



JANUARY 2018 NEWSLETTER

UPCOMING TOURNAMENTS



YUSHEN LAI INVITATIONAL TAEKWONDO CHAMPIONSHIP

Saturday February 24th At Cal State Dominguez.

Register online at <http://laitkd.com/yli/>

See Master Ricord for more information

A NOTE FROM MASTER RICORD

I would like to take this time to wish you all a Happy New Year and to once again thank you for your continued support.

This year we have new and exciting things planned to enhance our program.

There will be a greater emphasis on strength training and flexibility as well as developing a stronger core understanding of Taekwondo. We will also be expanding our self defense training.

I look forward to our journey together in 2018!

SIGN UP INCENTIVE

We are extending our special offer into the New Year!

Any sibling or relative to join OMS will be given **3rd person price** and no initiation fee.

PICTURE DAY

Moon Photography will be hosting Picture Day on **Saturday January 6th from 11am to 4pm** upon our return from the holiday closure. These are excellent and affordable packages and a great way to show your accomplishments.

There are plenty of appointments left between 1pm & 4pm
Walk ins are welcome!

SAFETY EQUIPMENT & POOMSAE BOOK

All students are encouraged to have a complete set of safety equipment and should bring it to the dojang every time they attend sparring classes (see schedule). Also, they must have a Poomsae Book, which is available for purchase in the office.

This will aid them in their practice at home.

NEW!

COMPETITION SPARRING CLASS

FRIDAY 7:00pm - 8:30pm

SATURDAY 11:00am -12:30pm

Get ready to win! Or at least take your game to the next level!

We welcome Jamil Delawar Sabumnim to our coaching staff!

If you are interested please contact Master Ricord and Eric Sabumnim for eligibility at omscerritos@gmail.com or (714) 616-1740.

SUNDAY SPORT POOMSAE CLASS

3:00pm to 6:00pm on Sundays. This class is by *invitation only*. If you are interested, please see Master Ricord or Chi Sabumnim.

NOTEBOOKS

Students **ORANGE BELT & UP MUST** should bring a 3-ring binder in which to keep a record of technical and philosophical information. Check the board regularly.

OFFICE HOURS

Regular office hours are **Tuesday- Friday** from **5:00pm - 7:00pm.**

Please take advantage of these times when Mrs. Skube is in the office.

NEW! You can NOW pay your tuition by Phone.
Please refer to office hours for Mrs. Skube's availability.