

FUN Tournament Fun at MTC—for Beginners and Dream Chasers

Twice a year we host our in house tournament solely for MTC students and their families. The current installment is coming up on us quickly. The 2014 MTC Winter FUN Tournament will be January 18th at MTC beginning at 10AM, and is for all MTC students from brand new beginners to the National Events Team.

Compete for as little as \$20! Medals for all competitors!

Those who are brand new to Taekwondo will use this opportunity to learn what great things tournaments have to offer them in an encouraging, supportive environment with familiar faces in a familiar place. *Students who have competed in tournaments before*

will have this opportunity to ease back into the season with their teammates and get some real time experience to prepare them to have a positive experience in the fast approaching tournament season.

Parents can utilize this opportunity to learn about all aspects of competition including competition rules, general order of tournament events, use of scoring equipment, how poomsae and sparring are scored in competition, and the general nuances of Taekwondo competition.

Tournaments can be fun, rewarding and life enriching events if you go into them with a basic knowledge of what to expect and are surrounded by supportive “family” members. We want our students to have every reason to participate in upcoming tournaments.

Parents sometimes wish for their children to hold back from competition, however when a student shows interest we recommend engaging them at that point. Individuals are placed in groups of their approximate age, height, weight and skill level, making white belt the best time to first try a tournament.

We also use this opportunity to develop the logistics of tournament operations, so The Montana Open can be the best possible tournament. We encourage every family to volunteer an hour or 2, to learn a new skill or share one you already possess, contribute to the group and feel proud of our efforts.

Register by Thursday, January 17 to aid in Tournament day fluidity. Registrations may be

Ski Day (s)

Mother Nature has conspired the last couple of years to not allow me to plan far in advance for an organized skiing adventure for MTC students. Instead we will be flying (or skiing) by the seat of our pants and putting up some tentative dates for our group ski outing.

With statewide spotty ski conditions and little snow in the short

range forecast we will say that we may or may not be skiing on or about January 20th or 26th and/or March 1st approximately at Discovery Ski Area. The ski hill we visit may change based on conditions, but we have skied Discovery annually as a group and would like to continue that tradition as it is a kid friendly hill that is a mere 90 minutes from Missoula. (And we can visit the can-

dy store too if we go on a Sunday or Monday.)

We welcome all MTC students and family to car pool and/or caravan as well as join us for lunch in the lodge, a group picture and group run.

Watch Facebook and Twitter for updates regarding MTC Ski Day.

Upcoming Opportunities at MTC—In State and Out of State Tournaments, Seminar with Stephen Lambdin

Every month of the year you can find a tournament to attend, but it is far less frequent to have a 15 time national team member giving a seminar on the mat you train on each week. Join us in March (date to be announced) for a seminar with 7 time US National Team Captain, Stephen Lambdin. Stephen is a ded-

icated and dynamic fighter who has mountains of knowledge he would like to share with our students. Registration will be available in February.

Also, tournaments abound in Montana; Missoula in February, Great Falls in March and Livingston in May. We will also have MTC stu-

dents from the National Events Team competing and training in Montreal, Dallas, San Francisco, LA, Berkeley, and Las Vegas for local, national and international events. Then in San Jose in July for USAT Nationals. All MTC Students age 6+ are welcome to join the NET. Contact Mrs. R with your questions about joining.



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Monthly Newsletter

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- **Spring Opportunities around the state and nation**
- **Bringing the best of the nation to us-Stephen Lambdin at MTC in March**
- **Testing-What every student should know**

Important Dates

January 6th
Regular Classes
Resume

January 10th
Colored Belt Test

January 18th
FUN Tournament

February 8th (?)
Zoo Town Kick Down

February 13-16
Canada Open
Montreal

February 19-23
US Open, Las Vegas

Stephen Lambdin Seminar at MTC-March

March 15th (?)
Great Falls Tournament

**Montana State USAT
Qualifier
March (TBA)**

**USAT Referee Seminar
March (TBA)**

**MTC Black Belt Test
(TBA)**

Testing-What Every Student Should Know

The most significant benefits of Taekwondo's structured belt system are the tangible and built in milestones attained through testing. Tests make goal setting, the key to success in nearly any activity, a simple endeavor. At MTC there are 3 types of testing: tip tests, colored belt tests and black belt tests.

Tip Tests are conducted every month during the last class of the month (subject to change). To attain a rank stripe in a tip test one must be present at the test and perform to the best of their ability, no further eligibility requirements or fees apply. Tip tests help alleviate testing anxiety and set our students up for many future successes.

Colored Belt Tests are conducted about every 6 weeks. To attain a new belt through a colored belt test one should have accumulated at least 2 rank stripes and 3 months (min. 24 classes) worth of attendance at current rank. Candidates will be tested over their new curriculum as well as all previous curricula. A \$25 fee must be paid before one can test.

Black Belt Tests are held once per year. These tests are given over the cumulative knowledge gained since the start of one's TKD journey. One year as a sr. red belt is required. There are also teaching, writing, tournament participation and breaking requirements that must be fulfilled for one to attain black belt. Fees vary by

certificates desired and applied rank. A \$100 commitment deposit is required 8 weeks in advance of testing.

For White Belts Only
Upon completion of a 3rd successful tip test white belts will be awarded their Senior White Belt (white with a full yellow stripe down the middle).

For 4-6 Year Old White Belts Only
Many times our youngest students are not ready to move on to the wide world of yellow belt and beyond, therefore we offer 3 additional levels of Senior White (green, blue, and red stripes). Testing will continue on a stripe, stripe, belt monthly pattern until they are ready to take the next step.

Special Testing Details for January 10th

Ready and eligible students please use OnMat to sign up for the January 10th Belt test. Tests will begin at 4:30 and will be divided by levels. All fees are \$25 and must be paid in advance.

A student (or their parent) will get an invitation

from OnMat to sign up for the next test when they have attained sufficient attendance. (BE SURE TO SIGN IN FOR EACH CLASS) Also, the curricula for students upcoming tests are easily accessible on their OnMat Now profile. Test takers can look forward to a report card to be

emailed after the test. For students not yet utilizing OnMat Now please refer to your initial welcome letter from JibaSoft and MTC on how to access this incredibly valuable system. Or email Mrs. Rosbarsky at amanda@missoulatk.com to request a resend of the email.