



# TKDFIT HAPPENINGS



MAY 2009

## Friday Classes – Boogie Nights at TKDFit!

Forms, one-steps, sparring, target drills, and DISCO! Join us Friday nights for a little Disco done taekwondo style!

## Every week – TKDFit Challenge

Complete the challenge 3 days a week for 2 consecutive testing cycles and be part of an elite group and receive a special belt! Challenge forms are available at the front desk.

## Saturday 2 – No Classes – TKDFit Closed

Instructors and Students will be assisting or riding with the MS150 Bike Tour.

## Monday 18 – Buddy Bash Day! (aka Bring a Friend Day)

Bring your buddy to class to see what taekwondo's all about! If you are bringing a junior (under 18 years old), and their parents will not be attending with them, please pick up a "Participation Waiver" and have it signed before attending.

## Saturday 23 – Class –N– the Grass

Aviator Park – Tai Chi 9:00am – Taekwondo 10:00am. Bring your friends and fluid!

## Monday 25 – TKDFit Closed.

Memorial Day. This is a good time to remember what so many are giving for our 'free' land.

## Saturday 30 – TKDFit Talent Show

Come and see how Talented our students really are! Taekwondo Magic? Taekwondo Dance? Who knows!

## HAPPY BIRTHDAY!!

May Birthdays: Ashley Tankersley – 4<sup>th</sup>, Cristian Amaya – 8<sup>th</sup>, Kayla Tabuena – 10<sup>th</sup>,  
Ryan Hanner – 23<sup>rd</sup>, Meme Tabuena – 25<sup>th</sup>, Karina Mora – 30<sup>th</sup>

Bring a camera and break a Birthday Board the week of your birthday!!

## Looking Ahead

Next rank testing date: June 13<sup>th</sup>

Class –N– the Grass June 20<sup>th</sup>

TKDFit will be closed June 23<sup>rd</sup> – 28<sup>th</sup> for Black Belt Camp.

**Contact Information:** School Ph# (972) 347-9730; Cell Ph# Mr. (214) 725-6985 Mrs. (214) 725-7139