



SPIRIT ROUNDHOUSE REPORT



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Instructor's Corner

Re-invent yourself daily

Life unfolds. Each and every day we awake to an opportunity for re-invention. The wonder of the whole adventure is that we get to do a 're-take' on who we are, each and every day. We are not our past; the past is simply a name for the series of paths and choices we made to arrive here in the present. We ARE exactly who we continue to CHOOSE to be. A lot of people leap at the chance to make new years resolutions; this represents a chance to 'start over'; a chance to re-define who they are and how they act in the world. To that, I ask this - WHY WAIT?

The truth is that each and every day represents an opportunity to re-invent ourselves. January 1st is certainly a convenient and symbolic chance to 'start over' - but every day, in a myriad of ways, we are being re-born. New thoughts pop up; new cells are produced, new experiences re-define who we are. On New Years Day - sure, make a strong start, but each and every day afterward, know that we are re-defining ourselves, even as we sleep.

Warmest regards,

Master Thai N. Le

KICKSTART 2009 FOR FREE

We hope everyone enjoyed a nice little holiday break and is now ready to kick it into gear. I'm sure many of us ate a lot and worked out a little. Like most people your New Year's resolution is to live life better. We're here to support you and help you take that first step. For the month of January we are offering FREE classes to immediate family members. Moms and Dads, Brothers and Sisters, if you are not currently enrolled in one of our programs, you are welcome to try it all month for FREE. Remember that the Family that Kicks together, Sticks together!

Some restrictions may apply, please see Debbie for more information.

Black Belt Prep

Starting Friday, January 16th we will have a special class for those Black-stripe belts and above prepare for their next step of Black Belt Excellence. Class will be from 5:30 – 7 pm and open to all students Black-stripe and above.

5:30 – 6 pm: Warm-up – Optional for Adults who cannot make it this early

6 – 7 pm: Technical training – Every week will focus on one aspect of the requirements for your next level.

Promotion Test

Next promotion test will be held on January 30th at 6 pm. Doors will open at 5:30 for self-practice.

Remember that all forms and payment must be in by Thursday January 29th.

Family Fun

On January 31, 2009 1-5 pm S.T.A.R. Foundation is hosting a Family day with games, entertainment, magic and lots more. Cost is \$5 per person or a family of 5 for \$ 20. Come join us for some family entertainment and get to know the other families in the Spirit Taekwondo Family. Watch for the posters for more details to come.

The 3rd World Taekwondo Culture Expo

Participate in the 3rd World Taekwondo Culture Expo in beautiful Muju & Jeonju, Korea. Be sure not to miss the amazing opportunity to compete in Patterns and Sparring in the epicenter of Taekwondo as well as experience the beauty of Korean culture, food and history.

Master Le is planning a team trip to Korea this summer. This is an excellent opportunity to discover the roots of Taekwondo and see competition at it's finest! Mater Le and Paul McCormack visited Muju in 2007 and it is one of the most beautiful and peaceful places in the world.

There is a poster in the parent's room with some information and Master Le is still gathering information on costs.

We hope many of you can join us on this trip.

The Tenets of Taekwondo

1. Courtesy (Ye Ui)

Taekwondo students should attempt to be polite to one another and to respect others. Students should address instructors as *Sir* and to bow to the instructors before and after classes. Turning up early or on time for classes is also an aspect of courtesy.

2. Integrity (Yom Chi)

One who has integrity is able to define what is right or wrong and have the conscience, if wrong, to feel guilt. Taekwondo students should strive to be honest and to live by moral principles.

3. Perseverance (In Nae)

Perseverance means having patience. One of the most important secrets of becoming a leader in Taekwondo is to overcome every difficulty by perseverance. Confucius said, "One who is impatient in trivial matters can seldom achieve success in matters of great importance."

4. Self-Control (Guk Gi)

Without self-control, a Taekwondo student is just like any fighter in the street. Loss of self-control is disastrous both in sparring and personal affairs. "The term of stronger is the person who wins over oneself rather than someone else", *Lao Tzu*.

5. Indomitable Spirit (Baekjul Boolgool)

A true student of Taekwondo will never give up, not even when faced with insurmountable odds. The most difficult goals can be achieved with indomitable spirit.