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Midwest Tae Kwon Do Academy News

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Merry Christmas & Happy New Year !!!

Winter is here, the cold is setting in, but spirits are high and the sweat keeps on rolling. This has been a good year for Tae Kwon Do. As most of you know we had the opportunity to host the Annual Chai Tae Kwon Do tournament at John A. Logan College. Many students won trophies and should be congratulated for their efforts.

The following is our current schedule:

Monday	5:45-7:15	All
Tuesday	5:30-6:30	Beginners
	6:30-7:30	Intermediate & Advanced
Wednesday	5:30-6:30	Children 10 & under
	6:30-7:30	All
Thursday	6:30-7:30	Practical Self Defense
Friday	5:45-7:15	All
Saturday	10:30 AM	All

The schedule during the Holidays will be as follows:

Closed:	Dec. 23, 24, 25
Open:	Dec. 27, 28, 29
Closed:	Dec. 30, 31, Jan. 1
Open:	Jan. 3 on

We would like to take this opportunity to present tournament results.

Forms Competition:

Black Belt:	1. Raleigh Engle (Purdue University, IN)
	2. Larry Adams (Marion)
	3. Shawn McPhail (Zeigler-Royalton)
Red Belt:	1. Kostas Pouloupatis (Purdue)
	2. Sean Conley (Lafayette, IN)
	3. Emily Sherman (Purdue)
Red-Tip:	1. Tara Snyder (Z-R)
	2. Nicole Cascales (Lafayette)
	3. Kevin Gilmore (Monticello, IN)
Blue Belt:	1. Veronica Seckman (Z-R)
	2. Abby Mason (Z-R)
	3. Carol England (Monticello)

Green Belt:	1. John Riecan (Marion)
	2. Gordon Morse (Lafayette)
	3. Mike Dibble (Marion)
Yellow:	1. Sean Polete (Purdue)
	2. Tracy Hart (Purdue)
	3. Michele Hart (Purdue)
White Belt:	1. Tom Peyton (Z-R)
	2. Ron McGhee (Z-R)
	3. Joey Powers (Marion)

Breaking Competition:

Blue Belt:	1. Abby Mason (Z-R)
	2. Robert Kost (Z-R)
	3. Carol England (Monticello)
Green Belt:	1. Mike Dibble (Marion)
	2. John Riecan (Marion)
	3. Jeniann Yi (Marion)
Yellow Belt:	1. Jonathan Oetting (Marion)
	2. Sheila Thomason (Marion)
	3. Matthew Gurley (Marion)
White Belt:	1. Tom Peyton (Z-R)
	2. Joe Lenard (Marion)
	3. Joey Powers (Marion)

Sparring Competition:

Adults:

Red Belt Men:	1. Kostas Pouloupatis (Purdue)
	2. Henry Hong (Purdue)
	3. Sean Conley (Lafayette)
White/Yellow Belt Men:	1. John Larose (Perryville, MO)
	2. Ron McGhee (Z-R)
	3. Cory Wharff (Monticello)
Women:	1. Goranka Bjedov (Lafayette)
	2. Emily Sherman (Purdue)
	3. Renee Hummer (Perryville)

Children:

Beginner Boys 7-10:	1. Joey Powers (Marion)
	2. Ryan Pullum (Z-R)
	3. Scott Frankenfield (Marion)
	3. Steve Wohlferd (Marion)
Advanced Boys 7-10:	1. Gordon Morse (Lafayette)
	2. Austin Nuerge (Lafayette)
	3. Matthew Gurley (Marion)

- Girls 7-10:
1. Shauna Thomason (Marion)
 2. Jeniann Yi (Marion)
 3. Felice Stanton (Marion)
- Beginner Boys 11-13:
1. John Riecan (Marion)
 2. Roger Minton (Marion)
 3. Jonathan Oetting (Marion)
- Advanced Boys 11-13:
1. Robert Kost (Z-R)
 2. Kevin Gilmore (Monticello)
 3. Matt McChristian (Marion)
- Boys 14-16:
1. Mike Dibble (Marion)
 2. Matt Dibble (Marion)
 3. Daryl Kyle (Monticello)
- Girls 13-16:
1. Nicole Cascales (Lafayette)
 2. Sheila Thomason (Marion)
 3. Shannon Thomason (Marion)

We congratulate all students for their efforts in 1993. With hard work and plenty training students have been overcoming many obstacles. Students should now take time to evaluate personal achievements over

the past year. The upcoming year will provide new challenges for all and as such this is a good time to set new goals. Remember that Tae Kwon Do is woven into the fabric of your life and nobody can take it away from you!

Students often forget that the principles of Tae Kwon Do are not limited to practise in the do-jang. We expect you to carry the Tenets with you wherever you go, whether at work, home, school, or play. Remember that Tae Kwon Do makes you special as you are part of a small, but growing group of practitioners.

Since this is the Holiday season we should all be thankful for our good health as well as the entourage of our families and friends. We often regret not having taken the opportunity to express our feelings to loved ones and sometimes it is too late. So if we ask one thing of all students that is to hug your loved ones and tell them how much you care.

PIL SUNG !! We wish you a prosperous 1994 !