

Coles Martial Arts Newsletter

2012
Spring Issue



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www.colesmartialarts.com

Upcoming Events

- Ø 4 Year Anniversary
Thursday, Mar. 26th
6:30p.m.
- Ø April Graduation
Thursday April 26th
6:30p.m.
- Ø Summer Camp
July 9th - July 20th
9:00a.m. - 3:00p.m.

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A Letter from Master Coles

Dear students and friends,

As you know, I have been absent from class and missed the last graduation because of an injury. I ruptured a disc in my back and had to have surgery. I am extremely grateful for the patience and support shown by all the students and parents, and for all the wonderful get well cards. I would also like to thank the assistants who kept the school running in my absence: Mr. Peyser, Mr. Voorhees, Mr. Heaton, Mrs. Koretsky, Mr. Koretsky, Mr. Gude and, most of all, Mr. Marwein. My instructor, Grand Master Jhoon Rhee, always told me to surround myself with the right people and I know I have done so.

On March 9th, I gave a demonstration (with Mr. Marwein's help, of course) at Blessed Sacrament Catholic School in Washington, DC. I go there every year on International Day to teach the little ones a class. As you know, I'm always talking about paying attention and believing in yourself. I was telling them the same thing and trying to help them see the importance of being confident. I asked the students, "Who do you believe in?" In one loud response they all said, "God." I then said, "Of course, but other than God, who else do you believe in?" They all replied, "Me!" I thought their resounding response was so cute, but also very impressive.

Being able to interact with those students is just another reason I feel so fortunate to be doing what I do. The first is having such a wonderful school, and the forum to help others help themselves.

I'm eager to return to teaching, although everyone keeps telling me to take it slow. Believe me, I will. I just look forward to being with you all again on the mat!

I also would like to thank everyone for your generous contributions to St. Jude's Children Research Hospital. We are still collecting donations and are looking forward to breaking last year's record of **15,540.70**. With your help, I know we will!

Yours truly,

Master Coles



Four Year Anniversary



Grand Master Rhee

On March 29th at 6:30 pm, CMAA will celebrate being open for four years in Bethesda. Grand Master Jhoon Rhee, known as the "Father of American Tae Kwon Do," will be the special guest. He is the inventor of safety sparring equipment which is now used all over the world and revolutionized the way martial artists competes today. Master Rhee has also produced World and U.S. Champions in forms and fighting. He has taught on Capitol Hill for over 40 years and along with teaching Congressional members, he has taught Tae Kwon Do techniques to other VIPs such as Muhammed Ali and Bruce Lee. On his 80th birthday, Master Rhee performed 100 push-ups in 60 seconds and speed brakes of multiple boards suspended in the air. His wisdom is sought by countless number of martial artists and those not in the field.

We are fortunate to have Master Rhee attend at our special occasion. We will also have a representative from St. Jude's Research Children's Hospital attend and a check of our donations will be presented to him. We anticipate a standing-room only event so please come early to get a seat

Yoga @ CMAA is back in full swing!

After a one-year break, yoga is happening again at Coles. A quick google search will bring up any number of benefits attributed to yoga, ranging from flexibility & strength, to better balance & pain prevention, to stress reduction, easier breathing & increased body awareness. I would simply add that yoga makes me feel better, every time without fail. My name is Laurel Goeke, and I offer all the classes @ Coles. The classes are newly-forming, and are kept to a small size to ensure safe adjustments & personal attention. There have been many people returning from a year ago, as well as lots of new people. I do boast of how great our groups are! I started practicing yoga in London in 1996, and my teaching reflects a diverse background in yoga, as well as meditation & mindfulness. I am grateful to share that continued journey with everybody at Coles. Each day we come to the mat, we begin where we are. So be sure to bring your mat & your sense of humor - both are assets in our continued practice. For anybody associated with CMAA, enjoy a free trial class at any time. Be sure to email me first, as there may be changes with the schedule. Regular class times are as follows:

Sat Level I & Sun Level II 7:30-9am

Wed mixed Level I/ II 9:30-11am

questions? email: laurel.goeke@gmail.com I look forward to sharing your yoga practice.

2012 Yoga Class Times

Saturdays

Level I

7:30a.m.-9:00a.m.

Sundays

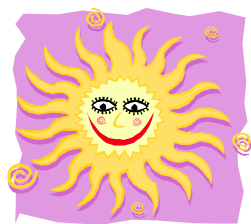
Level II

7:30am-12:30pm

Wednesdays

Mixed Levels I/II

9:30am-11:00am



***"Energy is equal
to desire and
purpose."
-Sheryl Adams***

Summer Camp 2012

Summer Camp registration has started and, as a reminder, it will begin on July 9th and end July 22nd. There are a limited number of slots so don't wait too long to register. Camp starts at 9:00 am but drop off can be as early as 8:30 am. Each day will end at 3:00 pm and campers are expected to be picked up no later than 3:00, unless other arrangements have been made.

The camp will include three hours of martial arts training during the day, activities in the park, and swimming and lunch at Bethesda Country Club each week. Campers will also enjoy arts and crafts, a field trip, and educational fun trivia. Master Coles, Mr. Marwein, Mr. Heaton, and other assistants will conduct the camp activities. So don't miss out on these two weeks of fun- filled action and excitement.

Student of the Month Interview

with Alyssa Zambri



Alyssa at the Graduation

What got you interested in taking Tae Kwon Do?

A lot of the people at my school took Tae Kwon Do and it was fascinating to me. I heard it was fun from Bennett, one of the students at school, and wanted to try it. Then I came in with my sisters to take a class and we all loved it.

What did you do to prepare for your next belt?

I practiced a lot with my sisters. If there was anything I wasn't sure about I would check it on the website.

What is your favorite aspect of martial arts?

I like doing the forms and memorizing all the different positions. Also, there is a message during every class. Whenever I go to class, I'm excited to hear what Master Coles' lesson of the day is.

How has martial arts helped you as a person in everyday life?

I learned to be stronger on the inside and out. I also stand up for myself more now. I've learned how not to be scared of things and I've become tougher.

Polly Elsey's Thank You Letter

***"Being good is commendable, but only when it is combined with doing good is it useful."
-Anon.***

Over the years I have received letters from students thanking me for helping them in martial arts, and in life. I would like to share the latest one with you because it comes from a Black Belt whose family has been here from day one and continues to support our school.

I was asked by Polly Elsey to send a letter of recommendation for an internship at her college. After sending the letter, I received the following response from Polly. This message is what makes me proud to do the job that I do.

"I just wanted to shoot you a note to say thank you so much for recommending me for the RA position at my school. I've been invited to be interviewed—not everyone who applied was asked! I will keep you updated on how the interviews go and will let you know if I get offered the position! I should find out on March 19th.

Also, they've asked me to bring in an item that best represents me. I wanted you to know that I'm taking a photograph taken from Millie's latest graduation (when she received her first stripe for Brown Belt). The photo is of all the Elseys and of course, you! Master Coles, you've made such a positive impact on my life and on my family. I have learned so much throughout my years as your student and I'm am so excited to show everyone at my interview the photograph and tell them how it represents me in a multitude of ways. Having my whole family and you as part of the photo is even better because you've all played such a big part in my journey of dedication, perseverance, patience, and faith in myself and my abilities. On top of that, the photo represents the importance of family and friends, and the support and encouragement for one another.

Thank you so much for everything!!

Big hugs,
Polly"

"Most people never run far enough on their first wind to find out they've got a second. Give your dreams all you've got and you'll be amazed at the energy that comes out of you.

- William James



2012 Taiji One Class Times

Wednesdays

All Levels

7:30pm-8:30

Intermediate/Advanced

8:30pm-9:00

Fridays

All Levels

11:30am-12:30pm

Sundays

All Levels

9:30am-10:30am

Intermediate/Advanced

10:30am-11:30am

Taiji One News

by Mickey & Melody Lee

Earlier this year, Taiji made the news as a way to ease Parkinson's Disease symptoms. [Click here for the CBS News article.](#) The mental coordination required to perform the complex movements makes Taiji an outstanding way to improve or maintain mental sharpness. Whether or not you feel Parkinson's Disease is an imminent concern, you can certainly benefit from Taiji being low-impact (and fun!) form of exercise, moving meditation for providing mental calm, and a multi-dimensional form of martial art.

E-mail us at SunAndMoonTaijiOne@gmail.com to schedule your trial class. We may also have outdoor practices open to the public. Dates will be announced by e-mail. If you would like to be added to our e-mail list, send us an e-mail.

Spring 2012 Season Schedule (begins March 11th)

Day of Week	All Levels	Intermediate/Advanced Only
Wednesdays	7:30-8:30pm	8:30-9:00pm
Fridays	11:30am-12:30pm	---
Sundays	9:30-10:30am	10:30-11:30am

Out-of-Town Closings

We will not have class on the weekends of April 27-29th and May 11-13th (NASKA Tournaments).

New Year's Kick off

To celebrate the start of 2012, we had a special practice for members past and present on January 2nd featuring our coaches' diverse martial arts background. Members enjoyed delving deeper into Yoga poses, Kung Fu animals, and Tae Kwon Do kicks.



(L) New Years Kick-Off
(R) January 2012 Graduation



Taiji One News

by Mickey & Melody Lee (continued)

2012 Taiji One Class Times

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All Levels

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Promotions

Congratulations to Joe (Red), Nancy (Green), Estelle-Marie (Green), Claire (Orange), Regina (Gold), and Krista (Gold) for their promotions by the end of the Winter 2011-2012 Season!

Coach Mickey, 2011 NASKA World Grand Champion!

Coach Mickey received his NASKA World Grand Champion in Men's Traditional Forms at the 2012 AKA Grand Nationals/NASKA Banquet in Chicago as well as NASKA World Champion in Men's Musical Forms, Men's Chinese Forms and Men's Chinese Weapons. [Click here for the details.](#)

Coaches Mickey and Melody on WUSA9 Evening News!

Our coaches were featured on the WUSA9 evening news on March 1st. If you did not get a chance to see their interview by sports reporter Kristen Berset at CMAA, [click here to view the archive.](#)



(L) Coach Mickey holding his 2011 NASKA World Grand Champion Award with Coach Melody;
(R) Coaches Mickey and Melody on WUSA9 Evening News!