



MOORE EAGLE TKD



Decemeber 2011

December TUITION IS DUE

Happy Birthday to:

Miss Becca Myrick
December 5

Miss Emma Hoffmann
December 6



INSTRUCTORS

Mr. Dan Moore
281-795-1229 (c)
moore5518@yahoo.com

Mr. Bill Bell
713-478-4646
bellbw@comcast.net

CLASSES

Vicki Michelle Dance Studio
17315 Stuebner Airline, Spring 77379
Mon. 6:00—7:00 pm
Wed. 5—6 pm
selected Sat. 10—noon

INFORMATION

For more information, visit our website at
www.moore-eagletkd.com

DECEMBER HOLIDAY SCHEDULE



Vicki Michelle Dance Studio will be closed December 20—31 for the holidays, so we will NOT be having TKD classes during that time. We WILL be having TKD classes the following Saturdays in December:

Saturday, December 10 10:00—noon

Saturday, December 17 10:00—noon

If you are not able to come to class on any of these days, please let us know at land.baron@juno.com, or call/text 281-723-8044 ; 281-795-1229.

Merry Christmas and Happy New Years.



MOORE-EAGLE TKD HOLIDAY PARTY

Are you ready to party? We will be having our annual holiday party on New Year's Eve.

When: Saturday, December 31

Time: 4:00—7:00 pm

Where: Dan & LaNore Moore's house
30810 Vickie
Magnolia, Texas 77354
281-723-8044 ; 281-805-1229

Come join us for a fun afternoon of food, ping-pong, basketball, sand volleyball, maybe beat up on "Bob", and perhaps even a bonfire (depending on the burn ban status).
Come enjoy the afternoon with our Moore-Eagle TKD family.



6 Sparring Drills to Improve Your Martial Arts Training

The martial arts were created as a means of weaponless self-defense. That's why almost every art has sparring at its core. By taking the basic martial arts techniques you learn in class and applying them in controlled fighting situations, you'll learn how you react under pressure. Unfortunately, many students are afraid to engage in uncontrolled sparring with another student. They don't want to get hit, and they don't want to do what it takes to learn how to counter and defend themselves. The following drills were designed to help reluctant students work their way up to free sparring and thus enhance their performance in combat and competition.

Martial Arts Training Drill No. 1: Focus Sparring

Find a partner to hold and move the focus mitt as you strike it with two- and three-punch combinations. It's important that he orient the mitt in the guard position and not show you the surface until he's ready for you to strike it. Note that this drill also works with kicks, but your training techniques will need to be precise or you'll miss the target.

Martial Arts Training Drill No. 2: Shadow Sparring

This is a form of shadowboxing that's performed in front of a mirror. Throw kicks, punches, elbows and knees and use proper footwork while you study your reflection. Try to maintain a flowing motion as you determine which parts of your repertoire need to be corrected. Caution: If you spar with another person in front of a mirror and attempt to watch yourself, you will get hit.

Martial Arts Training Drill No. 3: Heavy-Bag Sparring

Striking a heavy bag gives you an idea of the force and speed you'll need when you face an actual opponent. Standing in front of the bag, freely throw kicks, punches, elbows and hand strikes. When the bag starts swinging back toward you after a strike, you know you're making progress. For more fun, pretend the moving bag is an angry opponent trying to smack you and take evasive action.

Martial Arts Training Drill No. 4: Dummy Sparring

When you're trying to develop trapping, parrying and centerline-defense skills, a wooden dummy from wing chun kung fu can be useful. It teaches you how to create free-flowing offensive and defensive combinations and how to use both hands at the same time.

Martial Arts Training Drill No. 5: Point Sparring

In the early days of point sparring, the action was limited to punching, kicking and sweeping. Now martial artists frequently add trapping, grappling and throwing. No matter which techniques you choose to include in your workouts, use mats and protective gear.

Martial Arts Training Drill No. 6: Circle Sparring

This drill encourages you to remain aware of your surroundings. Three to six people form a circle around you and attack one by one. You have no time to think about the attack; you simply react. If your skills are sufficiently advanced, you can have more than one person charge you at the same time.



Verse of the Week - Letting Go of the Past

"...One thing I do: Forgetting what is behind and straining toward what is ahead."

Philippians 3:13

In order to move forward in life, we have to "let go of the past." But have you ever wondered exactly how to do that? First, understand that we take hold of things in our minds with our thoughts. Our thoughts become words and actions that determine the direction of our lives. It's that simple. If you want to choose a new direction for your life, you have to choose new thoughts. If you want to let go of the past, you have to quit thinking about it, quit talking about it, and quit reliving every negative experience. Oftentimes, when we see someone who has hurt us, that pain and offense is stirred up, and we start thinking about what happened again. But in that moment, you have a choice to make. One of the best things you can do, instead of rehearsing the hurt, is to pray for that person and speak blessing over them. Remember, forgiveness is for you. Letting go of bitterness is for you. Don't let the past hold you back from what God has in store for your future any longer. Get past the past by choosing right thoughts because God has victory and blessing in store for your future!

A PRAYER FOR TODAY: Father God, I humbly come to You today. I choose to let go of the past. I choose to release those who have hurt me so I can embrace the best that you have for me. Help me to forgive, help me to love, and help me to stay on the good path You have for me in Jesus' name. Amen.

