

Spirit Roundhouse Report – March 2007

Upcoming Events

5th – Promotion Test @ 6 pm (Note: This is a Thursday) – No Classes
Forms and Payment must be in by Wednesday April 5th

6th – 9th – Easter Long Weekend – No Classes on Good Friday and Easter Monday

14th – Black Belt Class @ Noon till 2 pm
Open to all Black-stripe Belts and up

15th – Spirit Taekwondo 9th Anniversary

21st – Elite vs. Spirit Interclub @ 2:30 pm – Read on for more info

28th – Grappling Seminar – Read on for more info

Leader of the Month

Leaders are people who are always willing to give a helping hand. This month's leader is always willing to lend a helping hand whether it is with Taekwondo or aches and pains.

Master Le has known this person for over 15 years, they both trained under the same Grandmaster and Master Le was his coach and trainer at the junior level. Aside from that, Master Le and him have been good friends since they met.

4th Degree Master Wesley Hung, no relation to William Hung, is our leader of the month. Master Hung, a former Canadian National Finalist, an International competitor and recent University graduate in Athletic Therapy, has helped out so many of our members since he has become part of Spirit Taekwondo. His sparring skills have raised the level of excellence for our sparring team and his education in Athletic Therapy has aided many of our injuries.

Unfortunately we will be losing his leadership next month; he will be moving to Calgary for a few months and will be the athletic trainer for a minor league baseball team, the Calgary Vipers. We hate to see him leave but we want to wish him the best of luck and hopefully be back in time for the 2007-08 sparring season.

Black Belt Training

We will be hosting an Interclub Black Belt class at our gym on Saturday April 14th from Noon till 2 pm. This class will be open to all Black-stripe belts and up.

Master Le will be conducting the patterns part of the class. This will prepare all members who are going to the Black Belt test in May. We will be going over techniques and changes in the patterns.

Instructor Sean Wright, will be going over some throwing techniques. These techniques will become part of our Black Belt Program.

Interclub Tournament

This spring's interclub tournament will be bigger and better than ever! The Elite and Spirit Schools have always hosted these tournaments to give you, the students, the most fun and tournament experience. This time we will be adding in a patterns division! Giving all of you even more experience at the tournament level.

There will be more information posted in the parent's room soon, so look for this information and be prepared to kick some butt!

Grapppling Seminar

We are thinking of adding in a grappling class this summer for our members. First we would like to host a series of seminars to see how much interest there is. We have 2 special guest instructors coming in on Saturday April 28th from 1 – 3:30 pm for an introductory class. The style of grappling we will be doing is Brazilian jui jit su, which is a form of ground combat. Cost for this seminar is only \$25 per person. Please pre-register for this seminar by April 25th with either Master Le or Tammy. This seminar is open to all levels ages 12 and up.

“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 honor and implement the wisdom of ants and bees.