

December Announcements

December 7th, Friday - Belt Ceremony for new Black Belts - 5:45 pm

December 19th, Wednesday - Last day of After School Program before Winter Break

December 20th, Thursday - Reduced schedule for TKD - all ranks will meet at 6:15 pm
Dragons, and Tigers will meet as normally scheduled

December 22nd, Saturday - Closed

December 24th - 27th, Monday - Saturday - Center Closed for Holiday and maintenance on building.

December 29th, Saturday - 9:45 am TKD class

December 31st, Monday - Center Closed

January Announcements

January 1st, Tuesday - Center Closed

January 2nd, Wednesday - Reduced schedule for TKD - all ranks will meet at 6:15 pm
Dragons, and Tigers will meet as normally scheduled

January 3rd, Thursday - After School Program Resumes
New Schedule begins

January 5th, Saturday - Little Dragons and Ninjas makeup class - 10:30 am

January 18th, Friday - No After School Program

NEW 2008 SCHEDULE

We have found that the one thing that we can always count on is change. We have experienced a great deal of change at the Family Martial Arts Center in the last year and that still continues to be the case today.

One change that some of you may have noticed is that Master Harp is no longer teaching. He has chosen to retire from teaching Tae Kwon Do. He will be retiring from his job at the NADC in about a year and he is looking forward to taking on some new challenges in his life. It was at his request that we said nothing about his retiring. In his words he wanted to be "Here one day and gone the next". We will miss his instruction and support of our school but wish him well in his future endeavors. He had hoped to be at our recent black belt testing but had to be out of town on business that weekend.

Another thing we have found to be true is that when one door closes another one opens. While Master Harp has retired, Master Kris Kerns and Mrs. Jennifer Kerns are currently training to begin teaching our Little Dragons and Little Ninjas classes. We are very excited to have them joining our instructor team and know they will have a great deal to offer our students.

With Mr. and Mrs. Kerns teaching the Kickin' Kids classes, we can revise and consolidate our Tae Kwon Do schedule. The new schedule is attached. The new schedule will take effect on January 3rd, 2008.

Tae Kwon Do Curriculum

We are always looking for ways to improve our teaching at the Family Martial Arts Center and after much research we have found a innovative and more effective way to deliver the information in our curriculum to our students. This new method is referred to as a rotating curriculum. The advantage of using the rotating curriculum is that the instructor can more effectively teach a group of students of different ranks at the same time. It will allow the instructor to teach one idea or technique to the entire class at the same time, therefore focusing more attention on how to do the technique rather than trying to focusing on several techniques at once. Since we currently have only Master John Shilkaitis and master Jack Shilkaitis teaching Tae Kwon Do at this time we feel this curriculum will benefit both the instructors and the students. This evolution in our curriculum will be taking effect on January 3rd, 2008.

The changes you will notice are:

1. All belt ranks within a level (see description of levels below) will all learn the same techniques rather than each belt level doing a different technique, form, etc.
2. Classes will be taught in three month semesters. The curriculum will repeat each semester.
3. We will still have skills exams, but there will only be 1 skills exam and 1 belt test per semester. Skills exams will be conducted in your normal class time. To be evaluated simply attend your normally scheduled class. We will evaluate each student once during the week. The After School students will be evaluated during the After School Program. Students are welcome to come to class all week. Make ups will only be given in the event that you are out of town or sick for the entire week and notify us, in writing, ahead of time. You will be limited to only 1 makeup evaluation regardless of the number of skills exams missed.
4. Belt promotion will depend on your proficiency at the curriculum for your level rather than knowing certain techniques for your belt level. For example, yellow, orange, green and blue belts will all know the same techniques, but a blue belt should more proficient than a green belt.

Students will be divided into the following levels. The levels are: White belts, Level 1 (yellow - blue belts), Level 2 (brown - recommend black belts), Level 3 (decide black belt), Level 4 (2nd degree black belts), and Level 5 (3rd degree black belts).

We realize that with every change there is uncertainty but rest assured that we are doing everything in our power to ensure that these changes create a positive contribution to our school. We appreciate your support and cooperation while we implement these new aspects of the Family Martial Arts Center. We are excited about the new opportunities opening themselves up to us in the future.

Tae Kwon Do Tigers

The Tae Kwon Do Tigers program will also be changing over to the same teaching method that the Tae Kwon Do classes will be using in order to stay in step with the Tae Kwon Do program. Please read the description of the Tae Kwon Do curriculum above for more information. The Tigers curriculum will follow the Tae Kwon Do curriculum in much the same fashion that it currently does and class will still follow the same format that it has been although we will be extending class to 45 minutes.

The Tigers schedule will also be changing so that the Tigers will be attending at the same time that Tae Kwon Do white belts and Level 1 students are attending, although they will be separated into their own class. This will facilitate the Tigers eventually transitioning into the evening Traditional Tae Kwon Do class.

Kickin' Kids

Lil' Dragons and Little Ninjas

Effective January 3rd, Master Kris Kerns and Mrs. Jennifer Kerns will begin teaching the Lil' Dragons and Little Ninjas classes. Master Kerns began training in Tae Kwon Do with us at the age 14. He studied with us until he went to college where he studied with the ISU Karate club. In college Kris and Jennifer met through the martial arts club. They have recently returned to our school along with their daughters Baileigh (green belt) and Ryleigh (yellow belt). Mrs Kerns recently tested for her Recommend Black Belt. They also have 3 year old son, Will, who will be in Little Ninjas soon.

To facilitate the Kerns' teaching the Lil' Dragons and Little Ninjas classes we will be changing the 5:00 pm classes to 5:30 pm for the Tuesday Lil' Dragons and the Thursday Little Ninjas classes. Wednesday Lil Dragons will remain at 6:15 pm.

Weapons Class

We are opening our weapons classes up to students who have achieved an orange belt or higher and are at least 10 years old. If you are interested in enrolling in the weapons class please speak with Master Shilkaitis or Master Hegland about tuition rates, enrolling and purchasing FMAC approved weapons. Weapons class will meet on Friday nights from 6:15 pm to 6:45 pm beginning on Friday, January 4th. The class will be focusing on one weapon for each semester beginning with Bo Staff.

Current Black Belt Club students can continue to attend the weapons class or they can enroll by the semester for a specific weapon. Please speak with Master Shilkaitis or Master Hegland if you have any questions.