

Highlights

- BOK
- 2019 STORM Team

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The Newsletter of
Energy Tae Kwon Do
Organization
Kennesaw GA
February 2019

Board Breakin' News



BRING on the BOK HARDWARE!

"Make Way for ETO's 16th Annual Battle of Kennesaw"

BOK 2019

Calling all Martial Arts & Fitness Competitors! The Energy Tae Kwon Do Organization will host the 16th Annual Battle of Kennesaw Martial Arts and Fitness Championships will be held at Furtah Prep School on Saturday February 9th. The vision of the Battle of Kennesaw is to provide a safe and fun competition that unites martial artists and fitness competitors in a service project for families in need. The Battle of Kennesaw is open to both ETO and Non ETO students of all ages and all belt levels. Awards will be presented in each category for 1-2-3 placements, BUT the greater emphasis of the competition is participation. Each pre-registered participant earning a total of 10+ merits from a combination of martial arts & fitness events will be awarded a handsome trophy.

2019 ETO Storm Team

Tryouts for the 2019 ETO Martial Arts and Fitness Demonstration Team "THE STORM" were held on Friday

night January 11. Martial artists performed their skills in techniques, forms, weapons, and stunt work. ETO is very proud to present a 2019 team comprised of different ages and belt levels. "THE STORM TEAM" has been a local favorite since 1994. They have performed for festival, school, church, business, and community events. They have also been featured on videos and u-tube. They represent not only the physical aspects of martial arts, but the also the confidence and leadership skills that are developed through the ETO program. ETO looks forward to showcasing another wonderful team this year! Congrats to the following team members: Kaitlyn Bentley, Meena Edwards (Captain), Alex Harmer, Molly Henkes, Zach Hextell, Allison Lotempio, Autumn Lynn, Emma Morrell, Ethan Myer (Mascot) Michael Sawyer, Sanjana Sharma, Isabelle Snyder, Bailey Van Zandt, Sophia Van Zandt, Suchitha Vanguri, Luke Winters and Kaitlyn Winters. They are coached by Doug Edwards, Missan Edwards, Xandy Edwards, & Staci Thomas.

Parent's Night Out

ETO Parents Night Out
Saturday 2/16
6 PM - 10 PM

\$35 first child & \$30 sibling
(\$5 extra early/late fees available)
FOOD-FUN-FITNESS

Winter Break Schedule

Combined Classes for Break

Monday 2/19

5 PM - Cardio
6 PM - ages 3-10
7 PM - ages 10-Adult

Thursday 2/21

5 PM - Cardio
6 PM - ages 3-10
7 PM - ages 10-Adult

Saturday 2/23 - Regular Schedule

8:15 - Cardio
9:30 - ages 3-10
10:30 - ages 10-Adult

Book a Birthday Party or
Celebration at ETO!