

Spirit Roundhouse Report – April 2010

Upcoming Events

2nd – 5th – Easter Break – NO CLASSES

7th – Yoga Classes Begin @ 7:30 – 8:30

8th – Promotion Registration Deadline

9TH – Promotion Test @ 6 pm Gym will open @ 5:30 for warm-ups

24th – Slave Lake Taekwondo Tournament

May 1st & 2nd – 2010 Senior and Para National Taekwondo Championships

Remembering Jody Molo

It is with a heavy heart and deep sadness that Elite Taekwondo announces the passing of one of its members.

On Thursday, March 25, 2010 at a young age of 43, Jody Molo passed away.

Jody, we will miss your smiling face and quiet gentle nature...thank you for being a part of our lives...

Jody was a member of Elite Taekwondo but was a huge part of the Spirit Taekwondo family also.

Our thoughts and prayers are with Jody's family during this difficult time.

Monetary donations will be accepted to contribute to a trust fund in Jody's honour for his children, Kaitlyn and Jayden. Please see Debbie to make your donation.

A service to celebrate Jody's life will be held Wednesday, March 31st @ 12:30 at St. Theresa's Church (7508 – 29 Avenue).

Yoga Classes

I would like to welcome the newest member of our instruction team, Janna. Janna has been doing yoga for over 15 years in various types of yoga. She will be bringing her knowledge to us in her very own style of yoga, bringing the best of all styles together into one. Wednesday classes will focus on stretching and movements giving you an excellent workout or cardio and flexibility and Sunday classes will continue the same but added some focus on spiritual and meditation for your mind. As we build up our program we will offer more classes throughout the week and weekend to help meet our demands.

Classes are for Junior and Adults only.

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Classes schedule will be Wednesdays from 7:30 – 8:30 and Sundays from 11:30 – 1 pm. There will no spectators allowed for Sunday Yoga sessions, doors will be closed and locked once the class starts.

We are offering Yoga for FREE for the month of April to all our Spirit Taekwondo members and their family. Inquire to Debbie in the office for pricing for the yoga classes.

SATURDAY CLASSES

Master Le has been asked to be the Alberta Taekwondo Team Trainer and Coach for the upcoming National Championships here in Edmonton.

Team training is hosted at our school on Saturday mornings from 9 – 11 am.

We will have to change our Saturday Family Class times for the month of April. Saturday Family Class will be from 11:15 am – 12:15 pm.

Brazilian Jiu-jitsu class times are not affected.

2010 Canadian Senior and Para National Championships

The 2010 Canadian Championships will be held here in our home town of Edmonton from March 1st to 2nd at the Shaw Conference center. This event will showcase the best of the best from all across Canada.

Jessica Burn, Mike Butters and Lee Leclerc, who all train at Spirit Taekwondo, will be representing Alberta at these Championships.

Best of Luck to all of Team Alberta!

Facebook and Weekday Message of the Day

If you have a computer you're probably on Facebook and have e-mail. Keep up to date with facebook, many events and notifications are done through facebook. Our newsletters are once a month where facebook is updated more often, not just by Master Le, but you can post any important things you want to share with your Taekwondo Family.

The Message of the day is sent out by Master Le on weekdays. Get motivational quotes, word of the day, this day in history, and other daily tidbits. E-mail your address to info@spirit-tkd.com with the header "ADD ME" and start receiving the MOTD.

Korea Order

If you missed your chance to order your pro uniform from Korea in the fall here is your chance to order one now. We will be taking order till the end of the month for Adidas Doboks with Spirit Taekwondo in Korean on it. Cost is \$115 per dobok. Please see Debbie to order yours.