

## Fall Changes at MTC

So many great things are on the horizon at MTC. The Rosbarskys are excited to announce a new Schedule to begin on August 29th. The Monday/Wednesday schedule will continue with very small changes to what we have seen in the Spring and Fall of each year of the last decade. These classes will be known as Core Curriculum Classes where daily we will be teaching a variety of techniques from belt level testing requirements. Then we are most excited to offer new Component Specific Classes on Tuesday and Thursday. Components will be Forms, Sparring and Self Defense. *Please see page 2 for Fall's full schedule and more details.*

We expect that this format change will invigorate our entire student body and help students excel in their TKD journey.

## Send-Off for Some of Our Team and Welcome for Others

In July we saw our last month with Ms. Abbey on the mat teaching with us. She and our front desk helper, Ms. KP, have both gone off to nursing school. We wish them both a smooth path to finishing school and joy-filled work in a career they will love. Also, Mr. Andy is in Panama shooting a documentary for all of August and September. We are happily witnessing his updates from the field. Ms. Cawley has found herself a great new full time job so we will only see her smiling face as a student and on a little book work. Good luck, Glenna!

Then we have Mr. Ryan (our first ever employee from way back) joining us to teach the Beginners on Monday and Wednesday at 5:30, and we will see other faces, some familiar and some new, step up into new rolls to help MTC continue to

## August Schedule— Changes

A couple small changes will begin August 3rd.

Due to attendance patterns the **Monday and Wednesday 4:30 Yellow Belt class will be offered for the last time on August 1st.** Students who came to that class should plan to come instead to the Tuesday/Thursday class at 4:45.

The **Monday and Wednesday Beginning class will be 5:30-6:30** instead of 5:15-6:15. Mr. Ryan is very excited to come home to us and offer his energy and insight in teaching this group.



Cake for Ms. Abbey's send off party made by Mrs. Leslie Berg.

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Monday	Tuesday	Wednesday	Thursday	Friday
4:00-4:45 7-12 year old Beginners	4:00-4:30 Beginning Poomsae Taeguks 1 & 2	4:00-4:45 7-12 year old Beginners	4:00-4:30 4-6 year old Beginners	4:00-5:00 NET * (Conditioning)
4:45-5:30 Kids Yellow- Sr. Yellow Belt	4:30-5:15 Intermediate Poomsae T3-6	4:45-5:30 Kids Yellow- Sr. Yellow Belt	4:30-5:00 Sparring Basics	5:00-6:00 NET * (Poomsae)
5:30-6:30 Advanced Kids Green Belt+	5:15-6:00 Advanced Poomsae T7 -Koryo	5:30-6:30 Advanced Kids Green Belt +	5:00-6:00 Sparring Application (Rounds)	6:00-7:00 NET * (Sparring)
5:30-6:15 7-12 year old Beginners	5:00-6:00 Ultras w/Master P* (Adult Taekwondo)	5:30-6:15 7-12 year old Beginners	5:00-6:00 Ultras w/Master P* (Adult Taekwondo)	
6:30-7:30 Beginning-Sr. Green Belt Teen & Adult	6:00-7:00 Advanced Poomsae Techniques*	6:30-7:30 Beginning-Sr. Green Belt Teen & Adult	6:00-7:00 Judo/Young Moo Do/ Self-defense (Gi required)	Key  * Invite only
7:30-8:45 Blue-Black Belts	7:00-8:30 Sparring Daedo Day	7:30-8:45 Blue-Black Belts	7:00-8:30 Sparring*	Classes in the little dojang

## Upcoming Events and Happenings

MtC Booster Club Food Booth at the Fair Aug8-14

Colored Belt Test  
August 19  
Kids  
Adults

Fall Schedule Begins  
Aug 29

Closed Sept 5

*Keep up with all things MTC by Liking our Facebook page.*

*The best way to have up to date information and be informed of schedule changes through messages sent to your phone is to:*

## Something New at MTC

To advance in belt rank one must attend Curriculum Classes on Mondays and Wednesdays. To learn more thoroughly, advance with confidence, or do something more with their taekwondo journey one should pick up component classes on Tuesday and Thursday. Friday classes will be National Events Team (NET) classes only.

Master Rosbarsky and Mrs. Amanda are eager and enthusiastic to bring this new format to our classes at MTC. We believe it will add a boost of energy to all our classes. We are especially excited about the new Judo/Young Moo Do/Self Defense and Advance Poomsae Techniques Classes.

Individuals who would like to attend these new classes should contact the office about adjusting their commitments.

## Calendar Months Switch to 4 Week Periods

As of August 29th, 2016 we will begin operating on a 12 period year with each period including 4 weeks of instruction. The remaining periods of 2016 are:

Period 9 Aug 28-Sept 24 (closed for holiday Sept 5)

Period 10 Sept 25– Oct 22

Period 11 Oct 23-Nov 19

Period 12 Nov 27-Dec 24

If holiday closures affect your regular schedule choose another class to attend that week to make up for the missed class.

## ANYONE can join the NET

The NET, Missoula Taekwondo Center's National Events Team is made up of hard working taekwondo students at MTC who are committed to using their Taekwondo to better themselves. We compete in events around the country and practice 40 weeks a year. Attend the kick off meeting on Aug 26 at 6PM if you