



TKD Times

**YH Park
Tae Kwon Do School**

Volume I, Issue I
Spring 2010

Welcome! 환영



Welcome to the very First Edition of YH Park's Tae Kwon Do newsletter. We are very excited about launching this communication to our students and their families.

It is our hope that this will keep you up-to-date on what's happening here at the school, in the community and in the world at large.

Conversely, we invite you to contribute to this publication by sharing information and stories with us so we can be involved and in touch with what's happening in your lives, schools, etc.

This will only continue and grow with the help and input of our students and their families.

Sincerely,
YH Park
US Olympian

Thank you
당신을 감사하십시오



Congratulations!

**Grandmaster YH Park
Voted 2009**

**Coach of the Year
By**

**United States Taekwondo
Grandmaster Society**

**Our very own Grandmaster is
now in this society's
Hall of Fame!**

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Cardio Kickboxing Program Spring Training Special

Check out the buzz, try a new Cardio Kickboxing class. Classes are held every Tuesday & Thursday from 7:10—8:10

Join our group on Facebook
Check us out on Twitter
We're on YELP too!

**First Class
FREE!**

Master Edward,
Master Elliott,
Charlene & Anthony
will all be there
to help you

2010
May
Black Belt Test
Summer
School Picnic
1/2 Day Summer Camp
Fall
New York Open
2011
February
School Promotion Event
March
Black Belt Ceremony
April
Charity Event
May
Black Belt Test



Student Spotlight



Student of the Month
Children

January— Isabella Ciccio
February—Taylor Favata
March—Christopher Leone
April— Robert Johnson

Student of the Month
Adult

January— Ashley Bernhardt
February—Rick Lutjen
March—Angelo Bonilla
April—Timothy Mahabir

Congratulations to all Students that have earned this award.

Student of the Month is awarded to students that attend class on a consistent basis. And when they are in class they do their best. Giving all their effort, paying attention, help others, listen to the instructors, do well in school, etc. There are many ways to earn this honor. If you follow the simple rule to always do your best, it will be easy for you.

Meet & Greet our new students!

“All existing students, please extend a warm welcome to all our new students. Let’s show them how happy we are to have them as new members of our extended family!”

Tae Kwon Do
Mary & Allison Zabransky
David & Dylan Narine
Nicholas Bonavita
Sara & Angela Pelligrino
David Kim
Luke Pilinko
Grace Rossi
Jillian Haxton
Madison Haxton
Leeanne Greener
Daniela Newman

Cardio Kickboxing
Maureen Scally
Maryann Ziropgiannis
Fran Chester
Cheryl Chester
Cheryl Carfino
Alyssa Dossopoulos
Christina Quinn
Alex Turcios
Devin Vegas
Robert Leone
Stacy Ebby
David Hayes
Nicole Hayes

You should be proud of yourself. You just made one of the best decisions of your life. You now have a community of people to encourage and support you in your health & fitness goals!
Welcome to the YH Park Family!

Cardio Kickboxing Tips

By Anthony Messina

Take your warm-up seriously. If the instructor wants you to do 50 push-ups then try your best to reach that goal. If you are unable to do it, that’s okay. The great thing about cardio kickboxing is you can

stop to take a breather anytime without falling behind the class. It’s important to have fun but make sure you put in the right effort and intensity. Your instructor usually sets the timer for 2 or 3 minute rounds. Punch & kick with full

power and intensity to maximize caloric burn 3). Make sure you exhale strongly when you strike, this will force you to inhale when you retract your arm or leg. This supplies more oxygen to the lungs increasing your endurance.

Kick as high as you can to increase flexibility & burn more calories. Try to keep your hands up at all times, do not drop them below your chin or face. This will sculpt your shoulders and burn more calories.



Change Your Life By Changing Your Lifestyle

By Charlene Molina

There are so many small simple steps we can take in our every day lives to improve our overall health.

Being healthy isn't just exercise. It's a combination of eating right, exercise, and rest. Balance is the key. If you do too much of one and not enough of another you will understand what being "out of balance" means.

Tips to sneak in exercise:

Park far away from the entrance when you go to work or the store so you can walk.

Take the stairs instead of elevators.

Squat while drying your hair.

A few things you can do...

Drink 6 to 8, 8 oz. Glasses of water each day. Don't let your fuel tank run down to Empty. Snack on fruits between meals to prevent overeating. Have a salad BEFORE your meals or load up on side dishes of vegetables., no French fries don't count! Get 8 hours of sleep each night. If you don't or can't, take a nap. Research has shown that even 15 minutes of sleep can recharge your batteries and prevent heart attacks!

A study from the Journal of Applied Physiology December 15, 2005, reported that "Lifestyle

Changes Can Quickly Reverse Heart Risks"

In an encouraging study conducted on overweight men, researchers found that after three weeks on a high-fiber, low-fat diet and adding up to 60 minutes of daily walking, about half of the study participants reversed type 2 diabetes or a constellation of unhealthy risk factors called the "metabolic syndrome." The study found that when an individual partakes in a fairly intensive diet & exercise lifestyle modification, that significant changes in their health can be noted in a short period of time.



Photodisc

For more info and helpful hints Check out this great website
www.5aday.gov

Healthy You, Healthy Planet

Reduce your Carbon Footprint and reduce your weight at the same time! Walk or ride a bike instead of taking your car.

Do as many daily tasks as possible without using your car.

Don't underestimate the positive benefits and great results you can receive from something as simple as walking.

What is a "Carbon Footprint"?

The term "Carbon Footprint" refers to the most common measure of your impact on the environment in terms of the amount of greenhouse gases produced, measured in units of carbon dioxide.

Check out these great resources. Here are some websites that contain helpful and valuable information:

www.walkscore.com

www.gmap-pedometer.com

www.terrapass.com/carbon-footprint-calculator/

www.healthy-planet.org

"Don't underestimate the positive benefits and great results you can achieve from something as simple as walking."

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