



**Chosun
Academy**
Newsletter

July 9th, 2012
Issue 9, Volume 1

Five Exercises... for Your Brain!



Physical exercise keeps our bodies fit and is an excellent way to help boost our brain power and create new neurons. However, here are a few fun ways to exercise that gray matter that you may not have tried:

Meditation relieves stress and activates the prefrontal cortex, an area responsible for advanced thinking ability and performance.

Drawing a picture stimulates the right-hemisphere of the brain and inspires creativity. It doesn't have to be a masterpiece; just get out the colored pencils and begin drawing.

Laughter causes a natural release of the brain's endorphins — chemicals that drown out pain and increase overall wellbeing.

Debate strengthens the brain's ability to think quickly and apply intelligence to verbal situations. Work to build up your brain power by engaging in plenty of healthy debate.

Change your environment to stimulate your brain. Drive a new route to work, eat at a new restaurant, or sit in a different spot. Changing the environment helps change the brain!

SUMMER FUN DAYS



We've been seeing a lot of school spirit this year - and a lot of extra tickets have been going out to those students participating in Summer Fun Days! We still have a few more theme days left, so check the schedule and grab a few more tickets!!



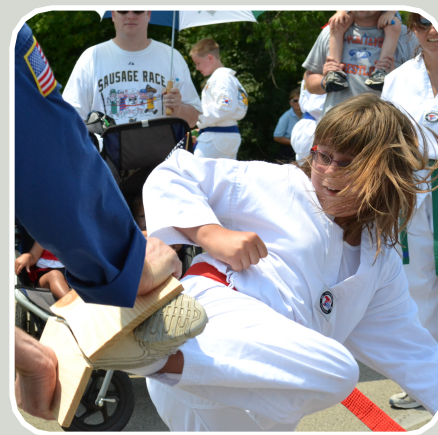
Chosun
Academy Student of the
Month:
Teodora Drazic

"The Chosun One" for June 2012

Teodora Drazic is a ten year old green stripe. Her favorite kick is the stepside kick and her favorite martial artist is Master Peterson! Her favorite actress is Angelina Jolie and her favorite movie is The Parent Trap. She loves to watch the Big Bang Theory on TV and enjoys listening to her favorite musician, Brad Paisley. Besides TKD, Teodora loves tennis! Her favorite subject in school is math and if she could, she would actually ask for longer math time at school!

Congratulations Teodora! Keep up the good work!

FOURTH OF JULY PARADE - 2012



With a heat index of 107 degrees, the day was ridiculously hot - but that didn't deter the students and instructors of Chosun Black Belt Academy! Bottles of water firmly in hand, the student body made their way down the street - showing off any number of fantastic breaks for parade loving onlookers. Even in the heat, the students managed to bring it, with tons of truly outstanding breaks coming one after another! After the parade, the Demo Team took to the field on the festival grounds and

gave a truly wonderful performance - doing their whole routine at what was easily the hottest point of the day!

From combinations to self-defense, synchronized form to bo staff - the Demo Team really put in 150% percent effort and the crowd loved it! All in all, this years fourth of July events may have taken place on one of the hottest days on record, but the effort put forth by our school was truly exceptional - be proud of yourselves, because you all did a great job!

**For
more pics,
check out our
Facebook
Page!**



Chosun Academy Seminar

WOMEN'S SELF-DEFENSE

Don't be a
victim!

**July 14th
12-2pm
Is your safety
worth 2 hours?**

Today, self-defense is more important than ever. It's a sense of security that empowers you to face any situation. Call today to get more information and face the world head on!

**Chosun Black Belt Academy
of Tae Kwon Do**

**7123 South 76th St
Franklin, WI**

(414) 529-KICK (5425)

www.ChosunAcademy.com

Women's Self-Defense Class MAIA
July 14th 12:00-2:00pm

\$25 per person

**BRING A FRIEND AND EACH RECEIVES A \$5 DIS-
COUNT! (2 FOR \$40)**

Group OF 5 OR MORE PAYS ONLY \$15 EACH

SEE MASTER PETERSON OR MRS. VAN ERT FOR A REGISTRATION FORM



Chosun Academy Softball

Every Sunday, during the summer, Chosun Black Belt Academy's softball team is playing at Konkell Park, on Layton ave. in Greenfield!

Come out and cheer for them! A schedule is printed below with times.



SUNDAY JULY 15TH

8:15
p.m.

SUNDAY JULY 22ND

6:15
p.m.

SUNDAY JULY 29TH

7:15
p.m.

Dates to Remember:

Tuesday, July 10th– Backwards Day (wear your uniform to class backwards)

Saturday July 14th– Women's Self-Defense class (12:00–2:00pm)

Tuesday, July 17th–Hat Day (wear your favorite hat to class)

Friday, July 20th – Sunday, July 22nd – 9th Annual Summer Camp



Chosun Academy Birthdays!

Birthdays in July:

Sam Doubek - 7/10
David Van Ert - 7/10
Tatyana Argote - 7/11
Michael Gableman - 7/12
Katie Konkel - 7/16
Steven Mayer - 7/17

THE DOG DAYS OF SUMMER

Did you ever hear the term "the dog days of summer" and wonder where we got it? Ancient civilizations created constellations by linking stars together to form shapes like Canis Major (large dog). The Romans associated summer's hot weather with Canis Major's brightest star Sirius, sometimes called the "dog star," which was visible during the hot summer months.

We may think summer is fun because we go swimming and play outside, but the Greeks and Romans didn't like it. People would get cranky, hot, and dehydrated, and food would spoil. Since they blamed it on the constellation, they called the long, hot days "the dog days of summer," and even today, you'll hear that phrase.

CHOSUN BBA



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Franklin, WI 53132**

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