



SPIRIT ROUNDHOUSE REPORT



12510 - 82 St., Edmonton, Alberta T5B 2X6

Tel: (780) 477-6241

www.spirit-tkd.com

APRIL 2009

Free Combative Jiu Jitsu on Tuesdays and Thursdays

To help build and promote this exciting program we are offering FREE Combative Jiu Jitsu classes for the month of April to all adult and junior members. This is an excellent opportunity to try out this program that could very well save your life one day. Check out our website for more info on the class.

If you can't knock them out, might as well tap them out!

Where Do You Live?

We are conducting a survey of where our students live. We will have a map of Edmonton posted on the wall upstairs. We would like it if you would please take the time and place a sticker to indicate where you live. Each student is one sticker; therefore if you have 2 or more people in your family in class, place appropriate number of stickers on the map. Thank you for participating in this survey.

Upcoming Events

April

All month – FREE Combative Jiu Jitsu

1st – Chocolates Arrive!

10th to 13th – Easter Long Weekend – No Classes

14th – S.T.A.R. Meeting @ 6:30 pm

14th – Spirit's 11th Anniversary – Can you believe it? Spirit Tkd is a Tween!

25th – Slave Lake Tournament

May

1st – Promotion Test @ 6pm – Gym opens at 5:30 pm for warm-up

Note: Forms and Payment must be in by Thursday April 30th

9th – Black Belt Test @ 10 am

16th – 17th – Junior Nationals in Quebec City

18th – Victoria Day – No Classes

23rd – Western Canadian Tournament of Champions – Calgary

THE MEANING OF POOMSAE



Taeguk:

The origin of all universal things

The World Taekwondo Federation (W.T.F) uses poomsaes for patterns. Poomsaes originate from the book 'I Ching', a Chinese oracle. The I Ching has 64 hexagrams, a combination of two sets of three lines, closed or broken. The sets of three lines are called trigrams. The closed lines represent Yang, the open lines Yin. In the Chinese language, the unity of Yin and Yang is called 'taich'i'.

In the Korean language, the unity is called T'ae-guek. This explains the term poomsae Taeguk. Taeguk represents the most profound oriental philosophy, from which oriental philosophical views on the world, cosmos and life are derived. Taeguk has no form, no beginning, no ending, yet everything comes from Taeguk. Taeguk is something that contains the essence of everything.

Tae: Bigness **Guek:** Eternity

Taekwondo poomsae (pattern) is a combination of techniques of block and attack performed consecutively while moving in certain directions. There are a series of poomsaes designed to correspond with each learning level from beginner to advance.

The proper way to learn and practice poomsae is to first know the name of the poomsae then determine the three components of each movement in the order of: Direction, Stance and Technique of block or attack. The movements in 'poomsae' range from simple to complex. Poomsaes are executed at varying speeds (slow, normal or fast) and on different stances. Some actions require breath and muscular control.

Poomsaes serve a multi-dimensional role, aiding in development and refinement of coordination, balance, timing, breath control and rhythm, all of which are essential skills to the Taekwondo student.

Promotion Test

Next promotion test will be held on May 1st at 6 pm. Doors will open at 5:30 for self-practice.

Remember that all forms and payment must be in by April 30th.

S.T.A.R. News

Scheduled meeting on **April 14, 2009**; the meetings are always the second Tuesday of the month. All parents and members are welcome to attend the meetings.

April 1, 2009 is the beginning of the Chocolate fundraiser to assist in sending the Alberta Provincial Champion Black Belts to the Junior National Championships in Montreal in May 2009. Please Debbie Roberge or Colleen Horton on **April 1, 2009** to sign out your Chocolates.

The month of May will also be the **Break-A-Thon!** We are tentatively scheduling for May 30, 2009. A percentage of all funds raised will be going to the Special Olympics Organization. We will have confirmation and pledge sheets ready for you to pick up by **April 20, 2009**. Again see Debbie or Colleen for more information on this.

Thank you for all of your ongoing support