

Spirit Roundhouse Report – February 2010

February Upcoming Events

6th - D.K. Chun Memorial Tournament - Edmonton

15th - Family Day - No Classes

**19th - Promotion Test @ 6pm (doors open at 5:30)
Forms and payment must be in by Feb 18th**

VALENTINE'S GIFT FOR YOUR LOVED ONE

Do you have a loved one that you do not know what to give them for Valentine's? We're going to help you out! Why not give them the gift of fun and fitness, both for FREE. If you are currently enrolled in one of our memberships and you want your spouse or your boyfriend or girlfriend to do class with you bring them in all month for FREE classes. See Debbie in the office for more details.

T-SHIRT CLEARANCE

In order to make room for our 2010 t-shirts, last year's t-shirts are being cleared out for only \$10 each. Sizes are limited so grab yours today!

Spirit Taekwondo t-shirts can be worn during class but not at promotion tests. Only last year's shirts and current designs can be worn in class.

SCHOOL TRACKSUITS

Spring is coming and our team tracksuits will be the fashion trend of the year.

Anyone interested in ordering one of our team tracksuits; see Debbie to place your order.

Jackets are \$95 and pants are \$35. Sizes are available in men, women and youth. You can mix and match sizes.

We will place the order at the end of the month. A 50% deposit is required upon order.

JOURNALS OF MASTER WU WRITTEN BY A LOCAL AUTHOR AND TAEKWONDO MASTER BOOK 1 OF A SERIES FOR AGES 8-12

Spirit Taekwondo is selling the Journals of Master Wu Book 1 of a series.....
Only \$10.00 per Book – It is an Excellent read for your young Martial Artist.

The novel provides an insight into the powerful truths behind Martial Arts. It is a fantasy chronicle of the ongoing power struggle between those seeking balance and those spreading chaos.

H1N1

As we are all well aware, H1N1 has been a big focus in the medical community and our personal lives.

At Spirit Taekwondo, we take the virus seriously.

As you may have or have not noticed we have installed a **sanitizing dispenser** located at the entrance to our dojang as well there are hand sanitizing pumps in the washroom and in the viewing room.

PLEASE ensure you and your children are aware of its locations. We are advising all members to sanitize their hands PRIOR to entrance into class and after class.

Sharing water is yet another method of transmitting the virus from one member to another. Please ensure you have your OWN water. We have a water cooler in order to purchase your own should you have forgotten yours at home.

As well,

**“IF YOU HAVE FEVER, COUGH OR OTHER FLU SYMPTOMS
Take a reststay home
We will see you when you are feeling better”**

Private Lessons

We offer private instruction in 30 or 60-minute lessons for those who want more personalized attention. Perhaps you want to work on something specific, or you've gone for a while and want to refresh your memory before rejoining a group class. Whatever the reason, we are here to help you! You can request a specific instructor or we can arrange one of our many qualified and experienced instructors to fit your time schedule.

Our private lessons can include Taekwondo, Brazilian Jiu-jitsu or Street Combatives, Practicing for promotion or perfecting a specific skill. We also offer discounts if bought in sets of 10. Prices can vary by teacher. Call our office (780) 477-6241 for scheduling and prices.

The True Colors of Taekwondo

Colour	Meaning
White	Signifies innocence, as that of a beginning student who has no previous knowledge of Taekwondo.
Yellow	Signifies the Earth from which a plant sprouts and takes root as the Taekwondo foundation is being laid.
Green	Signifies the plant's growth as the Taekwondo skill begins to develop.
Blue	Signifies the Heaven, towards which the plant matures into a towering tree as training in Taekwondo progresses.
Red	Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.
Black	Opposite of White, therefore signifying the maturity and proficiency in Taekwondo. It also indicates the wearer's imperviousness to darkness and fear.