

DYNAMIC TAEKWONDO NEWSLETTER

Week of 11/1 - 11/8

UPDATES

Hello Dynamic Families,

We had an amazing time at this year's **Trunk or Treat!** Thank you to everyone who joined and brought such creativity and excitement—it was truly a blast! We're thrilled to share that we raised funds for the **Children's Hospital** through our **50/50 raffle**, with a special thanks to the winner who generously donated their half back. We couldn't do this without your incredible support!

A special thank you also goes out to our **Dynamic Instructor Trainees (DITs)** and their families for all their help with the Demo Team. Your dedication shines as we continue to showcase the skills and spirit of Dynamic Taekwondo! Don't miss the **Demo Team's final fall performance at Moseley Elementary's festival on 11/8**—come cheer them on!

Evening Class Update:

Our evening classes have been buzzing with energy and a fantastic turnout! Thank you, parents, for your commitment in bringing your children and supporting our vibrant community.

Looking forward to another fantastic week together!

Best,
The Dynamic Taekwondo Team



OUR CLASS FOCUS

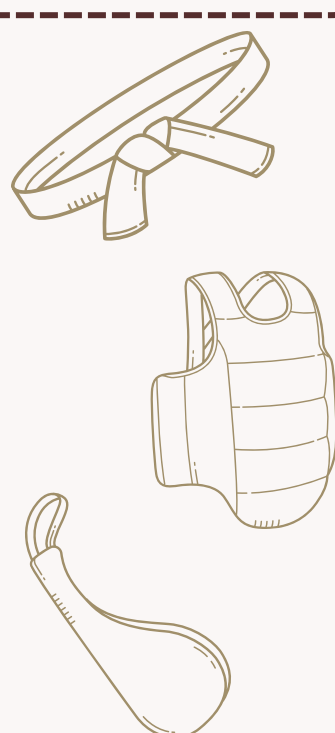
This week, our focus has been on **agility** and **footwork**, helping students improve their speed, balance, and coordination.

They've been practicing quick direction changes, pivot drills, and step patterns that will set the foundation for effective sparring and movement.

Next week, we'll shift to **hand techniques** and **stances**. Students will work on proper punching form, blocks, and maintaining strong stances like the front and horse stance. These skills will build their stability and control, adding strength to their techniques and preparing them for more advanced movements.

IMPORTANT DATES

| | |
|---|--------|
| ☀ Millwood No School - Camp Day | 01 Nov |
| ☀ CCPS/Millwood No School - Camp Day | 04 Nov |
| ☀ CCPS/Riverside No School - Camp Day | 05 Nov |
| ☀ St. Bridget No School - Camp Day | 15 Nov |
| ☀ Millwood/St. Bridget No School - Camp | 25 Nov |
| ☀ Millwood/St. Bridget No School - Camp | 26 Nov |
| ☀ Riverside Early Release | 26 Nov |
| ☀ Thanksgiving Dynamic Closed | 27 Nov |
| ☀ Thanksgiving Dynamic Closed | 28 Nov |
| ☀ Thanksgiving Dynamic Closed | 29 Nov |



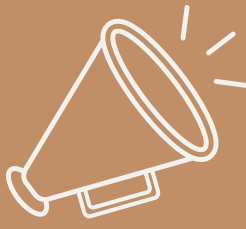
November B-Days

- | | |
|-----------------|-------------|
| • Wellington P. | • Tyler R. |
| • Ethan P. | • Bonnie L. |
| • Olivia P. | • Elias S. |
| • Rilynn G. | • Tanner B. |
| • Liam H. | • Owen H. |
| • James. O | • Dahlia L. |
| • Damian W. | • Rowen R. |

Happy Birthday

EVENTS

- | | |
|----------------------------|--------|
| ✱ Moseley Fall Fest | 08 Nov |
| ✱ Belt Testing | 22 Nov |



FINAL THOUGHTS

We've had a fantastic couple of weeks here at **Dynamic Taekwondo**, and we couldn't be prouder of our students! It's a joy to have each of you as part of our Dynamic family. **A special welcome to our new students who just joined us—we're thrilled to have you on this journey!**

With the holidays approaching, we have some exciting events on the horizon, including a **Winter Fest** (more details coming soon!) and a Winter Break Camp for our afterschool program.

Additionally, we're putting a lot of energy into planning the **RVA Championship** for 2025, and we can't wait to share this special event with our community.

Don't forget to stay connected by following us on social media using the links below.

Thank you all for being part of the journey!

FOLLOW US TO STAY
CONNECTED

