



ATC Oregon Family Newsletter

1st Edition – March 2009

AMERICA TAEKWONDO CENTER

www.atctaekwondo.com • e-mail: mastermun1@yahoo.com

ATC Taekwondo Mission Statement

The mission of ATC Taekwondo is two-fold:

- 1) To build awareness of Taekwondo as an ancient martial art built on tradition.
- 2) To help create a more peaceful world through training our students according to a strict, time-honored code; by instilling the tenets and commandments of Taekwondo into all aspects of our lives; and by molding our students into positive, productive and caring members of society.

"Our Goal is a Black Belt!"

-Grandmaster Chae Song Mun



Get to know the ATC Instructors!

Instructors (Bu Sa Bum Nim):

- Luke Noffke, 2nd Degree Black Belt, 21 years training

Assistant Instructors (Kyo Sa Nim):

- Joshua Campbell, 1st Degree Black Belt, 10 years training
- Alexa Lowe, 1st Poom Black Belt, 6 years training
- Carmello Ambrocio, 1st Degree Black Belt, 2 years training

"Congratulations Mr. Carmello on your best accomplishment!"

Training Assistant Instructors:

- Sarah Richardson, Sr. Brown Belt, 5 years training
- Rob Mackinnon, Sr. Purple, 2 years training
- Peter Payne, Sr. Purple, 1 year training
- Josue Dominguez, Jr. Purple, 4 years training
- Christine Kaeo, Jr. Purple, 1 year training

Important Announcements

Cleanliness in School: Take pride in our school! Help keep our school clean and neat. Clean after yourself. Throw wrappers and juice bags away and put empty water bottles in the recycle bin. It is the responsibility of ALL ATC students to keep the dojang clean!

Practice and Stretching: All students please remember to stretch and practice at home EVERYDAY! This will help to prevent injury, increase endurance and better your skills.

Bonding: We are a family at ATC. Parents and students should get to know each other. Bonding is very important at our school and also in life.

Respect and Appreciation: Showing proper respect and appreciation towards Grandmaster Mun is part of the honor of our school. Proper greeting and focus, not being disruptive or talking, is expected from ALL students and parents while class is in session.

Dobok (Uniform)/ Gear/ Belts: Take pride in your uniform and sparring gear! Remember to bring your uniform, belt, and gear to all classes. **ALWAYS KEEP YOUR UNIFORM AND EQUIPMENT CLEAN!**

Promotion: We need help from parents and students to promote our school. Bringing in new students will help build the foundation for ATC Taekwondo. Tell your family, friends, and even colleagues how ATC Taekwondo has improved not only your child's life, but how much your family has grown together. Invite them to join our family today!

Stay tuned for upcoming Essay Contests! Topics may include: "How Taekwondo has influenced me or my child" and "KTA Regulations" which can be found in the "Training Center" section of the website. If you need a login name and password see Ms. Cynthia Ramirez in the office.

Welcome new students to the ATC family!

Blesie Breswick (Age 3), Kyle Dewey (Age 3), Chris Griggs (Age 15), Gabe Griggs (Age 10), Henry Hewson (Age 8), Makayla McGrigg (Age 6), Grant Russo (5), and Mr. Patrick.



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Club ATC

Introducing Club ATC!

Our Mission: "Club ATC is a collaborative, independent initiative put forth by the parents of ATC Taekwondo. Our mission is to develop strategies and guiding principles that seek to grant equal opportunities to all students of ATC Oregon through organized fundraising, peer support, and social activities. We believe that lack of financial means should never inhibit a dedicated student from participation in tournaments and other Taekwondo related activities."

Fundraising Events

Krispy Kreme

Doughnut Fundraiser

Get your pre-sell tickets today!

Inquire with Ms. Christine or Ms. Cynthia.



March 10: Monies and unsold tickets are due

March 14: Doughnut pick-up at ATC between 10:00am – 2:00pm

We need parent and student volunteers to help on doughnut pick-up day!

Pear Blossom Street Fair

April 10-11

We need parent and student volunteers!



Club ATC's booth will be selling mini-teriyaki chicken plate lunches, funnel cakes, smoothies, and other snacks.

We will also have ATC promotional information and demo team performances throughout the day!

Want to help with Club ATC? Have suggestions on future fundraisers?

Contact Club ATC Board:

Mahea Kaeo-Wailehua

Cynthia Ramirez

Lori Richardson

Katie Johnson

clubatcmedford@gmail.com



2009 Sacramento Taekwondo

Invitational Results

Article excerpt: <http://www.pr.com/press-release/130990>
Medford, OR, February 07, 2009 --(PR.com)—

Ten Taekwondo students from ATC Taekwondo in Medford nearly swept their divisions this past weekend at the 2009 Sacramento Taekwondo Invitational. The event drew hundreds of competitors across several states.

Out of a possible 18 gold medals, the Medford students brought home eight golds, three silver, and three bronze. Alexa Lowe, 12, competed in the black belt division. Lowe won gold in forms competition. Sara Richardson, 16, won gold in brown belt forms competition. Ian Grunwald, 9, won gold in forms and bronze in sparring in the 9-10 year old purple belt division. Gianna Isola won bronze in purple belt forms competition. Joshua Mondragon, 8, swept the 8-9 year old blue belt division, winning gold in both sparring and forms. Joshua's brother, Saul Mondragon, 12, also placed Bronze in forms in the blue belt division. Libby Ambrocio, 6, won silver in the blue belt forms division at her first tournament outing. Teighlor Traistor, 10, nearly swept the girls green belt division winning gold in forms and taking silver in sparring after a hard fought 11-12 battle (highest possible score in an Olympic style TKD match) in the final round. Aloha Kaeo-Wailehua, 9, took home the gold in the green belt sparring division. Also competing for Medford was Alexander Prescott, 8, who brought home gold in sparring and silver in forms competition.

All 10 students train under certified 6th degree Grandmaster Chae Song Mun at ATC Taekwondo, located in the Bear Creek Plaza in Medford. You can reach ATC by calling 541-779-5220 or visiting www.atctaekwondo.com



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Dojang News (California)

Members of Team ATC competed in the US Open in Las Vegas, February 12-13, 2009. Ms. Marianna Mabanag, age 11, won gold in forms. Congratulations to Ms. Marianna for continuing to achieve only the best!

Monthly Specials

From now through the month of March 2009!
Calling all ATC parents and students!
Sign-up a family member, friend, or colleague for a one-year ATC contract and you'll receive a free month of tuition!



ATC students bring relatives and friends on "Buddy Day." A great way for new students to become part of the ATC family!

ATC Student Handbook Focus

In this section of the ATC Newsletter we will focus on specific articles of the Student Handbook in each upcoming issue. Students and parents are encouraged to read through the entire handbook and review it as often as necessary. There is valuable information about conduct, expectations, and protocol that will make each student's training experience more meaningful, positive and enriching. If you did not receive one or need a new one please inquire with Ms. Cynthia Ramirez in the office.



Grandmaster Chae Song Mun – Bio

We all know Grandmaster Chae Song Mun, but how many of us know of his accomplishments and what he has done? Grandmaster Mun holds a 6th Dan Black Belt in the Korean martial art of Taekwondo and is certified as an instructor and in rank by the United States Taekwondo Association and the Kukkiwon World Taekwondo Headquarters in Korea.

A teacher and instructor of Taekwondo martial arts for over 29 years, Grandmaster Mun's vision is straightforward - *"To help my students become athletes worthy to that of World Champions and Olympians. I want my students to become positive leaders, ones who uphold all the qualities that define a person of good character. Above all, my goal is to build responsible citizens out of my students and involve them in helping to promote a safer community....**Our Goal is a BLACK BELT!**"*

Grandmaster Mun currently has two successful schools in California, one in San Jose and one in Morgan Hill. Grandmaster Mun created the America Taekwondo Center schools with a vision of providing school-aged children and adults of all ages the opportunity to learn not only the Korean culture and martial art of Taekwondo, but also establish an institution that was built upon mental, physical, and ethical standards surrounding this martial art. To further Grandmaster Mun's vision, he and his family wanted to expand their culture and introduce Taekwondo to Southern Oregon. In 2007, Grandmaster Mun opened America Taekwondo Center (ATC) in Medford to gather students seeking a firm foundation to further their knowledge in a martial art that has recently begun to blossom in Southern Oregon. Grandmaster Mun is a living example of all that embodies Taekwondo: knowledgeable, patient, respectable and a person of integrity in and outside of the dojang. His belief in what he does and in his students allows him to help them reach their highest potential. He is a positive role model who truly cares about all of his students, guiding them through their growth and knowledge of Taekwondo whenever possible.

Grandmaster Mun's teachings go beyond that of the dojang and extend into the community through various volunteer efforts ranging from contributions to various children's funds, Access Food Bank, and volunteer coaching in Amateur Sports Associations for young aspiring athletes.

We are honored to have the opportunity to learn the knowledge and culture of Taekwondo from Grandmaster Chae Song Mun. His teaching has instilled an elite discipline within his students, a firm foundation in which we would conduct our lives according to the tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit, and Victory.

To learn more about Grandmaster Mun's achievements and community contributions, please visit our website at www.atctaekwondo.com/instructors/master_mun.html



Grandmaster Mun & Ms. Natalie Mun at ATC Medford Belt Ceremony



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Upcoming Topics

The ATC Oregon Family Newsletter will be distributed on a quarterly basis. Upcoming topics to look for:

- Student Spotlight
- Recruiting/ Incentive Program
- Essay Contest Results
- New ATC photos!
- And more ATC news!

We look forward to seeing a lot of essay submissions and any ATC photos to share!

NEW! BUY ATC OREGON PRODUCTS!

<http://www.cafepress.com/atcoregon>

PARENTS!

We invite any stories and recognition on how ATC Taekwondo has improved your child's performance at school and especially at home!

If you have any suggestions or comments, send us an e-mail at: mastermun1@yahoo.com

Editor's Note

All information submitted for the ATC Oregon Family Newsletter was compiled by Grandmaster Chae Song Mun, ATC Instructors, Assistant Instructors, Training Assistant Instructors, and Club ATC.

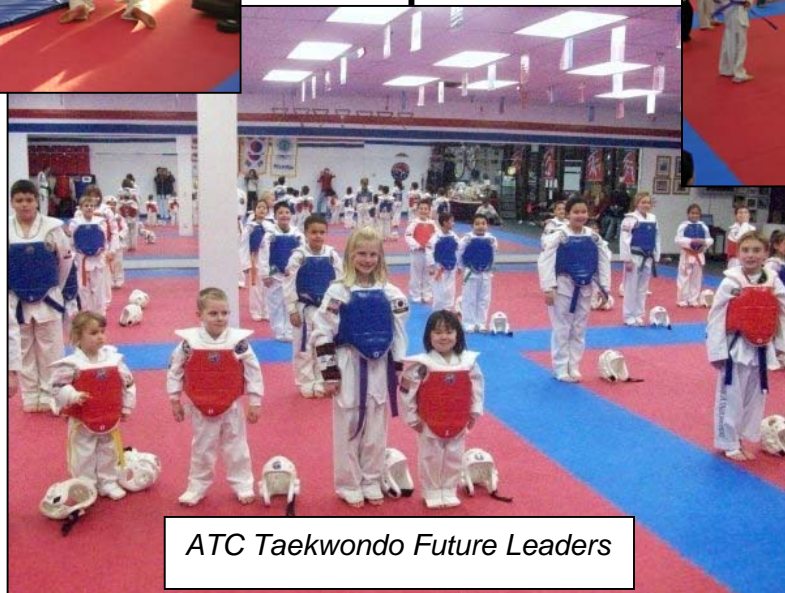
All photos used were contributed by Grandmaster Chae Song Mun, ATC parents, and students.

For more information on Grandmaster Chae Song Mun: http://www.localsguide.com/blog/view/id_412/title_ask-a-master/

MESSAGE FROM GRANDMASTER CHAE SONG MUN

DEDICATION

When you are selected to become a disciple, it typically indicates that your studies have progressed to a level requiring the utmost seriousness, dedication and ethical behavior. As such, certain techniques and training methods are taught exclusively to disciples. Beyond martial knowledge and skill, becoming a disciple indicates that your teacher places great trust in your personal conduct and ethical judgment. You could say that becoming a disciple is like becoming an adopted son or daughter of your teacher, as it is a lifelong bond of mutual support and trust.



ATC Taekwondo Future Leaders