

# Spirit Roundhouse Report – March 2010

## **Upcoming Events**

14<sup>th</sup> – Daylight Savings Begin – Spring your clocks ahead!

20<sup>th</sup> – Alberta Championships and Senior Team Trials @ N.A.I.T.

April

2<sup>nd</sup> – 5<sup>th</sup> – Easter Long Weekend – NO CLASSES

9<sup>th</sup> – Promotion Test @ 6 pm – Doors open @ 5:30 pm  
Forms and payment must be handed in by Thursday, April 8<sup>th</sup>

24<sup>th</sup> – Northern Spirit Taekwondo Tournament – Slave Lake, AB

## **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.

## **IMPORTANT REMINDER!**

We are still noticing children being dropped off and/or picked up well beyond their class time. Please ensure you pick your children up immediately after their class. Some children are waiting outside in the cold and dark. **This could pose as a potential danger as no one is outside overseeing their safety.**

\*\* Please do not drop off your children any more than 15 minutes before their class begins.

ALSO, ensure your children are picked up immediately after their class ends. We do not have the staff to safely oversee them\*\*

# T-SHIRT CLEARANCE

In order to make room for our 2010 t-shirts, last year's t-shirts are being cleared out for only \$7/each or 2 for \$10. 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.

## *How to Tie Your Belt*

