

SPIRIT'S ROUNDHOUSE REPORT – MAY 2008

UPCOMING EVENTS

15th – Last day to hand in forms and payment for Promotion Test

16th – Promotion Test @ 6 pm – Doors open at 5:30 for Practice – No Classes

19th – Victoria Day – No Classes

23rd – No Classes due to Calgary Tournament

24th – Western Canada Taekwondo Championships – Calgary

World Junior Taekwondo Championships

Good Luck to Bill Chahal at the upcoming 2008 World Junior Championships taking place from May 8 to 11 in Izmir Turkey! Bill will be representing Canada in the Light-heavy weight division.

History was made at the last Junior National Championships, Bill was the first junior athlete from Alberta to win back to back junior national championships.

Self-defence Tip - The Pen is mightier than the Sword

A pen is perhaps the most portable and versatile makeshift weapon available. It can be used as a stiletto to poke at vulnerable areas such as eyes, throat, solar plexus and groin. (Watch a scene in Gross Pointe Blank, in which John Cusack uses a pen to kill Benny Urquidez in a great fight scene.) The shaft of the pen can be used as a spike to apply pressure to joints and nerves. If it's a cheap pen you might be able to twist and bend in to decrease the likelihood that it will slip from your hands.

Even if you have no confidence in your pen fighting ability, you can hurl a handful of them into an attackers face. One or two may land point first, and while the damage won't be great, it could the attacker flinch, thus giving you time to defend or escape.

Summer Camps

No need to worry about what your kids are going to do or where they'll be during summer break, they can be with us at the gym learning and playing! You must be 6 years old and up to attend Camps.

We will have 2 Camps in July and possibly a Sparring Camp in August. You can choose which day your kids attend for \$35 per day or register your child for the entire week for only \$135, if you register and pay before July 1st you will receive a FREE t-shirt (free t-shirt only for full week campers). A \$35 non-refundable deposit will ensure a spot for the camp.

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 June 15th, if we have not sold out then will be opening up registration to outside members.

Camp Dates will be ...

July 7th – 11th and July 21st – 25th – Taekwondo Camps

August 11th – 15th – Sparring Camp

Each camp will run from 8:30 am to 4:30 pm

(Note: Each Camp must have minimum 15 campers to proceed)

Instructor's Corner

The 5 tenets of Taekwondo are...

Courtesy – Integrity – Self-Control – Perseverance – Indomitable Spirit

Tenets of Taekwondo Poem

Courtesy is giving a bow
To Black belts and instructors who show you how.
It's doing your chores before you are asked,
And being helpful in every class.
It's simple words like thank you and please,
And never – no, never to hurt and tease.

Integrity is the simple rule,
Of being honest at home and in school.
It's never cheating when taking a test,
Or thinking you're better than all the rest.
To lie or steal just wouldn't be right,
So try to be honest with all your might.

Self-Control states a simple fact,
You should always think before you act.
It's standing in class, not a muscle you twitch,
Even if it's only to scratch an itch.
It's counting to ten when things make you mad,
Then walking away because fighting is bad.

Perseverance is telling your heart
You're going to finish the things that you start.
It's refusing to quit when the going gets tough,
Or starting to cry when the sparring gets rough.
It's not giving up on the board you must break,
No matter how many times it takes.

Indomitable Spirit is showing no fear,
Or running away when trouble is near.
It's knowing in life there's some risks you must take,
And along the way some mistakes you may make.
It's standing up proudly and thinking with glee,
I'm OK! I can do it! I believe in ME!

10th Anniversary Collage

On April 15th, 2008, Spirit Taekwondo celebrated 10 years of Black Belt Excellence. Thank you to all the past and present members who have helped make our school a success. To commemorate this we want to make another collage of all the students and their parents. Please provide us with 2-3 photos of yourselves in a Taekwondo environment. Pictures can be recent photos or for the members who have been here for many years a photo from when you first started Taekwondo. Please have all photos handed in to Debbie by the end of the month so we can start on this project right away.