

Spirit Roundhouse Report - May 2007

S u m m e r C a m p s

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. 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, if you register and pay before June 1st you will receive a FREE t-shirt (free t-shirt only for full week campers).

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 1st, if we have not sold out then will be opening up registration to outside members.

Camp Dates are ...

July 9th - 13th and July 23rd - 27th - Taekwondo Camps

August 13th - 17th - Sparring Camp

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

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

Summer Schedule

Summer schedule will begin on Monday June 11th, 2007. Just like every summer classes will be from Monday to Thursdays. Schedule will be posted in the parent's room later this month and copies will be handed out to all students in June.

Classes will be closed from...

July 1st to 7th and August 5th to 11th for Holidays

Promotion Test and Black Belt Test

The next promotion test will be on May 18th at 5:30 pm. This is an early start because of the special event we will be having after the color belts. We potentially have 4 members testing for their 1st Poom Black Belt and 3 Black Belts testing for their 2nd Dan Black Belts. This is a huge event for these 7 members and every one is welcome to stay watch them test. This a fantastic chance for all members who one day will be testing for their Black Belts to see what kind of hard work and dedication these students must go through to achieve Black Belt Success.

Upcoming Events

May

5th - Interclub Tournament - see poster for all details

13th - Mother's Day - Do something special for Mom!!

18th - Promotion Test @ 5:30 pm (Note: Early Start) and Black Belt Test to Follow

Forms and Payment must be in by Thursday the 17th

21st - Victoria Day - No Classes

26th - Western Canadian Taekwondo Championships - Calgary (Last Tournament of the Year)

June

1st - Deadline to get Free T-Shirt for Summer Camp - Registration will continue till June 30th

2nd - Black Belt Graduation @ Hawerlak Park at 1pm

11th - Summer Schedule Begins

Leader of the Month

Some leaders are very big people and some leaders are very small people. Size doesn't matter when it comes to being a good leader. This month's leader is a little guy with a big heart.

Congratulations to Jeremy Litke for being this month's leader of the month for demonstrating all 5 Tenets of Taekwondo in class.

The 5 tenets of Taekwondo are...

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

Here is a poem about the tenets to help all of you remember what they are and what they mean and all be like Jeremy and follow them with heart!

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!