

# SPIRIT ROUNDHOUSE REPORT – MAY 2010

## UPCOMING EVENTS

8<sup>th</sup> – Black Belt Promotion Test @ 1 pm  
Black Belt Candidate must arrive at 11:30 am to do physical

22<sup>rd</sup> – Western Canadian Tournament of Champions – Calgary

24<sup>th</sup> – Victoria Day – NO CLASSES

28<sup>th</sup> – Promotion Test @ 6 pm – Doors open @ 5:30 pm  
Forms and payment must be in by May 27<sup>th</sup>

June 14<sup>th</sup> – Start of Summer Schedule  
Schedule will in next month's newsletter

## T-shirts - Doboks - Mats

The new t-shirts are in! You can wear these t-shirts for class. Only \$25 to stay and look cool!

We are also special ordering Adidas uniforms from Korea. If anyone is interested please see Debbie. Deadline to order the doboks is May 8<sup>th</sup>. Cost is only \$115 for an Adidas Dobok.

We still have a few mats from the old gym for sale. Each mat is only \$10. Mats are perfect for a small training area, play area or even just to stand on something soft in the garage, there are many uses for these mats.

## Summer Camp

No need to worry about what your kids are going to do or where they'll be during summer break, they can be with us at the gym learning and playing! You must be 6 years old and up to attend Camps.

This year we are going to do something a little more exciting for our camps. Everyday will be a new adventure at camp. In the morning we will focus on Taekwondo training and after lunch we will be doing activities like GOING TO THE MOVIES, SWIMMING, ROLLERSKATING, AND MORE!

**Camp cost is only \$195 person per week. A \$50 non-refundable deposit will ensure a spot for the camp.**

Space is limited and we would like to keep registration to our members, therefore we will only be accepting registration from Spirit members only until June 15<sup>th</sup>, if we have not sold out then will be opening up registration to outside members.

**Camp Date is July 12<sup>th</sup> – 16<sup>th</sup>**

**Each camp will run from 8:30 am to 4:30 pm**

**(Note: Each Camp must have minimum 15 campers to proceed)**

**Deposit will be refunded if there are not enough campers**

## BLACK BELT TEST

We have students testing for their Black Belts, come out on Saturday May 8<sup>th</sup> at 1 pm and watch your classmates as they go for Black Belt excellence! Best of luck to all our Black Belt Testing Candidates! We know you've work hard and now you have to perform!

## ***The 5 tenets of Taekwondo are...***

***Courtesy – Integrity – Self-Control – Perseverance – Indomitable Spirit***

### **Tenets of Taekwondo Poem**

**Courtesy** is giving a bow  
To Black belts and instructors who show you how.  
It's doing your chores before you are asked,  
And being helpful in every class.  
Its simple words like thank you and please,  
And never – no, never to hurt and tease.

**Integrity** is the simple rule,  
Of being honest at home and in school.  
It's never cheating when taking a test,  
Or thinking you're better than all the rest.  
To lie or steal just wouldn't be right,  
So try to be honest with all your might.

**Self-Control** states a simple fact,  
You should always think before you act.  
It's standing in class, not a muscle you twitch,  
Even if it's only to scratch an itch.  
It's counting to ten when things make you mad,  
Then walking away because fighting is bad.

**Perseverance** is telling your heart  
You're going to finish the things that you start.  
It's refusing to quit when the going gets tough,  
Or starting to cry when the sparring gets rough.  
It's not giving up on the board you must break,  
No matter how many times it takes.

**Indomitable Spirit** is showing no fear,  
Or running away when trouble is near.  
It's knowing in life there are some risks you must take,  
And along the way some mistakes you may make.  
It's standing up proudly and thinking with glee,  
I'm OK! I can do it! I believe in ME!

## **Donations**

Monetary donations will be accepted to contribute to a trust fund in Jody's honour for his children, Kaitlin and Jayden. Please see Debbie to make your donation. Our school will be making the presentation at the Black Belt test on May 8<sup>th</sup>.

## **Debit and Credit**

We now take payments with Debit and Credit for your convenience.