



SPIRIT ROUNDHOUSE REPORT



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www.spirit-tkd.com

MAY 2009

T-shirts – Tracksuits - Doboks

The new t-shirts are in! You can wear these t-shirts for class. Only \$20 to stay and look cool!

Order the new Spirit Tkd tracksuit! It's a perfect lightweight jacket for the spring and summer! Jackets are only \$95 and pants are \$35. We have sizes available to ensure you order the right size.

We are also special ordering uniforms from Korea. If anyone is interested please see Debbie.

Upcoming Events

May 8th – Promotion Test @ 6 pm – Doors open @ 5:30 pm
Forms and payment must be in by May 7th

May 9th – Black Belt Promotion Test @ 3 pm
Black Belt Candidate must arrive at 1:30 pm to do physical

May 16th – 18th Junior Nationals @ Quebec City
Good Luck to Steven, Little Paul and Servesh

May 18th – Victoria Day – NO CLASSES

May 23rd – Western Canadian Tournament of Champions – Calgary

June 1st – Start of Summer Schedule

Summer Camps

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 .

We will have 2 Activity Camps in July! This year we are going to do something a little more exciting for our camps. Everyday will be a new adventure at camp. We will be doing activities like GOING TO THE MOVIES, SWIMMING, BOWLING, 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 15th, if we have not sold out then will be opening up registration to outside members.

Camp Dates are...

July 6th – 10th and July 20th – 24th

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

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

Black Belt Test

We have 7 students testing for their Black Belts and 2 testing for their 2nd Pooms! Come out on Saturday May 9th at 3 pm and watch your classmates as they go for Black Belt excellence! Best of luck to all our Black Belt Testers! We know you've work hard and now you have to perform!

Self-defence Tip - The Pen is mightier than the Sword

A pen is perhaps the most portable and versatile makeshift weapon available. It can be used as a stiletto to poke at vulnerable areas such as eyes, throat, solar plexus and groin. (Watch a scene in Gross Pointe Blank, in which John Cusack uses a pen to kill Benny Urquidez in a great fight scene.) The shaft of the pen can be used as a spike to apply pressure to joints and nerves. If it's a cheap pen you might be able to twist and bend in to decrease the likelihood that it will slip from your hands.

Even if you have no confidence in your pen fighting ability, you can hurl a handful of them into an attackers face. One or two may land point first, and while the damage won't be great, it could the attacker flinch, thus giving you time to defend or escape.



*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.
It's 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's 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!