

Paw Prints



**Published Bi-Monthly for the Friends
and Family of Wolfpak Martial Arts**

Sept./Oct. 2010

Staying on Track with the Pak

Welcome to our newsletter! All articles are written by the Wolfpak Team! Please send in your news, articles, pictures, etc by the 20th of the month for submission in the next edition.

2010 Black Belt Test



Left: Master Wolf with this years black belt testers. Daniel Overton, Grisselle Principe, Sharla O'Keeffe, and Kurt Hildebrand.

The Principles of a Black Belt

Modesty
Courtesy
Integrity
Self Control
Perseverance
Indomitable Spirit

“A Black Belt is nothing more than a belt that goes around your waist. Being a Black Belt is a state of mind and attitude”

Rick English



Tracking the Pak

Upcoming events

- 9/11 Wolfpak Seminar Day 1pm
- 9/18 Demo Team Performance at Mount Gilead High School 6p
- 9/25 Dayton Challenge UPMAC Tournament Dayton, OH
- 10/9 Koroshi Open UPMAC Tournament
- 10/10 Demo Team Performance at LMC Apple Butter Festival
- 10/16 Demo Team Performance at Whetstone Festival
- 10/23 Presas Arnis Seminar London, Ontario
- 10/30 Thunderfoot Open UPMAC Tournament
- 11/2 Presas Arnis Seminar OFMA Ontario, Ohio
- 11/6 Pak Classic Open UPMAC Tournament
- 11/13 Colored Belt Test 1-4pm
- 11/13 Fall Sleepover drop off 6pm
- 11/19-11/21 WMAA Ohio State Training Camp
- 11/20 Presas Arnis Seminar Mansfield, Ohio
- 11/25-11/27 Studio Closed Thanksgiving Holiday

Welcome New Members

We would like to welcome Landon Hanahan, David Landis, Sean Keefus to the Wolfpak Family. Go Team !!

News

Testing: Congratulations to our new Black Belts! Dan Overton 1st dan Gumdo, Grisselle Principe 1st dan Tae Kwon Do. Special congratulations to Sharla O'Keeffe for your promotion to 4th dan in Tae Kwon Do! Congratulations to our Mansfield Association member Kurt Hildebrand 1st dan Hapkido, and 2nd dan Tae Kwon Do. We would also like to congratulate Re-



Wolfpak Seminar Day June



Ontario Family Martial Arts Sword Seminar



WMAA Summer Camp



2010 Sweet Corn Festival



2010 Wolfpak Summer Camp

neta Potts 2nd dan Moo Duk Kwan Tae Kwon Do, and Patrick Collins 2nd dan Moo Duk Kwan Tae Kwon Do. And last but definitely not least, great job Colored Belt testers keep up the hard work!

Kudos to our Fitness Director Alice Gould for her 3rd place win at the Lexington Blueberry Festival's 5k run!

Boosters

Wolfpak warm up jackets, pants, and gear bags are still available!

We have an assortment of hand-made Soy candles for sale in the break room. Proceeds will go to replace the countertop!

Referral Program

Stop paying tuition! Your training and gear could be free! Ask about our referral program.

Words of Wisdom

"Well done is better than well said."
~ Benjamin Franklin

Birthdays!

- 9/27 Roy & Shelby Conley
- 10/14 Mason Goers
- 10/20 Jayne Prose
- 10/23 Grisselle Principe
- 10/31 Luke Goers & Brent O'Keeffe



USNTF International Championship

Paw Power Page



Fit Pak

Our memberships will soon include access to our new weight room! The weight room is located downstairs at 48 South Main, entrance in the rear (to the left of the main studio entrance). Initially the weight room will be open during regular studio hours. We hope to switch this to 24 hour access by the end of the year!

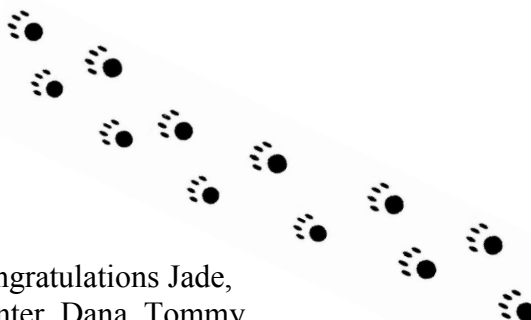
There will be an open Pilates class on Wed., Sept. 8th, from 8:30-9:30a. A light breakfast will be served after class so bring a friend!

Our new Dance Fit class starts Wed. Sept. 8th from 6:30-7:30p so be sure to give it a try!



Cub Corner

Cub Test Thursday Sept. 9th (regular class time)
Thursday Oct. 7th (regular class time)



Congratulations Jade, Hunter, Dana, Tommy, and Chandler on your new belts!

Keep up the hard work!

PAW POWER!!!!

Punchin' Place



Taekwondo Sudoku

☯	W			E			K
		N	O	☯			E
	O		K			☯	
	☯			N	T	A	
N		W	A	O	K	D	☯
		A	E	☯			W
	N	☯			O		A
T				A	☯		
A			☯			N	D

TAE KWON D☯ Sudoku
Each Row And Each Square will have every letter from TAE KWON D☯ in it.

Featured Student

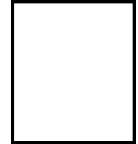


Alexis Goers

Alexis is a dedicated student and devout Christian. She started her martial arts journey with Trudo's Taekwondo. At Trudo's she received her Blue Belt. Since she has been with Wolfpak she has been promoted to Red Belt. She has participated in numerous demonstrations, competed at local, state, and international competitions. Recently she won the 2010 USNTF International Bo Staff Champion award in Chicago!!!! Way to Go Alexis!!! Alexis strives for Black Belt excellence and we look forward to many more years of training with her.

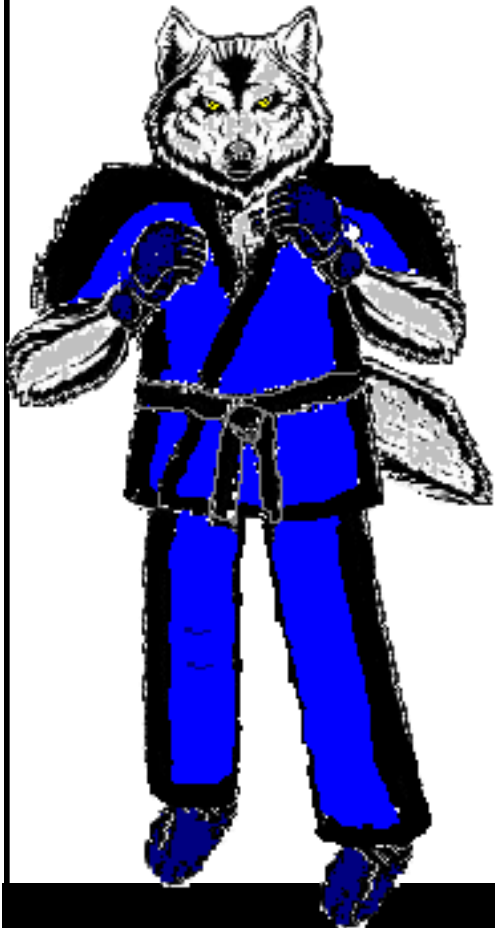


Wolfpak Martial Arts
(419) 947-9900
P.O. Box 475
44 1/2 South Main St.
Mt. Gilead Ohio 43338
www.WolfpakTeam.com



Special Delivery





**The Pak Classic
2010 WMAA
Ohio State Championships**

Forms Padded Weapon Sparring
Weapon Forms Sparring

**When: Nov. 6th
Where: To be
Announced**

**Registration 9:30am
Black Belt /Referee Meeting 10 am
Tournament Starts 10:30 Sharp!!!**