

# Spirit Roundhouse Report – February 2007

## Black Belt Candidate Meeting

Any Black-stripes and above and their parents and/or guardians who are serious about testing for their Black Belts this Spring are encouraged to attend this meeting.

Information needed to prepare, as well as expectations of candidates, will be addressed at this meeting as you prepare for your Black Belt test. This is also the perfect time to ask any questions you may have.

I want ensure that those who are testing and their parents have all the information they need for testing. It will also confirm who is serious about testing.

## Black Belt and Sparring Team Classes

Sparring team will continue to train on Fridays for 2 hours; therefore we have to move the Black Belt class to Thursday at 5:30 pm. One month before testing date a Tuesday Black Belt class will be added at the same time. Black Belt test will be in May with date TBA.

## MOVIE AND GAMES NIGHT

Need a break from your kids? Need a date night? We have the answer! On Saturday February 24<sup>th</sup> marks the return of our most popular event, Movie and Games Night! We will be watching a movie at the gym just like at the theatres and will be playing lots of games. Games include dodge ball and PS2 on the big screen! Don't worry, both the movie and games will be rated E for everyone. We will be providing snacks and refreshments for everyone attending this event! You are also allowed to register your friends from outside of Taekwondo to join in on the fun!

**COST IS ONLY \$20/PERSON – BRING A FRIEND AND YOU GET \$5 OFF YOUR ADMISSION**

Since registration is limited, please pay before you put your name up on the sign up sheet.

We have room for 4 volunteers to help out. You must be in the junior or adult class to volunteer. Please see Master Le or Instructor Tammy for registration or volunteering.

## Change is Good

Change is good. Change invites us to grow, encourage us to experience new things, welcomes new people into our lives, and ultimately change frees us from the mundane.

Many people are not comfortable with change, preferring that everyday be much like the rest of their days. There are even people who may be miserable, yet reluctant to change. And, there are actually people who are actually afraid of change.

Regardless if we like it or not, change happens. As Buddha said, "change is the only constant." So, if change is coming, whether we like it or not, it is appropriate for us to accept change, even embrace it. Changing your relationship to change can greatly enhance your life, opening up new possibilities and challenging you to become more open minded, interesting and positive person.

To begin accepting and welcoming change in your life, start by expanding your comfort zone and making small daily changes. Here are some ideas to help you get started...

- Take a new route to work or school, perhaps even a new mode of transportation; take the bus, car pool, bike or even walk if possible.
- Eat new foods. You could try a different food everyday; ethnic dishes, a fruit you've never tasted or a new drink.
- Everyday make an effort to take to someone new, even if it's only to say hello.
- Wear different clothes; try a color you never wear.
- Rearrange the furniture.
- Take a class in something you know nothing about; Taekwondo, pottery or even a language class.
- Try a new hairstyle.
- Don't watch TV for a day, read a book.
- Shop at a different grocery store.

By taking baby steps in creating change in your life you have chosen to take action, and thereby declaring to the universe that you are ready for change. What changes will you make after reading this?

### UPCOMING EVENTS

**2<sup>nd</sup>** – Promotion Test @ 6 pm – Gym will open @ 5:30 for practice – NO CLASSES  
Forms and payment must be in by February 1<sup>st</sup>

**9<sup>th</sup>** - Black Belt Candidate Meeting @ 6:30 pm

**10<sup>th</sup>** – D.K. Chun Memorial Tournament @ Concordia College

**24<sup>th</sup>** – Movie and Games Night from 6 – 10 pm

### **leader of the month**

Sometimes just coming to class isn't enough; sometimes you need to make it your class. You have to be enthused every time you put on your uniform and belt. A student that does that every class is Little Lucas Serac and he is our leader of the month!

Each class Lucas attends he is always so excited to try something new or practice the old to make himself better. Lucas is always the first to put up his hand to ask questions to make sure he is performing his techniques correctly and to answer any of the questions that the instructors ask, he may not be correct all the time, but he tries and is very excited about his answers. Lucas loves to demonstrate how techniques are done to the class to make sure everyone is performing them correctly. With his inquisitive mind and excitement to answer questions, Lucas can one day become an excellent Taekwondo instructor. Lets all try to be as enthused as Lucas is every class! Keep up the fantastic leadership skills Lucas!

### **DVD PLAYER**

We have a new DVD player in the viewing room for your enjoyment. If you want to use it, you may bring your own DVDs to watch. Please only bring DVDs rated E for everyone. We ask that only adults turn on the DVD player, so if kids want to watch a movie please ask an adult to play it for you.