

Spirit's Roundhouse Report – September 2008

Info about the New Schedule

We will be starting our new schedule on Monday September 8th. Here are a few things you will need to know

- There are now classes separated for Beginner, Intermediate and Advanced Children.
- Please make sure you know which class is yours and what time your class is.
- Open classes are for all belt levels but will be separated into 2 classes depending on ages and belt levels.
- Sparring Team is for Team members for technical and conditioning training.
- Fight Night is open to all members with sparring pads for sparring only.
- Friday's family class is for everyone to participate regardless if you have a family member or not in class, train with your Spirit Taekwondo Family!!
- Class Schedule may change to meet the needs of our students.
- We have 2 new programs Brazilian Jujitsu and Gracie Combative (More info in this newsletter)

REFER A MEMBER CONTEST AND WIN A \$200 TOYS R US GIFT CARD How Do You Win?

Ask Debbie for more information

UPCOMING EVENTS - September

8th – First day of New Schedule

8th & 10th – Sparring Team Tryouts

15th – Sparring Team Meeting

22nd – Brazilian Jujitsu Classes Begin

SPARRING TEAM

Last year our sparring team was very successful and was capped off with a Gold medal performance at the Junior National Championships. We are going to train hard to have another successful season. The first 2 classes on the 8th and 10th will be an open sparring team training session for everyone with sparring pads. This session will give you an idea of what it takes to be part of our successful sparring team. All members of Spirit Taekwondo are welcome to be part of the sparring team.

Some of the requirements to be part of the team are as follows:

1. You must have your own sparring equipment
 2. You must be at least a Yellow Belt and 6 years old – some exceptions will be made
 3. You must attend the meeting on Monday, September 15th
 4. If under 16, your parent's must attend this meeting with you at this meeting we will discuss the following items:
- What is expected from the members of the sparring team
 - What is expected from the parents of the members
 - Fees and other costs to be part of the sparring team
 - Tournaments we will be attending

Brazilian Jujitsu

Possibly the premier ground-fighting martial art ever. Made famous by Royce Gracie in the mid-1990's, it specializes in submission grappling when both fighters are on the ground. Techniques include positional control and submissions such as chokes and arm locks. In addition, the ground fighting strategy and techniques of Brazilian Jujitsu are among the most sophisticated in the world.

Belt ranks start at white and progress through blue, purple, brown and then black. It generally takes about 2-3 years of training multiple times per week to be promoted to the next belt rank; rank is about the ability to apply jujitsu techniques in a competitive match. A student generally needs to be able to reliably defeat most other students at a given rank in order to be promoted to the next rank.

Most training has students wearing a heavy jujitsu or judo gi, on a padded floor. A typical class involves 30 minutes of warm up and conditioning, 30 minutes of technique practice with a partner and then free sparring training against an opponent of equal skill who attempts to submit you.

Henrique was born in Brazil in the state of Sao Paulo. He has his degree in Animal Science, married, and has a wonderful daughter, all from Brazil.

Since 4 years old Henrique trained in many Martial arts, starting with Taekwondo, Karate, Muay-thai, Capoeira, Judo but in January 1995 he started Brazilian Jujitsu, found his true calling and never stopped.

Jujitsu Instructor, Henrique Stefani

Henrique received his black belt from Hemerson Navarro (Black-belt from Renato Tavares Team), taught in some academies in Brazil, in 2006 he taught in the USA and now brings Brazilian Jujitsu to Spirit Taekwondo.

We are very excited about having Henrique Sir join our team. There are only 2 other Brazilian Jujitsu black belts in all of Alberta so we feel very fortunate to have Henrique at our school. Come on out and watch a class to see a Master at work

Gracie Combatives – The Best of Gracie Jujitsu

In the late 1920s Grand Master Helio Gracie created Gracie or Brazilian Jujitsu after he realized that he was physically too frail to utilize the traditional Japanese techniques. Proven over the last 80 years to be the most reliable system for a smaller person to defeat a larger, more athletic opponent, the techniques of Gracie Jujitsu are based on precise timing and effective use of leverage so that virtually anyone can do it, man or woman, regardless of their size or athletic ability. Although Gracie Jujitsu consists of over 600 techniques, studies of the fights conducted by members of the Gracie Family have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. Soon after these studies were conducted the Gracies realized that the fastest way to effectively prepare any new student to defend themselves against larger and untrained opponents was to focus entirely on teaching them these 36 essential techniques. This realization led to the birth of the Gracie Combatives course. The techniques featured in this course have been adopted by the U.S. Army, Navy Seals, Secret Service, FBI, and countless other law enforcement agencies around the world.

Gracie Combatives Instructor, Jeff Burns

Jeff has been a member of Spirit Taekwondo for over 4 years and has been practicing the art of grappling for over 5 years. Jeff is a certified Blue Belt and combatives instructor with the Gracie Academy. Jeff is 1 of only 4 certified combatives instructors in Canada.

GOING BACK TO SCHOOL

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

The First Day

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of people in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

Moving to Junior High School?

Seventh grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like - a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. It's a good idea to write down where your seat is in your notebook so you don't forget.

Feeling Good on Day One

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch or piece of jewelry to show your personal style.

It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra dollar or two in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of lunch, that's something else, that can help you feel good at school - whether it's the first day or the 100th day. Pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.

Get Oriented

The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two.

It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open your locker and you won't have to check your notes to know what time lunch starts!

A Bad Start?

What if you **hate** school by the end of day one?

Teachers recommend giving things some time to sort themselves out - once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic first week:

- Get enough sleep.
- Eat a healthy breakfast.
- Try your best.

- Develop good work habits, like writing down your assignments and turning in your homework on time.
- Take your time with school work. If you don't understand something, ask the teacher.
- Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school - a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is **fun!**

Updated and reviewed by: Heather Waldman, BA, MA
Date reviewed: July 2004

Survey

We are considering adding Saturday classes in October. We need feedback from members and parents. Please take some time to answer the following questions to help us with our decision.

1 – Would you attend Saturday morning classes? YES MAYBE NO

2 – What would be a good time for your class? _____

3 – What is your age group and belt level? _____

Please drop off this part of the form in the Survey Box located on the desk downstairs.