

## Highlights

- **Battle of Kennesaw**
- **2019 STORM TEAM**

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*The Newsletter of  
Energy Tae Kwon Do  
Organization  
Kennesaw GA  
January 2019*

# Board Breakin' News



## 2019 & Beyond!

*"ETO Wishes for Health & Fitness!"*

On Saturday December 15, Miss Xandy, Miss Meena, Miss Molly, Miss Allison, Miss Staci & Miss Kaitlyn Winters along with students from Kennesaw State University's College of music spent a wonderful morning at the Cobb County Foster Family Christmas Celebration held at Saint Andrew's United Methodist Church in Marietta. They performed a display of martial arts skills complete with weapons, brick and board breaks, all set to a twist of the "Twas the Night Before Christmas" story. In addition to the martial arts demonstration, Miss Xandy (ETO 4th Degree Blackbelt) and her KSU classmates Molly Jennings & Sierra Manson entertained the crowd with vocal & instrumental numbers. These ladies represent the "true spirit" of Christmas by giving of their time, resources and talents.

### MUCH APPRECIATION!

- The ETO Instructors and Staff would like to express their appreciation for all the well wishes, gifts and baked goods bestowed upon them this holiday season. We are blessed!
- Thanks to all who donated gift cards for the 2018 Holiday Service Project. Your efforts helped to brighten the holidays for others!

### Battle of Kennesaw

Calling all Martial Arts & Fitness Competitors! The Energy Tae Kwon Do Organization will host the 16<sup>th</sup> Annual Battle of Kennesaw Martial Arts and Fitness Championships will be held at Furtah Prep School on Saturday February 9<sup>th</sup>. The vision of the Battle of Kennesaw is to provide a safe and fun competition that unites martial artists and fitness competitors in a service project

for families in need. The Battle of Kennesaw is open to both ETO and Non ETO students of all ages and all belt levels. Awards will be presented in each category for 1-2-3 placements, BUT the greater emphasis of the competition is participation. Each pre-registered participant earning a total of 10+ merits from a combination of martial arts & fitness events will be awarded a handsome 4foot trophy.

### 2019 STORM TEAM Meeting

Elite Team Practice  
Friday - 1/11 @ 5:30 PM

First Full Team Practice  
Friday - 1/11 @ 6:00 PM

2019 Mandatory Organizational  
Meeting for Parents  
Friday 1/11 at 7:00 PM

Book a Birthday Party or  
Celebration at ETO!