

Highlights

- Summer Closing Dates
- Congrats Class of 2018

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Board Breakin' News

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



GET HOT at CAMP ETO!

"12th Annual Summer Fitness Camp"

Summer is here and you don't want to miss your opportunity to kick into some fun with ETO! ETO is proud to host its twelfth annual Camp ETO. This martial arts and fitness themed camp is offered for 2 weeklong sessions the weeks of June 11-15 and July 9-13. Camp ETO is the perfect summer event for both the seasoned martial artist and the beginner who has yet to throw a first punch. The week's activities will focus on fitness, sportsmanship, safety awareness, community service, values lessons, and skills development in a fun and safe environment. In addition to martial arts, activities will include outdoor games, swimming, field trips, crafts, service projects and guest speakers.

Black Belt Circle Expansion

On Saturday May 5th, ETO Martial Arts and Fitness inducted 8 new black belts into the ETO Black Belt Circle. The new black belts demonstrated the last of their requirements during a 3 1/2 hour physical testing period. Their execution of technique, forms, weapons, board breaking, grappling, sparring and overall stamina was judged by a panel of ETO senior black belt instructors. In addition to the physical requirements, each recommended black belt had to submit character recommendation letters and essay. The test ended with a special ceremony in which portions of each black belt essay was shared with the audience. Many of the writings acknowledged the support of family, friends and instructors. Each essay was a unique tale of the incredible journey from ETO white belt to ETO black belt! ETO is proud to welcome the following students into the ETO Black Belt Circle: Isabelle Welsh (1st Degree), Gavin Tica (1st Degree), Matthew Gilliam (1st Degree), Michael Krantz (1st Degree), Ethan Nunez (2nd Degree), John Ruechel (2nd Degree),

Xandy Edwards (4th Degree) & Rob Gilliam (4th Degree).

Summer Closing Dates/Reminders

- **ETO will be closed Monday July 30 through Saturday Thursday August 2 for summer maintenance.**

Program Enhancement

Beginning July 7, ETO will offer a Black Belt class extension for the adult class on the 1st Saturday of each month. Blackbelts are invited to remain for an additional 15 minutes to train on Dahn techniques.

ETO Brag Bag

CONGRATS CLASS OF 2018!