

Spirit Roundhouse Report – January 2007 HAPPY NEW YEAR!!

New Years Special

If your New Years resolution was to get more active and spend more time with the kids, here's your chance...**FOR FREE!**

Parents currently not involved with classes are invited to try all our classes in January for FREE, yes, FREE. Get fit and have fun, and this is a fantastic way to share a fun filled experience with the kids.

The Family that Kicks Together...Sticks Together!

Morning and Evening Questions

The morning and evening questions were developed by Tony Robbins in an effort to help people to develop and keep the best possible outlook on life. They are a wonderful tool in reshaping and developing a more positive attitude towards everything we do.

The morning questions are:

- 1. What am I most happy about today?**
- 2. What am I most excited about today?**
- 3. What am I most proud of?**
- 4. What am I most grateful for?**

The morning questions are designed to help you start the day with a positive outlook rather than leaving it to chance. With the right outlook, the challenges we face daily will probably look more like opportunities than problems.

The evening questions are:

- 1. What did I learn today?**
- 2. How did I contribute today?**

The evening questions are designed to help you recount the daily accomplishments that you might have otherwise forgotten about.

Copy these questions down, cut out this section of the newsletter and try to integrate this into your new year's plans.

I know the best time for me to do these questions are when I'm brushing my teeth in the morning and in the evening, at this time of the day it gives me a couple minutes to reflect on all the morning or evening questions.

CHANGE ROOMS

There are a lot of clothes and equipment left behind in the change rooms. Any items not claimed by January 12th will be donated to Goodwill. We will have all items spread out in the upstairs gym along the wall. Please take a moment to see if any of these items are yours.

In order not to lose anymore clothing items, please keep your items in your gym bag when you change. Also, please do not leave your gear bag over night, our change rooms are for changing not for storage, it is your responsibility to take home your gear and bring them to the next class.

Thank you for your cooperation.

Referee Seminar

Master Ken Froese, International Referee, will be conducting a seminar on the new rules and regulations for Sparring. Master Froese has been refereeing internationally for over 10 years and has won numerous awards for being top referee at many events. This course is open to all belt levels. Competitors should take this course to understand all the rules to help make you a better fighter.

Part of your requirement for becoming a Black Belt is having your referee certification and here is an excellent opportunity to do yours. Referee seminars only happen a few times a year.

Location: Elite Southside

Date and Time: January 21, 2007 @ 10:00am – 4:00pm

Cost: \$30 course includes manuals

*** Members who assisted last interclub, your fee is waived.**

leader of the month

Mike Horton and Clarence Iglesias are our leaders of the month for all their hard work and dedication to their class and their classmates. Both Mike and Clarence are always willing to partner up with anyone whether no matter what rank their partner may be, Being with a higher rank belt they soak in every word of advice they receive to help themselves improve, and on the other side while being with a lower rank belt they are always working hard to help improve their partner to help them become better martial artists.

Remember that a belt is simply a signpost along the way showing that you have reached a certain place on the martial arts path. There will be people on the path ahead of you, and people on the path behind you. By helping people on the path behind you progress, you will progress yourself. It is not a race. There are no time limits, or bonuses for getting to the next level first. Keep up the excellent teamwork guys, I'm sure everyone loves to be your partner!!

next promotion test

The first promotion test of 2007 will be on February 2, 2007 @ 6 pm. As usual the doors will open at 5:30 pm for self practice.

Remember that promotion forms and payment must be in no later than Thursday February 1st and that there are no classes on promotion night.

Work hard and earn those stripes so you can move up to the next level.

Black Belt Preparation Class

This class will resume in February on the 9th. Any Black-stripes and Black belts wishing to promote to the next level are required to attend these classes, plus attend at least 3 regular classes during the week and required to assist in at least one class per week.

Remember that all black belts must either have first aid or referee certification or go through the F.A.S.T. defense course.

We make these requirements so that here at Spirit Taekwondo we produce the best all around Black Belts in the world and to give our Black Belts more options in order for them to choose the right path they want to take after receiving their Black Belts.

This upcoming Black Belt testing we are expecting many new Black Belts and a few Black Belts testing for their 2nd Dans.

Good Luck to all in your training.