

## Highlights

- BOK 2017
- ETO Closed for Summer Maintenance

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# Board Breakin' News

*The Newsletter of  
Energy Tae Kwon Do  
Organization  
Kennesaw GA  
August 2017*



## Fun, Fitness & Friends!

*"ETO's Anniversary Celebration – August 19"*

Join us on Saturday August 19<sup>th</sup> for ETO's annual customer appreciation and celebration event! For a donation of \$20.00 anyone with a home based business may set up a table. We will also feature a raffle! Anyone who would like to donate a raffle item, please see Miss Missan. Be sure to purchase your \$2 raffle ticket from your favorite demo star or front desk.

### ETO BOK 2017

Calling all Martial Arts & Fitness Competitors! The Energy Tae Kwon Do Organization will host the 15<sup>th</sup> Annual Battle of Kennesaw Martial Arts and Fitness Championships on Saturday October 28<sup>th</sup> at Furtah Prep School located at 5496 Highway 92 (Acworth). 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 during the holiday season. 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 4 foot trophy. The Battle of Kennesaw has partnered with local service organizations to provide food, toys and gift certificates to needy families during the Holiday Season. Each participant will receive merits for turning in can food donations, toy donations or gift certificates to local stores. ETO and service organizations will deliver gift baskets to special families in need. In addition to the competition and service project, The Battle of Kennesaw will celebrate the "Modern Day Warrior 2017" scholarship award. Nominations (ages 12-20) may be submitted no later than Oct. 15<sup>th</sup>.

### ETO Runs the Peachtree

Hats off to a special team that represented the Energy Tae Kwon Do Organization of Kennesaw GA in the 2017 Peachtree Road Race! Johanna LoTempio who is currently a brown belt with ETO organized the effort.

Miss Johanna prepared for the race by running several miles a week. She also trains several hours a week at ETO, Miss Johanna was joined by team members Jorge Velez, Michael Krantz (ETO Red Belt), Rob Gilliam (ETO 3<sup>rd</sup> Degree Black Belt) and Shannon Krantz. In spite of the heat, they had a great team building experience and completed the race with no problem!

### Closed for Summer Maintenance

ETO will also be closed Saturday July 29 - Thursday August 3 for Annual Summer Maintenance.

**Reminder** - ETO class schedule is based on a 4 week month.

### Check out our Pro-shop Specials

- Massage Gift Cards Available
- Self Defense Workshops Available for your group or office
- CPR Workshops Available for your group or office