

# BETTENCOURT'S TAEKWON-DO AMERICA

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FEBRUARY NEWSLETTER 2003

## Masters Hoon Si

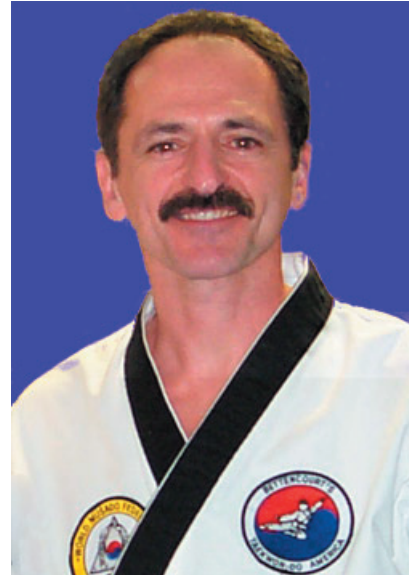
Welcome to 2003! Last year was an exciting year here at BTA. Oregon City got new mats, Colville keeps expanding training locations and we have more Black Belts joining the ranks of the W.M.F. Black Belt Society. The 4th Annual BTA Friendship Tournament is coming in February at Headquarters Dojang; there are a variety of exciting seminars, more tournaments, summer camp and lots to learn.

This is a new year with new goals. It's time to set these goals, make a detailed list of how to reach these goals and stick to that plan. Martial arts teaches commitment to small achievable goals inherent in the belt system. Each small goal serves as a reachable, achievable rung in the ladder to Black Belt and beyond. With regular class attendance, and perseverance, Black Belt is a reachable goal...just remember that you only have to reach one belt at a time. When you want to expand your martial arts training, you can be invited into the Black Belt Club. Some benefits include: unlimited training in your main martial art, an additional class in either Hapkido or Taekwon-Do, the opportunity to study weapons and a lot more. Ask your instructor if you qualify for a personal invitation.

Enjoy my martial arts system "Pyong Hwa Musado", which translated means "Peaceful Warrior Way". So get into shape and refer your friends and family to our school. Remember, all BTA instructors are here to help you reach your goals...so share with us and let's work as a team for 2003.

Sincerely,

Master Steven Ruiz Bettencourt, 7<sup>TH</sup> Dan



## Welcome New Students!

Nicole Perry	Kim Taylor
Cassie Gamm	Lesley Nobles
Ellen Henderson	Lisa Kurtz
Emma Narr	Scott Winkels
Ryan Carpenter	Michael Crowe Sr. (HKD)
Rondea Wine	Michael Crowe Jr. (HKD)

## (Thanks for your referrals)

Mark Eilers  
Noah Henderson  
Guillermo Rios

Congratulations to *Timmy Nguyen* and *Fara Musser* for their entry into the **Black Belt Society**. They passed their black belt tests on Saturday, February 1!



## Upcoming Events

- 2/15 - 4th Annual BTA Friendship Tournament (HQ)
- 2/17 - Closed - Presidents Day
- 2/22 - Hapkido Test at 11AM
- 3/1 - HQ Taekwon-Do Test  
(9am Tiny Tigers, 10AM Gup)
- 3/8 - Seminar - Psychology of Board Breaking \$30
- 3/15 - Seminar - Instructor's Certificates



# BETTENCOURT'S TAEKWON-DO AMERICA

## STUDENT REFERRAL PROGRAM

Dear B.T.A. Supporters,

You are invited to participate in the **Student Referral Program**. With your help, we will grow and be able to share our unique programs with your friends and family. We would like to offer our sincere thanks for those of you who have referred others to our school. Now, we have decided to offer a special **"referral incentive"** for simply telling others about us.

We ask that all students fill out five guest passes for those special friends, family or people you meet who would like to take advantage of a free private lesson.

Sincerely,

Master Steven Ruiz Bettencourt

### INCENTIVES

BBC Members: one black star for each new student referred.

Earn BTA Taekwon-Do bucks (\$5/student)

Be named Top Referral Student of the Year

#### 1st Place:

All expenses paid vacation to Mexico  
(3 days, 2 nights, food, lodging, airfare)

#### 2nd Place:

Weekend Beach trip (food, lodging)

#### 3rd Place:

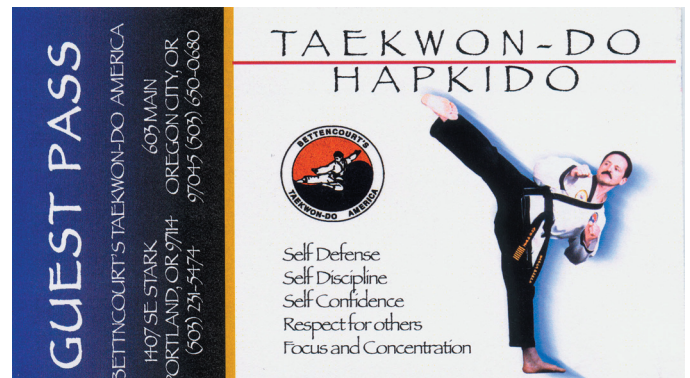
\$100 BTA Certificate

#### 4th Place:

\$50 BTA Proshop Certificate

Fill your prize card (1 stamp/student)

**Bonus:** Five referrals in one month equals one month free tuition (\$75 Value).



Student Referral Prize Card

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Fill this card and receive one month free tuition!

# BETTENCOURT'S TAEKWON-DO AMERICA

## COLVILLE • CHEWELAH • IONE DOJANG NEWS

Happy New Year Everyone!

Dojangs will be closed Jan 1st and Jan. 20th. In February they will be closed on the 17th.

There will be an Awards Dinner on Friday, January 17th. This dinner is both dress-up AND potluck. It will be at 6 pm at the Colville Dojang.

4th Annual Bettencourt's Taekwon-Do Friendship Tournament will be held Saturday, February 15th 2003 at the Headquarters Dojang in Portland.

Black Belt / Gup test at Portland Dojang is Saturday, February 1st. Gup test at Colville Dojang on Saturday, BFeb. 8th. Seminar after to be announced.

Check out the new class schedule for 2003 at the Colville Dojang. We collected 100 lbs of food for the food drive. Thank you Everyone!

CONGRATULATIONS to new Black Belt Club Students: Briauna Luchte, Brittany Thompson, Joel Wilson, Jeff Michaelson, Neil Michaelson. You have made the commitment to become one of the great at the Colville Dojang!

Congratulations to those who promoted **October 12, 2002:**

*Red:* Gordon Stevenson

*Red Stripe:* Joel Wilson, Neil Michaelson, Jeff Michaelson, Jake Nielson, Justin Roach.

*Blue:* Raja Hargreaves, Ned Fischer.

*Blue Stripe:* Crispin Stichart, TJ Gese, Christopher Olds.

*Green:* Christopher Eslick, Devon Snow, Danael Dorman.

*Green Stripe:* Jody Balcom.

*Yellow:* Michael Lariviere, Trish Goldsmith, Kym Herman, Brandyn Ross, Jaylan King, Michael Borysewicz, Raymond Newbill, Mik Patburg, Daniel Collins, Vicki West, Zachary Richmond, Brian Linton, Timmy Linton.

( October promotions Continued... )

*Yellow Stripe:* Betsie Newbill, Briauna Luchte, Brittany Thompson, Kim DiRienz, Darren Herman, Tyson Dippold.

*TT11 Brown Stripe:* Justin Wolfram

*TT10 Tiger Patch Red Stripe:* Thomas Meshishnek, Dakota Clark, Daniel Lopez.

*TT9 Tiger Patch Blue Stripe:* Jack Smith.

*TT7 Blue Stripe:* Keagan Cottrell, Lexy Schoessler.

*TT6 Tiger Patch Green Stripe:* William Londagin, Aaron Trapp.

*TT3 Orange Stripe:* David Lariviere, Branden Balcom.

Congratulations to those who promoted on **December 14th, 2002:**

*Black Stripe:* Cameron Divis, Alex Tripp.

*Red:* Debbie Baker, Joel Wilson, Neil Michaelson, Jeff Michaelson.

*Red Stripe:* Kayla Reiger, Raja Hargreaves, Ned Fischer.

*Blue:* TJ Gese, David Smith.

*Blue Stripe:* Danael Dorman, Aubrie Gibson.

*Green:* Jody Balcom, Jeremy Hiebert-Perkins, Gordon Kelsey.

*Green Stripe:* Michael Lariviere, Trish Goldsmith, Kym Herman, Brandyn Ross, Jaylan King, Michael Borysewicz, Raymond Newbill, Brian Linton, Timmy Linton.

*Yellow:* Briauna Luchte, Brittany Thompson, Kim DeRenz, Darren Herman.

*Yellow Stripe:* Evan Schoessler, Wendy Wesson, Kana West.

*TT12 Tiger Patch Brown Stripe:* Thomas Meshishnek, Dakota Clark, Daniel Lopez.

*TT9 Red Stripe:* Jack Smith.

*TT8 Tiger Patch Blue Stripe:* Lexy Schoessler.

*TT7 Blue Stripe:* William Londagin, Aaron Trapp.

*TT4 Tiger Patch Orange Stripe:* David Lariviere, Branden Balcom.

Congratulations to those who promoted in Hapkido on **December 14th, 2002:**

*Green:* Mr. John Fowler, Mrs. Diane Fowler.

*Purple:* Jonathan Brown.

### Bettencourt's Taekwon-Do America Colville Dojang

#### Class Schedule Effective January 1, 2003

Monday	Tuesday	Wednesday	Thursday	Friday
4:30 to 5:30 pm Junior TKD	4:30 to 5:15 pm Tiny Tigers TKD	4:30 to 5:30 pm Junior TKD	4:30 to 5:15 pm Tiny Tigers TKD	5 to 6 pm Jr/Adult TKD
5:30 to 6:30 pm Adult TKD	5:15 to 6:15 pm Jr/Adult Beg. TKD	5:30 to 6:30 pm Adult TKD	5:15 to 6:15 pm Junior TKD	
6:30 to 7:30 pm Hapkido	6:15 to 7:15 pm Sparring		6:15 to 7:15 pm Adult TKD	
	7:15 to 8:15pm Advanced TKD		7:15 to 8:15pm Weapons	

Beginning classes are for Green stripe and below • Advanced classes are for Green stripe and above  
Hapkido and Weapons Classes are for Black Belt Club Students ONLY • Sparring classes are for everyone  
Some classes and special events may be held on Saturdays

# BETTENCOURT'S TAEKWON-DO AMERICA

## OREGON CITY DOJANG NEWS

### Oregon City News

Congratulations to the Inwoods for their new born son,  
*Augustas Adrian Inwood*  
Do we detect a new black belt candidate?  
In June there will be several 1st Dan candidates and one 4th Dan  
trying for their black belts:  
Study hard and prepare well:

Haley Bridgnell	Brian Mutschler	Fariba Mutschler
Al Sagon	Cody Gagnon	Peggy Morrow Acott
Ethan Klickman	Cypress Jones	Pete Padrigo
Thomas McCloskey		

Ms. Anna Marie King for 4th Dan

### New Students

We have some new faces around our Dojang and here they are:

Cody Mason  
Daniel Stoner  
Anna Freiling

### Reflections of a White Belt

When my son Noah made the decision to return to the Dojang, I was pleasantly surprised. He had attended classes for two years and then decided he wanted to try another sport and soccer was his choice. I helped coach the teams and we had some fun, but he mentioned a few times that he missed Tae-kwon-do. After he made up his mind, it started me thinking. I had been active in sports in school and enjoyed cross country and wrestling and after high school I played a lot of basketball. But martial arts? I wasn't sure. I absolutely loved the TV series Kung-Fu and enjoyed Bruce Lee movies, but had never really considered getting involved. It seemed so out of reach. But when Noah returned to it he said "C'mon Dad, you should try it!" I had a fairly heavy work-load and thought that maybe I could try it; I might be able to do it once a week.

So I came down to the Dojang and met Master Bettencourt and Ms. King. Although I had met Master Bettencourt a few years before this, I had not met him as a student. From the first few lessons I had with them, I was hooked. The philosophy of Pyong Hwa Musado or Peaceful Warrior Way had gripped me. Master Bettencourt was unlike anyone I had ever met. There was such a calm way he went about explaining things, so confident. When he speaks with students or parents at the Dojang he always listens very carefully.

My first class with me he demonstrated the power of Ki, and explained the idea behind this energy force. It was amazing how he showed us the disruption of Ki and how it exists within each of us. His lesson was full of humor, grace and charm.

One of my first lessons with Ms. King she kidded me and laughed "Men are so funny, they always try to be powerful in their moves" (even when they don't know what they should do, it occurs to me now).

"In the balance of Yin and Yang", she said, "the Yang (male, powerful) needs also the balance of Yin (female, graceful, fluid) to be complete". I find her comment as relevant for me now after three months as when first she mentioned it as I work towards more balance for myself. In case you are wondering, I am working on the grace and fluidity part.

Since those first classes I have found myself allowing more and more time to spend at the Dojang and one of the great things is that I'm not sacrificing my work for it. I'm finding more increased clarity, losing some weight, and loving every minute of the time I spend with Taekwon-do. But aside from the top instructors, I am amazed at how rich a community spirit exists. There is so much mutual support among students, whether experienced or beginners. If someone is having trouble with a kick or form, student instructors are there to encourage, correct, and demonstrate the proper way to do things. I have never experienced a sport where so much is expected, and yet so much is given to students at every level. The patience of Ms. Dittabrandt, the steadiness of Ms. Paddison, the great laugh of Ms. Fredman (the very talented Tiny Tiger instructor) fill the Dojang with warmth and character.

If you find yourself wondering why you haven't tried it yet, or you, like me, have a child that is involved but you haven't yet tried it, I could not encourage you more to schedule your first lesson. You won't regret it. Finding a stronger way to connect with your child, to explore what you expect of yourself (and perhaps adjust expectations), to be more patient with those around you, being grounded in a healthy community spirit. How many reasons do you need? I hope to see you in the Dojang.

– Doug Henderson