

Spirit Roundhouse Report - December 2006

UPCOMING EVENTS

- 1st – Promotion Test – Forms and Payment must be in no later than day before
2nd – Black Belt Graduation – Meyer Horowitz Theatre @ 1pm
10th – Spirit and Elite Black Belt Training from Noon till 2 pm @ Elite Southside 9831 - 45 ave
16th – F.A.S.T. Defense Adult course (16 +) – contact 413-4009 for more details
25th – Christmas Day – No Classes 26th – Boxing Day – No Classes

January 2007

- 1st – New Year's Day – No Classes
2nd – 5th – New Year's Taekwondo Camp – See Newsletter for Details
20th – F.A.S.T. Defense Teen Course (ages 12 – 16) – contact 413-4009 for more details

Holiday Class Schedule

December				
Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
Closed	Closed	Open	Open	Open
January				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Closed	Open	Open	Open	Open

New Year's Camp

Kids get an extra long break this holiday season, too bad the parents don't get the same break. We will be hosting a Taekwondo day camp to keep your children fit and having fun. There will be both indoor and outdoor (weather permitting) activities and of course lots of Taekwondo training.

Camp will run from Tuesday January 2nd to Friday January 5th.

Time is from 8:30 am to 4:30 pm

Cost is \$80 for entire week or \$25 per day.

Registration dealing is December 28th

Minimum of 10 students to host camp and there will be limited number of spaces available.

www.spirit-tkd.com

leader of the month

Everyday we have things that we have to do and things we want to do. Being a true leader you can always make time for all the things that you have to do and all the things you want to do. We have to make the decision to choose what is important enough to be on that list.

Instructor Lynne Wong and Instructor Jill Wong are our leaders of the month. Both sisters have very busy schedules and know how to make time for everything they need and want to do. Lynne being a first year student in university and Jill being top honors in her high school, studying takes up a lot of time and commitment, yet they both manage to keep up their grades and make time to teach Taekwondo to our future Black Belts, also they make time to keep up with their own Taekwondo training, Jill is also part of our sparring team and Lynne will be starting up a Taekwondo demonstration team in the new year. This is not all the sisters do; they both have a very active social life too and manage to keep all their friends and family a big part of her life also.

Family has made them sisters, being in Taekwondo has made them Black Belts, Instructors, Leaders and best of Friends. Keep up the excellent work and thank you for being such great role models to our members at Spirit Taekwondo.

Black Belt Training

December 10th is our Team Black Belt training with Elite Taekwondo. All Black Belts are expected to attend since we create these special activities just for you.

This training session we have a Judo Instructor coming in to teach some falling and throwing techniques and we will be going through the Black Belt one step 1 – 8.

We are trying to coordinate that we can have these types of special training for the Black Belts every few months. This training session will be held at Master Bartley's new gym on the southside. Elite Southside 9831 - 45 ave.

New Sales Room

With all the Uniforms and Equipment we stock, we need more space to store and display our items. As of December 1st the playroom upstairs will become an Equipment Storage/Sales Room. Please stay out of this room unless accompanied by an instructor.

3 HELPERS NEEDED

We are going to be co-hosting the Black Belt Graduation this year with Elite Taekwondo on December 2, 2006. We need 3 helpers to be board holders and ring managers for the event. Please let Master Le know if you can be of assistance. You will need to be in Club Tracksuit for the event. Thank you for your assistance.

S.T.A.R. (Spirit Taekwondo Athletic Rewards) NEWS

ST.A.R. would like to thank the over 130 people that came to our Annual Christmas party to make it fun. We had lots of delicious food and a special visit from Santa Clause to bring the kids an early Christmas gift.

Congratulations to all of you for raising over \$3600 for S.T.A.R.! Our top 3 sales families were

1st – the Hortons (Mike and Andrew)

2nd - the Costas (Alex and Kaylee)

3rd – the Ryan Cazes and the Cowans (Dezirea and Kevin)

Remember that all these monies raised goes back to all of you in one way or another. The monies either go to individual students to use for Tkd or the monies go to all of you via purchase of new equipment for all to use!