



WELCOME BACK WARRIORS!

Welcome back and Happy New Year!



Can't believe we are already in 2023. This is an exciting month for us at the Academy. On Monday, January 30, our school will be celebrating it's 7th Anniversary.

We held our GRAND OPENING back on Saturday, January 30, 2016 on the corner of Blossom Hill Road and Kooser. It is hard to believe that this much time has passed.

To celebrate the occasion, we are going to provide some cake and refreshments to all the parents and students who attend class on Monday, January 30.

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WRAPING-UP 2022

Happy New Year everyone! We are honored and grateful that you have decided to follow us on this path in building a community with Warrior Code in 2022 and are still with us in 2023.

Here are some of the highlights from 2022... together we:

- made 3 amazingly successful tournaments happen
(*Patterns in April, Sparring in August & Warrior Cup in November*)
- hosted some amazing seminars with amazing guest instructors
(*Julio Carlos, Diego Cabanas, Jodi Tention & Master Hutton*)
- ran a series of awesome kids' night out
- hosted a free pumpkin carving party
- went trick-or-treating as a group
- held a fun winter holiday pot-luck
- raise the technical level of our school (more skills, less redos)
- ran 2-summer camps and 1-winter camp
- had a team of 10-competitors go to the World Cup
(and come back with 6-medals: 2-gold, 3-silver and 1-bronze)

We are very proud of all the accomplishments both from the families (students and parents) as well as the staff of Warrior Code Taekwon-Do. Together we make a wonderful team and will continue to achieve great things!

This brings us to 2023!



MAKING THINGS BETTER IN 2023

We spend countless hours evaluating our Academy always trying to bring you amazing classes, organized events and provide you with a top-notch family & supporting community culture. We want to raise the level and do even more for you. Here are some upgrades and improvements to the academy in 2023:

- Both the BASIC and DEDICATED Membership just received a FREE Upgrade. As of January 1, Basic members can enjoy 6-classes per month (instead of 5) and Dedicated members can enjoy 10-classes per month (instead of 8) at NO ADDITIONAL CHARGE.
- We are going to host 3-FREE Pot Luck Dinner Parties each year (instead of one). The goal is to provide a social outlet for families where you can meet new friends, eat delicious food and have fun!

We also will be improving our communication, our testing process and more. Check out how we are going to improve communication on the next page!

Happy
New Year!
2023

COMMUNICATION IN 2023

In line with improving communication and planning better events for you.

We have two main ways of ensuring proper communication. They are Seasonal Newsletters (one for each test cycle) & Weekly Updates.

Here is how that will work:

SEASONAL NEWSLETTER

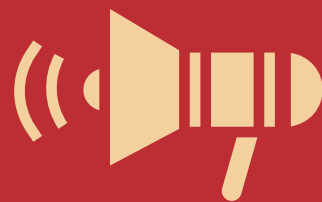
This newsletter will be released 3 times per year covering all the events from each of the rank testing cycles. It will cover all the events, dates and basic information so you can start planning the dates and times of events months in advance. Here are the timings of the Seasons / Test Cycles:

- January 1 to April 30
- May 1 to August 31
- September 1 to December 30

WEEKLY UPDATES

We will continue to communicate via BAND, Facebook and Email with a Weekly Update. Since the newsletter will cover everything, we will continue to release a weekly update, however, it will be short and sweet.

We are also going to make additional efforts through proper announcements (in class and to the parents) as well as flyers and post cards handed to students!



PREVIEW OF EVENTS THIS CYCLE

Here is a list of events that Warrior Code is going to hosting between January 1 and April 30, 2023:

<u>Kids Night Outs:</u>	Saturday, February 11 Saturday, March 18
<u>Special Seminars:</u>	Saturday, March 4 Sunday, March 5
<u>Pattern Tournament:</u>	Saturday, March 11
<u>Pot-Luck Dinner Party:</u>	Saturday, April 8

Taekwon-Do Rank Testing:

Beginners Levels	Friday, February 17 Friday, April 14
Intermediate Levels	Saturday, April 15

Stripe Testing for Taekwon-Do and Little Warriors on the next page.

STRIPE TESTING (JAN 1 - APR 30)

In line with improving communication and being more organized in 2023, here is the list of Stripe Testing opportunities for Little Warriors and Taekwon-Do Students between January 1 and April 30, 2023.

LITTLE WARRIORS (Ages 4 to 6)

- January 25 & 26
- February 22 & 23
- March 29 & 30
- April 27 & 28

TAEKWON-DO STUDENTS (Ages 7 & up)

- January 9 to 15
- February 6 to 10
- March 6 to 10
- April 3 to 7

Please note that Stripe Testing is required to advance to rank testing!

AN UPDATE ON RANK TESTING PROCESS & THE TESTING REQUIREMENTS

Each year our team spends countless hours reviewing how our members progress. We audit the testing system, the curriculum and analyze what we can do to

- a) make things easier to learn and more fun to practice for the student
- b) create better systems for the staff to learn how to teach

We have been noticing that people are not getting enough practice or seeing enough development in their skills as they move to higher levels.

For this reason we are moving to a 4-month testing cycle (instead of 3).

This means that each year we will only have 3-rank testing opportunities (April, August and December). This will provide an additional month of focus on each rank and its respective skill sets.

ALSO - the criteria is now much more specific. We now have divided up the curriculum into three tracks (for yellow belt and up). It will depend on the following items:

- how many times per month you attend class (and put effort)
- how many events you participate (competitions & seminars)

When someone spends more time & gets more involved, they will progress

DON'T RACE & STOP COMPARING!

We have been noticing that 2 main things are happening with the rank testing curriculum lately (in 2022). They are:

- 1) more people are racing through the belts
(focused more on the minimum time to get the next level without always having the skills or muscle/flexibility associated with the technique)
- 2) comparing themselves to others and not focusing on their own journey
(this always leads to unhappiness and often jealousy)

Each person's goals, abilities and path will be different. Some people have physical limitations, some people have mental/emotional ones. Comparing who got what... and at what time is never a good game for anyone to play.

Believe it or not... it has led to people testing faster and finishing with more redos and less success. The result is a drop in confidence.

Train a lot, improve and enjoy. Focus on you & help others. This is the answer!

SPECIAL PROGRAM UPGRADES COMING YOUR WAY

We want to offer our members something NEW this year. While some of our members are very busy and train between 5 and 8 classes per month- others have jumped in with both feet and are really involved in our program.

For those people, we want to offer additional opportunities. Starting in February 2023 (next month) we are launching the following programs:

- **LEADERSHIP TEAM** (*for red stripe and above*)
- **DEMONSTRATION TEAM** (*for blue stripe and above*)
- **COMPETITION TEAM** (*for green stripe and above*)

Each of these programs will provide an amazing experience for the members involved. They will feature some incredible training and development opportunities which will increase confidence and character in each team member.

Also to note (about the competition team): students do not need to be on the competition team to participate in competition. This team is simply a higher means of developing skills for the competition arena (and more).

If you are interested in any of these programs, please let us know!

2023 EVENTS

Mark
YOUR CALENDARS

TEST CYCLE 1 / SEASON 1

JANUARY 1 TO APRIL 30, 2023



Stripe Testing

TAEKWON-DO PROGRAM:

Week 1 - January 9 to 13
Week 2 - February 6 to 10
Week 3 - March 6 to 10
Week 4 - April 3 to 7

LITTLE WARRIORS PROGRAM:

January 25 & 26
February 22 & 23
March 29 & 30
April 27 & 28



Rank Testing (*for Taekwon-Do students only*)

BEGINNERS

(White Belt & Yellow Stripe)

Friday, February 17 at 5:15 PM
Friday, April 14 at 5:15 PM

INTERMEDIATE / ADVANCED

(Yellow Belt to Red Belt)

Saturday, April 15 at 1:00 PM

MAKE UP TESTING (*All Levels*): Saturday, April 23 at 10 AM

Please note that there is an additional fee of \$25 to attend the make up test date.



Other Events:

Spring Seminar: Saturday, March 4 & Sunday, March 5

Spring Tournament: Saturday, March 11

Pot-Luck Party: Saturday, April 8 at 6:00 PM

Kids Night Out: Sat, February 11 & Saturday, March 18



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RANK TESTING REQUIREMENTS

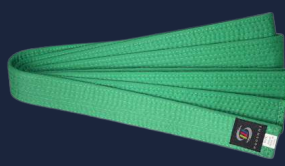
INTERMEDIATE RANKS



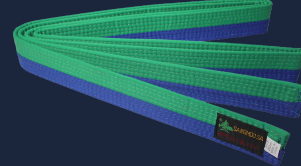
Yellow Belt (8th Kup)
minimum age: 7



Green Stripe (7th Kup)



Green Belt (6th Kup)
minimum age: 8



Blue Stripe (5th Kup)

	SLOWER TRACK REQUIREMENTS (3-Test Cycles)	REGULAR REQUIREMENTS (2-Test Cycles)	FASTER TRACK REQUIREMENTS (1-Test Cycle)
Minimum number of Classes	65 classes (Average of 5-6 classes per month over 12 months of training)	56 classes (Average of 7-8 classes per month over 8 months of training)	36 classes (Average of 9-10 classes per month over 4 months of training)
Events:	1-Competition & 1-Seminar at each belt color yellow = 8th & 7th Kup green = 6th & 5th Kup	1-Competition & 1-Seminar at each belt color yellow = 8th & 7th Kup green = 6th & 5th Kup	1-Competition & 1-Seminar at each individual rank (at each individual rank)
Stripes:	Must complete all physical stripes & written test	Must complete all physical stripes & written test	Must complete all physical stripes & written test
Necessary Equipment	Taekwon-Do Uniform & Sparring Gear	Taekwon-Do Uniform & Sparring Gear	Taekwon-Do Uniform & Sparring Gear
Time Reduction Eligible? (Belt Camp)	<u>If you attend belt camp:</u> May reduce time by 1 test cycles if all other requirements are met	<u>If you attend belt camp:</u> May reduce time by 1 test cycles if all other requirements are met	<u>If you attend belt camp:</u> May test at the end of camp if all other requirements are met

ONCE YOU HAVE PASSED THE RANK TESTING FOR BLUE BELT, YOU WILL GRADUATE INTO THE ADVANCED CLASS. THIS MEANS HIGHER LEVEL OF TRAINING AND HIGHER LEVEL OF COMMITMENT

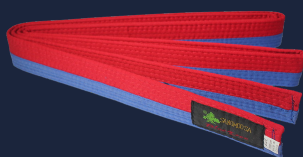
RANK TESTING REQUIREMENTS

ADVANCED RANKS



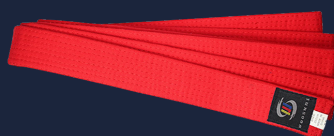
Blue Belt

4th Kup / 4th Grade
minimum age: 9



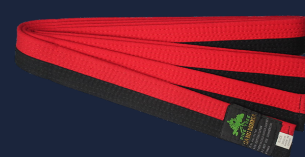
Red Stripe

3rd Kup / 3rd Grade



Red Belt

2nd Kup / 2nd Grade
minimum age: 10



Black Stripe

1st Kup / 1st Grade
minimum age: 11

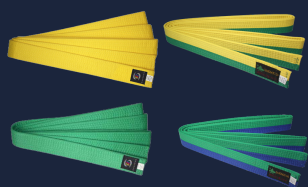
	SLOWER TRACK REQUIREMENTS <i>(4-Test Cycles)</i>	REGULAR REQUIREMENTS <i>(3-Test Cycles)</i>	FASTER TRACK REQUIREMENTS <i>(2-Test Cycles)</i>
Minimum number of Classes	80 classes <i>(Average of 5-6 classes per month over 16 months of training)</i>	85 classes <i>(Average of 7-8 classes per month over 12 months of training)</i>	75 classes <i>(Average of 9-10 classes per month over 8 months of training)</i>
Events:	1-Competition & 1-Seminar at each belt color <i>blue = 4th & 3rd Kup green = 2nd & 1st Kup</i>	1-Competition & 1-Seminar at each belt color <i>blue = 4th & 3rd Kup green = 2nd & 1st Kup</i>	1-Competition & 1-Seminar at each individual rank <i>(at each individual rank)</i>
Stripes:	Must complete all physical stripes & written test	Must complete all physical stripes & written test	Must complete all physical stripes & written test
Necessary Equipment	Taekwon-Do Uniform & Sparring Gear	Taekwon-Do Uniform & Sparring Gear	Taekwon-Do Uniform & Sparring Gear

PLEASE NOTE that as of January 1, 2023 Blue Belts and above will NO LONGER be eligible for time reduction from Winter Camp. Winter camp can however be used to accommodate when vacation time is taken to stay on track. *This rule used to only apply to Red Belts and above.*

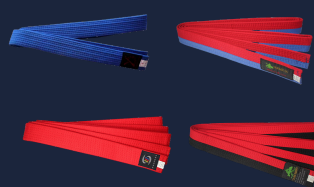
TAEKWON-DO CLASS SCHEDULE



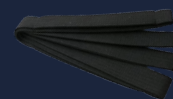
BEGINNER
30 Minutes



INTERMEDIATE
45 Minutes



ADVANCED
60 Minutes



BLACK BELT
2 Hours

MON	TUE	WED	THU	FRI
5:15 PM BEGINNERS	5:15 PM INTERMEDIATE	5:15 PM BEGINNERS	5:15 PM INTERMEDIATE	5:15 PM BEGINNERS
6:00 PM INTERMEDIATE	6:15 PM BEGINNERS	6:00 PM INTERMEDIATE	6:15 PM BEGINNERS	6:00 PM INTERMEDIATE & ADVANCED
7:00 PM ADVANCED & BLACK BELTS	7:00 PM ADVANCED & BLACK BELTS	7:00 PM ADVANCED & BLACK BELTS	7:00 PM ADVANCED & BLACK BELTS	7:15 PM COMPETITION TEAM <i>By invite only</i>
8:15 PM BEGINNER & INTERMEDIATE Ages 12 & Up	8:00 PM BLACK BELTS <i>(Black Belts must start at 7pm)</i>	8:15 PM BEGINNER & INTERMEDIATE Ages 12 & Up	8:00 PM BLACK BELTS <i>(Black Belts must start at 7pm)</i>	

Please take note:

We have been teaching and coaching for a long time. Whether we are coaching a competitive program or simply working to raise a child's focus - we have noticed some KEY things which will significantly improve the training experience as well as increase their chances of success in the program. Those things are:

- 1) Try to avoid giving your child any screen time (TV, tablet, cell phone) at least 30 to 45 minutes prior to class.
- 2) Avoid any junk food (processed food, sugars etc) before class.
- 3) Arrive at least 5 to 10 minutes before the start of class

LITTLE WARRIORS CLASS SCHEDULE



MON	TUE	WED	THU
4:30 PM LITTLE WARRIOR CLASS	4:30 PM LITTLE WARRIOR CLASS	4:30 PM LITTLE WARRIOR CLASS	4:30 PM LITTLE WARRIOR CLASS

Please take note:

We have been teaching children for a long time. We have noticed some KEY things which will significantly raise the experience of your child as well as increase their chances of success in the program. Those things are:

1) Try to avoid giving your child any screen time (TV, tablet, cell phone) at least 30 to 45 minutes prior to class.

Believe it or not, screens are an addictive thing because they release something called dopamine. They attract attention and stimulate the brain. Giving a child screen time before class will result in the child's mind and spirit not being full with us or wanting to cooperate.

2) Avoid any junk food (processed food, sugars etc) before class.

Processed foods and sugars do not fuel the body the same way that real nutritious food does. We (adults) use it as a "pick-me up". It often wears out quickly, especially when we are active or working out.

As you would guess, our goal is to help your child develop strength, flexibility, coordination and motor skills. This requires their concentration and focus. It is really hard to keep them going when they are coming off of a sugar or energy crash.

3) Arrive at least 5 to 10 minutes before the start of class

We know that people's schedules are busy these days. Just think how we feel running into meetings "right on time" or even slightly late. It is hard to get into the right mindset. It is harder for children to adapt and get the most out of their class when they are