30. Little Dragons meets at 9:45 but there are no sparring classes this morning.

Fri., Apr. 13 – **Sierra Nawalinski tests for 2nd Degree Black Belt – 5:30 PM.** All AFMAC students and family members are invited to watch.

Fri., Apr. 27 – **Will Findley tests for 3rd Degree Black Belt – 5:30 PM.** All AFMAC students and family members are invited to watch.

Sat., May 5 – Deadline to turn in test forms for May 11 test.

Sat., May 12 – **Belt test, 10 AM.** Arrive by 9:30. Little Dragons meets at 9:45 but there are no sparring classes this morning.

Thu., May 24 thru Mon., May 28 **MEMORIAL DAY BREAK** **NO CLASSES**

Sat., June 9 – Deadline to turn in test forms for June 17 test.

Fri., June 15 – Deadline to turn in test forms for June 30 Black Belt test.

Sat., June 16 – **Belt test, 10 AM.** Arrive by 9:30. Little Dragons meets at 9:45 but there are no sparring classes this morning.

Mon., June 18 – Begin Accelerated Training Camp Week 1

Mon., June 25 – Begin Accelerated Training Camp Week 2

Fri., June 29 – **Black Belt test, 5:30 PM.**

Spring is Here!

As I write this newsletter on March 19, we are expecting a significant Nor'easter to bring snow and ice to the area once again! But before you know it, winter will finally be over and we'll all turn to more of our outdoor activities and tasks. Speaking of which, I am going to have a yard cleanup day at my house on Saturday, April 28. I'll be asking the AFMAC Family to help me with the cleanup, and, in return, will make a donation to Master Will's travel fund. More info will come out soon.

BALANCING SPRING SPORTS AND MARTIAL ARTS

With the advent of Spring comes the beginning of Spring sports. I understand and support everyone's participation in team sports, but I ask that you find a reasonable balance between team sports and martial arts training.

Our program at AFMAC is year-round. Unlike team sports, we don't repeat the same motions over and over every time. Experience and medical studies have shown that long youth sports seasons (and off season practice) and their small set of repetitive motions can cause abnormal wear and tear on muscles and joints. This in turn causes some kids to develop injuries that aren't normally seen until later in adulthood.

By maintaining your martial arts training schedule, you will keep your muscles strong and flexible all over your body. We do everything in balance, so there's no need to worry about repetitive motion injuries. In addition, you'll keep up with the students you are training with and won't fall behind.

My suggestion to all our students who play sports is this: Tell your coach you are willing to miss one taekwondo class each week to play on the team, but in turn you will skip one practice or game to take your martial arts class. This is a fair, balanced, reasonable approach that any coach in a rec league should agree to. Even travel sports coaches should understand how beneficial martial arts training is to their team members.

AFMAC SUMMER CAMPS ARE GREAT!

On another note, I'd like to encourage everyone to sign up for **Accelerated Training Camp** and the **AFMAC August Adventure Camp**.

The Accelerated Training Camp is the camp where we review everything you've ever learned in martial arts training, and then we teach you the techniques for the next two or three ranks. The August Adventure Camp involves training, but does not concentrate on 'test' techniques. Instead, we explore the outdoors and incorporate that with our training. I hope you can make it this year!