

DIAMOND BLAST

11/08/02

Newsletter of the Boca Raton ATA Taekwondo Club: Issue 29 (Online at <http://bocaata.0catch.com>)

Birthdays in Nov/Dec

Nov 05: Darunee Robustelli
Nov 06: Michelle Allen
Nov 06: Richard Ferguson
Nov 07: Stephanie Loverde
Nov 11: Alexandra Moreno
Nov 15: Robert Sloan
Nov 18: Kelly Trey
Nov 20: Misha Pugh
Nov 23: Katie Morrison
Nov 23: Justine Hazelcorn
Nov 30: Robert Morrison
Dec 01: Samuel Davis
Dec 05: Quinn Tousignant
Dec 09: Ariel McFarlane
Dec 20: J.P. McCabe
Dec 24: Antonio Liguori
Dec 25: Nicholas Tromblay
Dec 28: Karen Kaderabek
Dec 29: Mateo Largaespada
Dec 30: Destiny McFarlane

Upcoming events

Nov 13: Belt Promotion (6:30p)
Nov 22: Black Belt Test (6:30p)
Dec 20: Testing (6:30p)
Dec 21: Holiday Party (5:00p)
Dec 23: Start holiday (closed)
Jan 06: End holiday (open)

Plan to attend our semi-annual black belt test on Nov 22!

We are planning our tournament for next year. If you would like to help, please tell Mr. Nelson.

Las Vegas Nationals are on March 12-15. Please see Mr. Nelson if you are planning on attending. FYI, airline tickets are running \$225.

We will be closed Thursday 11/28 and Friday 11/29. Have a happy Thanksgiving!! Want to be even happier? Come to the Traditional Turkey-Buster workout on Wednesday, 11/27!

We will also be closed from Dec 22-Jan 3 for the holidays. Classes will resume on Monday, Jan. 6th.

Stay tuned! Our second talent show is coming soon.

Student of the Month **Alyssa Haberman** **Congratulations !!**

Orlando Nat's 2002

Congratulations to everyone who competed in the ATA Orlando Nationals. Earning the right to enter the competition ring means you've already won the most important prize. The rest is fun! Our competitors were:

Atkins, Jacob
Collazo, Viviana
Echeverria, Carlos
Espinosa, Jose'
Ferguson, Rachel
Ferguson, Richard
Haberman, Alyssa
Jones, Dexter
Lewis, James



Lewis, Michael
Lewis, Patrick
Love, Alexander
Love, Remington
Loverde, Stephanie
Mylott, John
Mylott, Michelle



Mylott, Thomas
Navarrete, Fia
Nelson, Miguel
Oliver, Patrick
Oliver, Robbie
Oliver, Robert

Robustelli, Anthony
Robustelli, Kathleen



Robustelli, Peter
Santiago, Melitza
Santiago, Tito
Shawcross, Michael
Sloan, Chelsea
Sloan, Robert
Smith, Jennifer
Sussman, Jessica
Sussman, Pamela
Swan, Mikayla
Utrera, William
Walsh, Melissa



Women's Self Defense

We will soon hold a women's self-defense high-tech seminar at our club. Learn some survival tricks and tips.

Women's Self Defense

We'll vote on the T-shirt designs at the Belt Promotion ceremony on Nov 13.

Did You Know?

Research has found that daily exercise sharpens cognitive skills, lifts depression and wards off the changes in memory associated with age. Daily exercise has also been linked to lower incidence of dementia and Alzheimer's.

Editor: Mike Lewis