

2009 "GARDEN STATE CUP XIII"

Taekwondo Championships

Sunday, November 08, 2009

Rahway Recreation Center, Rahway, New Jersey

September 15, 2009

Dear Masters, Instructors, Athletes and Parents,

I hope that you and your family and your students have enjoyed a wonderful summer!

As we settle down from Back to School craze, and the September rush of new student sign ups, it is also time to regroup and recondition for a successful fall season.

It gives me great honor to extend this invitation of participation in the upcoming **2009 GARDEN STATE CUP XIII**. This is the **Thirteenth year** in running and I am proud to remind you of the fabulous success we have experienced last twelve years with many championship quality athletes produced from Garden State Cup. Now Garden State Cup has become not only one of the finest fall competitions for Taekwondo, but a fall season tradition. Fall season has been a slow competition season, with National competitions, major international championships just completed; it has been viewed as time to rest. But this is when it's all getting started. Athletes are setting goals for the upcoming new season in the spring. Trainers, coaches, athletes and instructors alike are already starting to train for the State Championships, US Regionals, Nationals, and some for the US National Team selection in beginning of 2010. This is why **2009 GARDEN STATE CUP XIII** will give you a heads up on what other competitors are doing and where you stand as an athlete against other athletes. **GARDEN STATE CUP** will give you that first opportunity to size yourself up against other competitors, which in turn will help you plan out your training sessions to get the maximum benefit from your workout. **GARDEN STATE CUP** is also a great opportunity for new competitors to gain experience in the Taekwondo competition setting before the big season arrives. Because in the spring, its too late... too late to get experience.... too late to size up your competition ... too late to start your training. Get a jump-start on your training and competition experience, become a **2009 GARDEN STATE CUP XIII CHAMPION!**

Take the time out to read the enclosed material and carefully fill out all necessary documents and mail it in early. Pre-registration is key to less confusion, lower competition fees, and success as an athlete.

Enjoy your Halloween and we will meet at the **GARDEN STATE CUP XIII!!!**

Sincerely,



Grand Master Ji Ho Choi
Host & Director