

Spirit's Roundhouse Report – April 2008

Upcoming Events

- 4th – Kees Cup
- 5th – Junior Nationals B and C Division
- 6th – Junior Team Trials
- 7th – S.T.A.R. Meeting @ 6:30 pm
- 3rd to 4th – NO CLASSES - Due to Junior Nationals in Calgary
- 15th – Spirit Taekwondo 10th Anniversary
- 26th – Slave Lake 10th Annual Taekwondo Championships

Instructor's Corner

“Nothing is a waste of time if you use the experience wisely”

When you see ants and bees out in the world, we often see just one, but this belies the reality of the situation. More than any other species, ants and bees function as part of a whole. They cannot and do not survive as individuals; they survive as members of a group, and the group's survival is the implicit goal of each individual's life. There is no concept of life outside the group, so even to use the word individual is somewhat misleading. Often, humans, on the other hand, strongly value individuality and often negatively associate ants and bees with a lack of independence. And yet, if we look closer at these amazing creatures, we can learn valuable lessons about how much we can achieve when we band together with others to work for a higher purpose.

Most ants and bees have highly specified roles within their communities, some of which are biologically dictated, and they work within the confines of their roles without complaint, never wishing to be something other than what they are. In this way, they symbolize self-knowledge and humility. They also display selfless service as they work for the common good. In many ways, they are like individual cells of one body, living and dying as necessary to preserve the integrity of the whole body, not to protect themselves as individuals. In this way, ants personify the ability to see beyond one's small self to one's place within the greater whole, and the ability to serve this whole selflessly.

Ants and bees can inspire us to fully own what we have to offer and put it to use in the pursuit of a goal that will benefit all of humanity, whether it be raising consciousness about the environment, feeding the hungry, or raising a happy child. Each one of us has certain skills we have acquired. When we apply these gifts, knowing that we are one part of a greater organism working to better the whole world, we honour and implement the wisdom of ants and bees.

MAIA 2006

Self-defence Tip – Book 'em

A heavy, hardback book is a great weapon. Its usefulness lies in the element of surprise. Carry a book on the street, and no one will regard it as a weapon or you as a threat. Little does the bad guy know that your book can serve as a shield, a knife and a bludgeon.

If an armed assailant attacks you, you can use the book to block the blow. Its pages will even absorb some of the shock. The book's corners can be used to poke, concentrating the force of a thrust into a small point. The spine can be used to strike, giving your hands a few extra inches of reach and something solid with which to make contact.

Best of all, a good book will provide entertainment, which is great when your using for self-defence. So next time someone calls you a bookworm, just smile and say “Thanks.”

Alberta Coaching Director and Alberta Team Coach

At the last Alberta Taekwondo Association meeting, Master Steven Bartley, a close friend of Spirit Taekwondo was voted onto the board of directors as the coaching director for Alberta. He brings a lot of organization skills and strong leadership. Master Le was named Northern Alberta Team coach and trainer. Master Le brings to the athletes lots of technical skills and experience from his days as the Canadian National Champion. This is very important for the fact that the ATA is recognizing the efforts and success both Master Bartley and Master Le has had with their own competition team and will hopefully help win more gold medals at the nationals for Alberta.

S . T . A . R . NEWS

We would like to thank all of the volunteers but a special thanks to Ali Manji, Jeff Burns, Christine Pander and Cassandra Horton for all of their assistance at the Pub Night on Saturday, March 29, 2008. The Pub Night was a success and great fun; raising over \$ 3000.00 for the foundation!

Great job to all!

S.T.A.R. Upcoming Events

The next S.T.A.R. board meeting is scheduled for *Wednesday, April 7, 2008 at 6:30 p.m.* Items on the agenda for this meeting we will be discussing the next fundraiser, end of the year Barbeque; both to take place at the end of June. Your support is appreciated and the meeting is open to all.

10th Anniversary Collage

On April 15th, 2008, Spirit Taekwondo will be celebrating 10 years of Black Belt Excellence. Thank you to all the past and present members who have helped make our school a success. To commemorate this we want to make another collage of all the students and their parents. Please provide us with 2-3 photos of yourselves in a Taekwondo environment. Pictures can be recent photos or for the members who have been here for many years a photo from when you first started Taekwondo. Please have all photos handed in to Debbie by the end of the month so we can start on this project right away.

T-Shirt Give-away

This years T-shirt be in stock by May and will be sold for \$20 each or...

...get one for FREE by referring a friend to our school for the spring session and if they register for one of our programs, you will get a FREE Spirit Taekwondo T-shirt. Start your referrals today and be one of the first to get this years T-shirt.