



North County Martial Arts
7750 El Camino Real "R"
La Costa, CA 92009

February 2010 Newsletter

"The **definition of insanity** is doing the same thing over and over again and expecting different results". Albert Einstein

Important Dates in February 2010:

February 12th Board Breaking/Sparring Camp

February 13th Ninja Nite

February 13th No Black Belt Prep Class

Instructor Training W/ Roland Osborne

February 15th Hyper Games Camp

February 21st Corona Tournament

February 27th Hyper Tournament (Ontario CA.)

W/ Roland Osborne

February 27th No Black Belt Prep Class

March 6th Gup Testing

From the desk of Master Jones



Roland Osborne has left his footprint at North County Martial Arts



If you missed the clinics with Roland Osborne Jan. 30th, you will have to ask someone that was there. Mr. Osborne is at the top of the heap when it comes to martial arts, teaching martial arts and having a passion for it. I think he would have taught all day long if we weren't on a schedule.

Mr. Osborne has taken such an interest in NCMA that he is coming back to work for an all day training session with our staff. They will be learning not only his style of teaching but also his training methods.

The Albert Einstein quote at the top of this newsletter is for me and anyone that wants to keep things the same. The martial arts is a living art and as such constantly changes as the decades pass. Why change the schedule? Why change the curriculum? Why change the testing process? Because we as individuals and as a society change. We don't use typewriters or adding machines anymore. They were great at the time but improvements were made and we would never consider going back to them.

After the Japanese occupation was lifted in Korea, Tang Soo Do was used for life and death purposes to survive and protect your family. That's hardly the case today. Tang Soo Do is an invaluable teaching tool for students to learn much more than self-defense. Students learn character traits that prepare and propel them to success in life and business.

We want everyone to enjoy the **Black Belt Experience**. To do so, we must be ready to embrace change.



EXCITING CHANGES ARE COMING

We have our Dream Team in place. You will be seeing a new belt in class soon. When the Dream Team members are assisting in class you will be able to identify them by a half white, half black belt.

Beginning Monday, March 8th we will have a new schedule. This schedule will offer classes early and later for all color belt ranks.

Introducing Our Dream Team

Tracy Allen	Darren Thierry	Jon Wright
Rob Pizzurro	Crystal Akaniro	Ellen Cothran
Mr. Doherty	Mr. Soutanian	Mr. Penn
Mr. B	Mr. McGrath	Zafar Tuychieva
Trevor Radcliff	Michael Colucci	Walker Nasser
Samantha Ryder	Liam Wright	Jack Lambert
Calder Sheagren	Lauren Chung	Griffin Rangel
Nick Miyamoto	Taylor Tran	Griffin Clark
Tony Beneventi	Alyssa Beneventi	Trisha Tong
Tyler Tong	Madison Lindfelt	Carter Lindfelt
Jake Jeremiah	Nathaniel Hong	Jared Tran
	Anthony Costello	

Single Day Camps

We have two days of camp this month. **Feb. 12th & 15th** all schools will be out. If you would like to enroll your children into 1 or 2 great fun filled days here at NCMA, please contact Crystal to sign up.

Camp begins at 8:00am and ends at 3:00pm both days. You can pick and choose one or both days.

The fee is \$70 per day. Don't wait, the list is filling up.

The Senior's Corner

Kyo Sa Flores

Rank: 3rd Degree Sam Dan

Years Training: 17

Born: San Diego

College: U of P

Married: No

Children: None

Highest Martial Arts Success: One time National Forms & Sparring Champion



Why do you train in Tang Soo Do?

It's the best discipline that I have found with a good mix of kicks, hands and self defense.

What is your motivation for teaching?

I like to inspire students to be healthy, successful and a leader.

What are your favorite pastimes?

I enjoy all types of exercise. I like break dancing with my friends and any outside activity.

What's your favorite food?

Everything

What advice would you give to someone wanting to start training?

It's the best thing you will ever do and it's something you can do for the rest of your life.

