

Highlights

- 2017 Fitness Champs
- 2018 STORM TEAM Round Up

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Board Breakin' News

*The Newsletter of
Energy Tae Kwon Do
Organization
Kennesaw GA
January 2018*



Bring On 2018!

"ETO is ready for a NEW YEAR of Health & Fitness!"

On Saturday December 2, a special team of elite females from ETO Martial Arts & Fitness spent a wonderful afternoon at the Kennesaw Day with Santa celebration. They performed a display of martial arts skills complete with weapons, brick and board breaks, all set to a twist of the "Twas the Night Before Christmas" story. In addition to the marital arts demonstration, Xandy Edwards (ETO 3rd Degree Blackbelt) entertained the crowd with a presentation of "The Girl in 14-G". Xandy is an accomplished vocal performance major and sophomore at Kennesaw State University. These ladies represent the "true spirit" of the marital artist by giving of their time, resources and talents.

MUCH APPRECIATION!

- The ETO Instructors and Staff would like to express their appreciation for all the well wishes, gifts and baked

goods bestowed upon them this holiday season. We are blessed to serve you!

- Thanks to all who donated gift cards for the 2017 Holiday Service Project. Your efforts helped to lighten the burdens for a special family. A mother, father and 7 year old son were very touched and enabled by your efforts!

YOGA Classes at ETO

It's a brand new year and time to get started on something special to improve your health and wellness. If your goal is to reduce stress and increase your fitness level, then yoga may be the perfect practice for you! ETO Martial Arts and Fitness is now offering yoga classes every Monday and Wednesday from 9-10 a.m. Classes are taught by Katye Hegedus, RYT 200, with a focus on safety, effectiveness, and

relaxation. Meditation and breathing techniques are also included. This class is perfect for all fitness levels including the first timer! Come find out how yoga can increase your well-being and change your life!

2017 Overall Fitness Champs!

Congrats to the Overall Fitness Challenge Champs!
Gavin Doering (ages 5-8)
Austin Killibrew (ages 9-13)

2018 STORM TEAM Meeting

Elite Team Practice
Friday - 1/12 @ 5:30 PM

First Full Team Practice
Friday - 1/12 @ 6:00 PM

2018 Mandatory Organizational Meeting for Parents
Friday 1/12 at 7:00 PM

Book a Birthday Party or Celebration at ETO!