

Dear Fellow Martial Artists,

'Tis the season ... to start planning for some serious Tae Kwon Do in the New Year!! In the spirit of Generosity so prevalent at this time of the year, let me help you with that.

I am pleased to announce **The Eighth Annual Chung Do Kwan Tae Kwon Do Heritage Reunion Event** (TEACDKTKDHAE), to take place on **Saturday 16 April 2011 from 12noon to 4pm** (followed by a Pizza & Pasta Party at Alexander's at 5:30). The venue for this event will be the Dojang At Occidental, located in the charming resort town of **Occidental, California** (1.5 hours north of San Francisco or 30 minutes west of Santa Rosa). Mark your calendars - and start getting in shape!

The event will be open to the public with an area for spectator attendance. However, only the demonstration portion of the day will be run with an audience in mind; the rest of the day up to that point will be run as a regular full workout for no one else but us Martial Artists. The design for the day is as follows - please note that we are looking for a few good high ranking (though not necessarily Master level) volunteers to run the various activities. Show your initiative and step up to the mat if you are interested (contact me alexander@syntonyquest.org and/or Javier javf@alum.mit.edu). Note: this will be a non-testing, non-competition, non-tournament event (and that goes for the post-event party, too).

Schedule:

Saturday 16 April 2011

12:00 -12:15 — Meet, register (you will need to sign a standard Sports Waiver of Liability form), get changed and ready

12:15 -12:30 — Line up, self-introductions of participating schools

12:30 - 12:45 — Warm-ups and calisthenics

12:45 - 1:15 — Basics (lead by Master Ted Hillson - who promises a traditional WTA style hard set)

1:15 - 1:25 — Water break

1:30 - 2:15 — Forms (in groups — as space and weather permit: if it's good, color belts can workout on the outdoor courts)

2:15 - 3:00 — Spar-o-Rama!*

3:00 - 4:00 — Public demonstration and performance exhibition: forms, breaks, choreographed sparring (i.e., attack/defense combinations with single or multiple assailants)

• every school should have *at least one* representative demo to showcase

5:30 - 8:30pm — *Pizza & Pasta Party at Alexander's place*

* Spar-o-Rama is offered in the spirit of our Heritage Reunion tradition. The idea is for everybody to get to spar everybody else — one at a time. (Though in the case of

White Belts, you'll be doing 3-step drills.) That means that if we were to have 90 people at the event, then you will have 89 matches, each lasting 30 seconds. As the name implies, these are quick bouts that expose you to an unrelenting wave of different skill levels, strengths and weaknesses for 45 minutes, basically non-stop. Hopefully, you'll learn something new with each bout (and others will learn something from you, too). As is standard practice in our style, we will exercise control and precision: "no contact" rules apply.

Sunday 17 April 2011

Brown & Black Advanced Training Seminar with Masters Ron LeBlanc and Ted Hillson

- 9-11am at the DAO
- This seminar is not formally a part of the Heritage Reunion Event and will be offered under the auspices of ChungDoKwanUSA <http://www.chungdokwanusa.com/>
 - open to all adult Chung Do Kwan practitioners with a Brown Belt or higher - please confirm attendance.

Details:

- The event will be co-hosted by the Dojang At Occidental (the DAO, run by Alexander Laszlo, 4th Dan) and the Presidio Outdoor Dojang of San Francisco (the POD, run by Javier Femenia, 3rd Dan).
- Directions to the DAO (and to Alexander's house) can be found here — <http://bit.ly/gkqouq>
- Information about the physical space where we'll be working out can be found here — <http://www.sonoma-county.org/Parks/halls/occidental.htm>
 - There are two bathrooms (one for boys, one for girls) but no showers — you can shower up at Alexander's place if you want/need before the party. There are no lockers.
 - The gym has a water fountain and plenty of ventilation (which we can control).
- General information on the DAO can be found at the following site (when the server's not down!) — <http://www.occidentalcommunitycenter.net/tae-kwon-do.html>
- Lodging in Occidental can be found at any of these places:
 - Occidental Hotel <http://www.occidentalhotel.com> - recommended
 - The Inn at Occidental <http://www.innatoccidental.com> - upscale
 - One village over at the Village Inn of Monte Rio <http://www.villageinn-ca.com> - reasonable
 - plus plenty of reasonable options in the Santa Rosa area (Motel 6s, Super 8s, Travel Lodges, etc.)
 - If you want to pitch a tent on Alexander's property, there's plenty of space and you're more than welcome to use his facilities (bathroom and shower) — but you'll be taking responsibility if the weather turns soggy. (Please let Alexander know if you're planning to opt for this accommodation.)
- Please have a clean formal Dobok (uniform) for the event plus your belt. Also bring any protective gear you might need for the Spar-o-Rama (mouth guard, groin guard, chest guard), as well as any comfort food/snack you might want during the one (brief) break in the workout. If you're going to want to shower at Alexander's afterward, please also bring a towel.
 - The Sunday Seminar will be informal — full dobok or dobok pants + tee-shirt is fine, though please do bring your belt.

Getting there:

- The nearest airport is twenty minutes away just outside Santa Rosa (<http://www.sonomacountyairport.org/>). We will schedule a pick up at 11am from there.
- Getting to the dojang from either of the two first hotels listed above is a short and easy jog. We'll caravan and run shuttles from the dojang to Alexander's house for the P&P Party.
- If you are flying into Oakland (<http://www.flyoakland.com/index3.cfm>) or San Francisco (<http://www.flysfo.com/web/page/index.jsp>), you should consider using the Sonoma County Airport Express (from Oakland http://airportexpressinc.com/schedule_oak_soco.html; from SFO http://airportexpressinc.com/schedule_sfo_soco.html).
 - If you're coming from San Francisco, itself, there are convenient buses to Santa Rosa via Golden Gate Transit (http://goldengatetransit.org/schedules/pages/Route_702.html),
 - Most likely, there will also be rides from San Francisco via Javier and his POD students; from Oakland via Mike Conboy and his Berkeley Based Tae Kwon Do club; and from the South Bay via Rob Weltman and his Mountain View School of Tae Kwon Do. Offers and requests are welcome, though space will undoubtedly be limited.
 - and, of course, car rental opportunities abound.

So set your sights and prime your workouts. This promises to be another great opportunity to play hard, united in mutual friendship.

Yours in the way of fist and foot,
~ Alexander and Javier

P.S. Please share this with anyone and everyone who you think might like to participate in or watch a fabulous Martial Arts experience!

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