



Moo Son Tang Soo Do

Moo Son Tang Soo Do is now located at One Heart Yoga at 519 Main Street.



Our new space, at One Heart Yoga is wonderful. The training area is much larger than our previous home, it has great wood floors, high ceilings, and beautiful art on all the walls. There is parking on the street, and behind both sides of the street. Mira and Eric, owners of One Heart Yoga, are excited that we have moved with them and continue to be supportive of Moo Son Tang Soo Do, yoga for all and the community. The yoga instructors have requested that we do not come into the studio before 6:45, since the yoga students before us will be meditating. Moo Son Tang Soo Do class times will remain the same :

Monday and Thursday 7:15 – 8:00 All Ages Beginners 10th – 7th Gup
 8:00 – 8:45 Adults (all ranks) Youth (Adv.)
 1st and 3rd Sundays 10:30 – Noon

Once again all of the students at Moo Son Tang Soo Do have demonstrated their commitment to the art of Tang Soo Do and Moo Son by adapting to the changes at the school. Wherever those flags are hung, be it Ms. Moore’s Garage in the dead of winter or a wonderful place like One Heart, it is their Do Jang. Mr. Francis and I sincerely thank you for this. You are Moo Son Tang Soo Do!!!!

Special points of interest:

- Moo Son gets a new Home
- Region 7 Tournament
- World Tang Soo Do
- July Calendar

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World TSD Tournament 2010

“Thank You to everyone that helped and participated at the World Tournament and Family Picnic this summer. Grandmaster Shin was very pleased with the results of Region 7’s hard work. Without all of you, the Family Picnic on Sunday would not have been the incredible event that it was. You demonstrated the epitome of the Tang Soo Do spirit! Kudos to Mrs. & Mr. Causby, Mr. Jake Francis, Mr. Tony Francis, the Moore, Pantoja, Dexter, and Sampler Families, and Mr. Sanderford.”

Mrs. Francis



Region 7 Tournament 2010

Region 7 Tournament was AWESOME!!!

Several of our students participated as well as placed in various divisions. Tony Francis received his Black Belt as well as Mr. Causby. Way to Go guys!!!

We look forward to the next tournament.



Tournament Placing

Anakin Pantoja	Forms Sparring	Silver Bronze	Mateo Pantoja	Forms Sparring	Bronze Bronze
Emily Pantoja	Forms Sparring	Bronze Silver	Robert Sanderford	Forms	Silver
Tim Dexter	Forms Sparring	Bronze Bronze	Daniel Sampler	Forms	Silver

July 2011

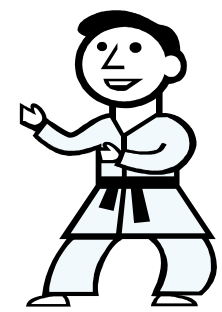
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 TSD 10:30- 12:00	4 Happy 4th	5 TSD 7-7:45 7:45-8:30	6	7 TSD 7-7:45 7:45-8:30	8	9
10	11	12 TSD 7-7:45 7:45-8:30	13	14 TSD 7-7:45 7:45-8:30	15	16
17 TSD 10:30- 12:00	18	19 TSD 7-7:45 7:45-8:30	20	21 7-7:45 7:45-8:30	22	23
24	25	26	27	28	29	30
31						

Match up Korean Numbers	
Hana	4
Set	8
Tasot	1
Igup	2
Ahop	5
Tul	9
Net	7
Yasot	3
Yodol	10



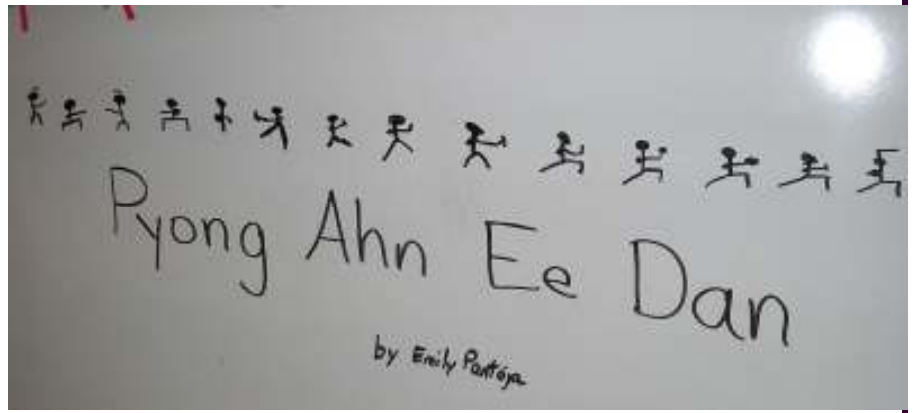
X	P	A	H	I	S	H	I	O	F	M	A	S	M
Z	I	I	F	O	J	N	H	A	D	P	Z	B	G
C	H	U	M	O	K	H	Q	K	P	T	T	C	E
E	U	B	M	O	O	R	O	O	P	E	Y	W	E
T	Y	O	E	G	D	X	Y	G	N	L	K	X	B
A	F	R	R	G	G	L	U	Y	J	C	B	R	N
N	I	Y	E	A	N	B	R	M	J	U	Y	P	O
G	H	C	S	A	B	A	U	N	E	N	U	I	O
S	A	B	H	S	B	Y	J	L	U	G	X	L	H
O	B	A	P	A	K	I	W	O	N	W	N	I	C
O	J	R	R	U	R	C	G	A	D	G	B	B	D
D	H	H	M	O	R	Y	D	K	M	G	F	W	U
O	M	B	M	R	T	U	U	D	U	V	Q	K	D
F	C	B	F	J	A	K	X	T	K	K	T	X	F

Word Search
Ahn Jo
Bahi
Ba Ro
Cha Ryut
Choon Bee
Chu Mok
Dan Gup
Dojang
Kukgi Bae Rye
Moo Roope
Muk Yum
Pahi
Shio
Tang Soo Do
Tora



What is the upper red section called?
 What is the lower blue section called?
 What do the 3 bars in upper left corner mean?
 What do the 3 bars in lower left corner mean?
 What do the 3 bars in upper right corner mean?
 What do the 3 bars in lower right corner mean?

• Emily Prakel has set up the shoe collection box in the back, so don't forget to bring your extra shoes for those less fortunate than ourselves.



Newsletter by LSPantoja
 Submissions for newsletter can be sent to:
laura.pantoja62@live.com

Emily Pantoja drew this at home on our white board. I like the moon effect from the flash of the camera.