

Spirit's Roundhouse Report – January 2008

HAPPY NEW YEAR!

Re-invent yourself daily

Life unfolds. Each and every day we awake to an opportunity for re-invention. The wonder of the whole adventure is that we get to do a 're-take' on who we are, each and every day. We are not our past; the past is simply a name for the series of paths and choices we made to arrive here in the present. We ARE, exactly who we continue to CHOOSE to be.

A lot of people leap at the chance to make new years resolutions; this represents a chance to 'start over'; a chance to re-define who they are and how they act in the world. To that, I ask this - WHY WAIT?

The truth is that each and every day represents an opportunity to re-invent ourselves. January 1st is certainly a convenient and symbolic chance to 'start over' - but every day, in a myriad of ways, we are being re-born. New thoughts pop up; new cells are produced, new experiences re-define who we are. On New Years Day - sure, make a strong start, but each and every day afterward, know that we are re-defining ourselves, even as we sleep.

Warmest regards,
Master Thai N. Le

Upcoming Events

January

19th – Junior and Senior Provincials @ Calgary

26th – F.A.S.T. C.A.T.S. – children's self-awareness seminar @ Elite South

February

7th – Last day to hand in forms and payment for promotion test

8th – Promotion Test @ 6 pm – Doors will open @ 5:30 pm

8th – 10th – Olympic Team Trials/Carding Championships @ Regina, SK

8th – 9th – U.S. Open, New Orleans

16th – Chun's Memorial Tournament @ Edmonton

WEST EDMONTON MALL WATER PARK WORKOUT AND FAMILY FUN

The Taekwondo Alliance of Alberta is looking to set a world record for a group training session in a water park.

Be there and be part of this world record setting event!

When: Saturday March 1, 2008 from 7:30pm to 10:30pm

Cost: \$25/person and tickets available from the office

All Friends and Family are all welcome to join in on the fun!

F.A.S.T. C.A.T.S and F.A.S.T. Defense™

F.A.S.T. Defense™ is a highly specialized system of self-protection that can teach you to defend yourself against an attacker of any size. It is based on simple but solid principles of self-defense, taught in a way that anyone can easily learn. It is a proactive method of training where you learn by doing.

F.A.S.T. Defense™, an acronym for **Fear Adrenal Stress Training** is a simple step-by-step process that allows students to recondition the freeze response into one of amazing power and strength. Since the adrenal rush is a natural instinctual reaction to a stressful situation, the trick is learning to harness and focus all that power into one's defense.

F.A.S.T. Defense™ is a scenario based learning program that allows you to feel the adrenaline rush of a real attack yet it is done in the safety of a professionally run learning environment.

For more information please speak directly to Mel Zilkowski (906-3079) or Steve Bartley (413-4009) who are both **F.A.S.T. Defense™** Instructors and the coordinators for the program. You can also read and soon see some video clips on the Elite website at www.elite-tkd.com/fast

The Next Fast Cats Course will be run January 26th from 2:30 – 4:00pm, the cost of the program is \$30/person.

S.T.A.R. NEWS AND UPDATE

STAR would like to thank everyone for all of the support in 2007 and we are looking forward to 2008! This year is shaping up to be an exciting time for STAR and we are looking forward to your continued support.

Over the next six months we will have a few fundraisers. Confirmed big fundraising event is a Pub Night on **Saturday, March 29, 2008**. The first major planning meeting for this event will be on *January 16, 2008*. We will be asking for volunteers for the planning of this event and the event itself.

STAR has regular scheduled meetings and members are welcome to attend and participate. Our meeting schedule is the second Wednesday of each month beginning at 6:20 p.m. Additional meetings for event planning will be posted.

- January 9, 2008
- January 16, 2008 – **Pub Night planning meeting**
- February 13, 2008
- March 12, 2008
- April 9, 2008
- May 14, 2008
- June 11, 2008 – **Annual General Meeting**

Look for more information on the STAR bulletin board, including your board members; what STAR is all about and how you can get more involved!

We look forward to your questions and comments and here is to 2008