

# Spirit Roundhouse Report – March 2007

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**Try not to become a man of success but a man of value.**

**Albert Einstein**

**The future belongs to those who believe in the beauty of their dreams.**

**Eleanor Roosevelt**

## **Leader of the month**

Leaders are very special people. Many leaders encourage others to do well either with motivational words, leading by example or a simple smile. This month's leader touched many of his classmates with a simple yet very huge smile from ear to ear. When class is tough or when you're taking part in a promotion test, you will rarely see this student without a smile on his face. David Bourbeau's smile brightens up the class each and everyday. Smiles are contagious, spread some cheer to people that need it. Always be grateful for what you have, keep a constant smile on your face, grumpy people will appreciate it.

Thanks for always brightening a gloomy day David, keep that big smile on your face!!

## **Spring Break Camp**

No need to worry about what your kids are going to do or where they'll be during spring break, they'll be with Spirit's 2 favorite instructors Master Le and Instructor Bill learning and playing! Winter Break Camp was such fun we decided to host a Spring Break Camp also.

Spring Camp will run from Monday March 26<sup>th</sup> thru to Friday March 30<sup>th</sup> from 8:30 am to 4:30 pm.

Just like last time you can choose which day your kids attend for \$30 per day or register your child for the entire week for only \$125. For an extra \$10 per day your child can stay after camp until class starts at 5:30 pm.

Space is limited and we would like to keep registration to our members, therefore we will only be accepting registration from Spirit members only until March 14<sup>th</sup>, if we have not sold out then will be opening up registration to outside members.

## **Road Trip**

Spirit and Elite Tkd have chartered a bus to Winnipeg for a tournament. Our teams have been kicking butt here we needed to go to another province to find some more competition. The bus seats 47 people and there are only 15 seats left for this road trip.

Students wishing to come on this road trip and competing in the tournament are welcome to come and train with sparring for FREE on Mondays and Fridays at 6:30 pm. This training will help you prepare for the tournament. Also as an added bonus for all competitors, S.T.A.R. Foundation has decided to sponsor each athlete their entry fee into the tournament!

If you are interested we need to know ASAP because we have invited 2 other teams to join us, we are reserving the seat first for our members. Please see Master Le for more information.

## SPARRING TEAM FUNDRAISING

The Sparring team is doing a bottle drive to help cover some of the cost for the Winnipeg trip. Please bring all your empty bottles and cans by March 16<sup>th</sup> as we will have the bottle people come pick them up that day. When you bring in your bottles, please bring them directly downstairs to the basement.

Thank you for your support.

### Upcoming Events

**16<sup>th</sup>** – Last Day for Sparring Team Bottle Drive.

**23<sup>rd</sup> – 25<sup>th</sup>** – Winnipeg Tournament Road trip

**26<sup>th</sup> – 30<sup>th</sup>** – Spring Break Camp

**30<sup>th</sup>** – Promotion Test @ 6 pm  
Forms and Payment Must be handed in by March 29<sup>th</sup>

### Attendance Cards

Please remember to pull your attendance cards each and everyday you are in class. Important information is also on your card. Many parents ask us when their memberships are up and when they have to renew, that information is on your attendance cards.

**“The truth of the matter is that you always know the right thing to do.  
The hard part is doing it.”**

Our primary relationship in life is with our selves. No one else goes through every experience in life with us. We are our one permanent companion, yet we are often our worst critic. To remind ourselves of our magnificence, we can do this exercise: "Five Things I Like About Myself."

Begin by writing down at least five things that you like about yourself. This is not the time to be modest. If you are having trouble coming up with a total of five items, you know that this exercise can really benefit you. Be sure to include more than your physical attributes on your list, since our bodies are only part of who we are. If you are still struggling with what to include on your list, think of what you like about your favorite people, because these traits are probably qualities that you possess too. Another way to complete your list is to think of five things you don't like about yourself and find something about these traits that you can like.

Continue this process for a week, thinking of five new things you like about yourself everyday. At the end of the week, read the list aloud to yourself while standing in front of a mirror. Instead of looking for flaws to fix, allow the mirror to reflect your magnificence. You may feel silly about standing in front of a mirror and reading aloud a list of your admirable attributes, but it might just bring a smile to your face and change the way you see yourself. Remember, it is when you feel the most resistant that this exercise can benefit you the most. Because we are constantly looking at the world, instead of looking at ourselves, we don't often see what's magnificent about ourselves that others do. When we take the time to experience ourselves the way we would experience someone we love and admire, we become our best companion and supporter on life's journey.