

SEONG'S

Martial Arts



ACADEMY

ALWAYS ACHIEVING EXCELLENCE!

Our goal . . .

So, we have decided to start a monthly newsletter for the families of students enrolled in our After School Program to help keep everyone up to date on what's happening here at Seong's Martial Arts Academy. Our goal, as always, is to continue to provide you and your children with the best possible experience during your time here with us. We thought you might enjoy getting to know us a bit better as well as getting a chance to see a bit more of what we do here day to day.

This newsletter is a work in progress and our goal is to meet your needs, so if there is something in particular you would like to see in the newsletter please let one of us know. We welcome your feedback and are always open to new ideas.



In this newsletter in the future we will be sharing your children's artwork, celebrating their birthdays and other milestones, as well as keeping you abreast of the activities in which they take part here at Seong's. We are proud of the caliber of students we have here and consider all of you to be a part of our extended family. It is our hope that this newsletter will help celebrate the time you and your children spend with us.

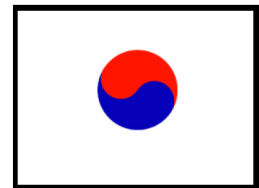
Tiger Talk : After School Program Newsletter



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October 2015



"I am so blessed that I got this opportunity to be able to volunteer at the Taekwondo Summer Camp. I really enjoy being around all the children. They are such great kids. They are so funny and very smart. I love to play games with them or read them a book."

-Melani Corral

Meet the Staff of the After School Program



Supreme Grandmaster Seong
Director of Seong's Martial
Arts Academy

Supreme Grand Master Seong began his Tae Kwon Do and Ju Do training in 1957. In 1974, he became an International Master Instructor and officially began teaching martial arts in Ahn Yang, Korea. Supreme Grand Master Seong founded the Pan-Am Martial Arts Federation in 1990 in Fredericksburg, Virginia and has been teaching Tae Kwon Do in a family atmosphere there ever since.

He supports and is very involved in the local community, frequently participating in charitable events and providing local demonstrations for schools and other civic events such as parades and fund raisers. He is a leader by example, showing that active participation in the community makes the

community stronger and adds value to the lives of its citizens.

He continues to share his vast knowledge of Tae Kwon Do with the Fredericksburg community, constantly emphasizing that with good physical, mental and spiritual health, we can be our very best. Internationally well-known and highly respected by the martial arts community, Supreme Grand Master J.K. Seong, 8th Dan, exemplifies martial arts excellence. Supreme Grand Master Seong continues to strive for constant improvement in himself and his students. He seeks to make Tae Kwon Do a priceless investment in life for everyone.

All those that have had the good fortune to have studied with him have found their lives profoundly changed for the better. No Supreme Grand Master shows more concern and consideration for his students, not only in their skills and abilities, but in their lives as well.

Those privileged to work with Supreme Grand Master Seong can attest to both his love of children and the dedication he has to making a positive impact in their lives. No matter how busy his schedule, he is always ready with a kind word and a smile for everyone he meets.



Master Michael Seong
Taekwondo Master Instructor

Michael Seong was born in South Korea and came to the United States when he was 14 years old. Now, he has a family of his own, a beautiful wife and two sons. He loves his family very much and that's what brings him happiness.

He is very proud of what he has achieved so far in his life, but feels that he is still at the beginning of his martial arts journey. He feels that there is a lot more to learn and he wants to push himself beyond his limitation to achieve excellence in martial arts. He believes that everything is possible if you put in one hundred and ten percent.

What martial arts taught him over the years was not just kicking and punching but learning how to be a true winner and how to overcome the obstacles of everyday life through putting forth your best efforts and having a positive attitude. This is the lesson he

strives to impart to his students every day.

Master Michael has been very fortunate to have guidance from his father, Supreme Grandmaster Seong. He is looking forward to this lifelong learning experience and will pass this virtue on to both of his sons.

He would like to thank his wife for her love and continued support.

Those fortunate enough to work with Master Michael appreciate the warmth and humor he brings to teaching, both qualities that make him a favorite with the children as well.



Diana Kuhl-Chapman
Assistant Director of
After School Program and
Summer Camp

Diana was born in Fairfield, CA. She has lived in VA for most of her life. She is an honorably discharged Gulf War vet. She graduated *summa cum laude* from the University of Mary Washington with a Bachelor's in English in 2001. She additionally attended grad school at Mary Baldwin College pursuing a Master of Arts in Teaching with an emphasis in Early Elementary Education.

Diana has worked with children for several years now, tutoring students from

Kindergarten to college level as well as working with first grade and the Extended Day Enrichment Program with Albemarle County Schools for four years.

She has a wonderful son who turned seventeen years old this month. He is the light of her life.

Diana is a published poet and enjoys both writing and participating in organized nerd games.



Megan Lee
After School Program
Instructor

Megan was born in Fairfax, VA. She is one of six children, including two older sisters, one older brother, and two younger identical twin sisters. She moved to Fredericksburg when she was 15 years old.

Working with children has always been a passion of Megan's. When she was young she helped her mother run her in-home daycare center and realized that working with children was for her. She began working as an afternoon teacher for the three-year-old class at a pre-school when she was 18 years old. A few years later she began working for Stafford County public schools as a paraprofessional for students with autism. She was

promoted to a position as a Behavior Support Assistant in autism. This kept her busy over the next year working with her students both at a day school and in home assisting their parents.

Megan took a break from working with children for a little while, but she has been with Seong's for almost a year now and loves working with our students.

"I love helping and working with the children."

-Megan



Janean Fischer
After School Program
Instructor

Janean was born and raised in Benicia, CA and attended San Francisco State University. She spent many years working with those with special needs. She was a Special Education teacher's assistant for seven years working with children with severe special needs. Janean has also spent time working with the elderly in respite care.

Janean and her husband, a Navy veteran, have two children, a daughter who has just finished college and a son who is in college now.

Janean loves college football games and refuses to miss a Navy game, sometimes going to see them even in a storm.

She enjoys working with her fellow after school staff and loves working with the kids. She enjoys joking and being silly with the kids, playing games with them, and doing arts and crafts with them. Most of all, however, she enjoys watching them learn and be curious about the world around them.



Samantha Zacofsky
After School Program
Assistant Instructor

Samantha has been with the program for over a year now. She began as a volunteer assistant last year while she was completing her senior year of high school. She quickly proved her value to the program and was hired as a part-time assistant for our Summer Camp, which then transitioned to her current position as After School Program Assistant Instructor.

Samantha is a kind, hard-working young lady. She loves children and animals. She is playful and gentle with the

children and is always pleasant to work with.

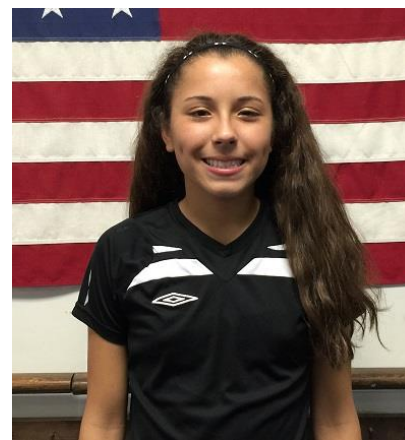
Samantha has come a long way since she began working with the program and, with hard work and dedication, will undoubtedly continue to grow in her role here.



William "Buddy" Stargell
After School Program
Volunteer Assistant

Buddy is 13 years old. He is an eighth grader at Spotsylvania Middle School. He enjoys riding his bike, playing video games, and assisting with Taekwondo. Buddy has been playing the electric guitar for about a year and enjoys playing classic rock. He also enjoys running. He ran two 5K's recently and is running a 10K in April.

Buddy has been helping as an assistant instructor in Taekwondo class for a while now and we are fortunate to have him as a part of our After School Staff this fall. He does a great job working with the kids and is an excellent role model for them.



Melani Corral
After School Program
Volunteer Assistant

Melani is 13 years old as well and is also in the 8th Grade at Spotsylvania Middle School. She loves Taekwondo, playing soccer, and playing volleyball. She is currently enrolled in Religious Education to get her confirmation.

Melani is an excellent student. Last year she received a perfect score on her English SOL, which was the "best day of her life." Her goal this year is to get a perfect score on all of her SOL's before she goes on to high school. Smart money is betting she does it!

Melani has volunteered both with the 2015 Seong's Martial Arts Academy Summer Camp and with the After School Program this fall. She is a great addition to the staff and provides an excellent role model for the students.



The kids here are so cute, funny, and sweet and it is a privilege to work with them.

- Janean Fischer

Special Events for the month of October

Special Over-Night Training

Come join us Friday October 30th for a Spooktacular celebration! Children will enjoy a night filled with games, a costume contest, a pumpkin decorating contest, taekwondo training, and much much more! Parents will enjoy a night free from children!

The children will be served Pizza for dinner at the party and we will feed them breakfast in the morning.

The fun begins Friday, October 30th at 8:30 p.m.

Children will need to be picked up Saturday, October 31st at 7:30 a.m.

Price per student and/or guest: \$30 each

(Students bringing guests will receive a \$5 discount.)

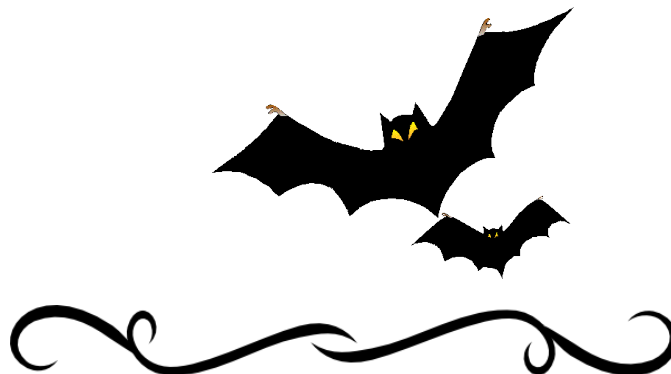




SCHEDULE OF EVENTS:

- 8:30-9:30 - TAEKWONDO TRAINING**
- 9:30-9:50 - PIZZA**
- 9:50-10:00 - CHANGE INTO COSTUMES**
- 10:00-10:10 - COSTUME PARADE**
- 10:10-10:25 - PUMPKIN DECORATING**
- 10:25-11:10 - PARTY GAMES AND VOTING FOR FAVORITE COSTUME AND PUMPKIN**
- 11:10-11:15 - AWARDING PRIZE FOR WINNING COSTUME AND PUMPKIN**
- 11:15-11:30 - MOON BOUNCE**
- 11:30-11:45 - BRUSH TEETH AND CHANGE INTO PAJAMAS**
- 11:45 P.M. - BEGIN MOVIE**
- 6:00 A.M. - WAKE UP, BRUSH TEETH, AND CHANGE INTO DOBOK OR WORKOUT CLOTHES**
- 6:15-6:45 - MORNING EXERCISE**
- 6:45-7:15 - BREAKFAST**
- 7:15 A.M. - PACK UP**

**** ALL STUDENTS MUST BE PICKED UP BY 7:30 SO THAT WE CAN BEGIN OUR NORMAL SATURDAY TRAINING SCHEDULE. ****



Monthly Announcements for October

October Belt Promotions for After School Students:

Promoted To Advanced White Belt- Andy Lattin

Promoted To Yellow Belt - Harry Luong and Nico Salinas

Promoted To Green Belt - Kenyan Robinson

Congratulations! We're proud of all your hard work!



****Special Reminder for Bo Dan and up: Special Training is on Saturday, October 24th, 2015 from 1:00 pm to 3:30 pm. Cost is \$10.****

