

Spirit's Roundhouse Report – November 2007

Upcoming Events

3rd – Halloween Movie Night – Feature movie is “The Monster Squad”

10th – Tiger Challenge Tournament @ Concordia College

11th – 12th – Remembrance Day Long Weekend – No Classes

16th – Promotion Test @ 6 pm – No classes

Please have forms and payment in no later than November 15th

16th – Last day to hand in your Cookie Dough Order forms

17th – Black Belt Test @ 10 am

Black Belt Candidates must arrive @ 8 pm for physical part of test

24th – Whitecourt Tournament

30th – Deadline to order Christmas gifts from the Century Catalogue

December 1st – Annual Spirit Taekwondo & S.T.A.R. Christmas Party

CENTURY CHRISTMAS CATALOGUE

We just received the 2007 Century Christmas Catalogue! There are a lot of great gift ideas in there for the Martial Arts Student! We will leave a copy of it downstairs, please do not take it home or rip out pages. We will have an order form in the office for anyone wishing to purchase from the catalogue. All orders must be in by November 30th to ensure delivery for Christmas.

S.T.A.R. News

What: Annual Potluck Christmas Party

When: December 1

Time: Doors open @ 5 pm and Dinner Served @ 6 pm

Where: Killarney Community Hall 8720-130 A Ave Main Floor

Who: Member and their family of Spirit Taekwondo

Cost: \$5 / person or \$10 / family & a side dish for the potluck

- Sign up sheet for what type of dishes is needed for the potluck is posted on the glass of the parent's room. Dishes like side dishes, drinks or desserts are needed. Please indicate what type of dish you would like to bring and try to make all dishes peanut free. Turkey and Ham will be provided by S.T.A.R.
- We need a few volunteers to come early to set up and we need a few volunteers to stay after to clean up
- The party is not over at dinner we will have music for dancing afterwards
- There will be games and activities for the kids and we will have a special early visit from Santa Clause
- Deadline to sign up is November 23rd

NEW MEMBERSHIP CONTEST
WIN AN XXL WAVEMASTER A \$500 VALUE
DRAW TO BE MADE BEFORE CHRISTMAS BREAK!

How Do You Win?

We have some 1 week FREE passes in the office; you pick these up write your name on them, and hand them out to your friends and family, the person that packs your groceries or anybody that you think would be interested in Taekwondo at our school. After they come in to try class and register for one of our programs; they can hand us the card

and we will enter you in a draw to win the XXL Wavemaster. Every member of Spirit Taekwondo is eligible. Easy as that!! New registrants must be new members only.

Come in to the office today and pick up your passes!

The draw will be made at the end of the year before the Christmas break. Remember the more cards you hand out, the more people come in to try class and register the more chances you get to win. So don't waste time, start handing out your passes today.

When bringing in your friends please follow these guidelines...

1. **Your friend must call at least a day ahead before their first class with us. This ensures we do not have too many beginners in the same class.**
2. **A legal guardian must accompany your friend. They cannot do class without one, your parents do not count as their guardian.**

PROMOTION TEST

Promotion test are conducted once every 6-7 weeks and students must have all their stripe in order to test.

Attitude stripes

1. White – positive behaviour at the dojang – given out by their instructor
2. Black – positive behaviour at home and school – given out by their parents – just let the instructor know that your child is well behaved at home and school and we will provide the black stripe for you.

Technical stripes

1. Yellow – knowing all your one-step self-defense techniques and your basic kicking and punching techniques
2. Green – knowing all your sparring techniques
3. Blue – knowing all of your patterns
4. Red – Being able to break the plastic board for your belt level

All of the technical requirements, for each belt level, are listed on our website and on the message board in the parents room. Without all your stripe, you will not be able to test, once you have all your stripe means the instructor had given you permission to test for the next belt level. If the student fails any part of the test; it results in a promotion failure and the student must wait till the next scheduled test to re-test.

Promotion form and fees must be handed in no later than the day before the testing date. Promotion tests usually last between 1 – 2 hours. Friends and family are welcome to come and watch the test, but we ask that you refrain from sitting with your child so that they can focus on their test.

T-SHIRT SALE
LAST CHANCE TO PICK UP THIS YEARS T-SHIRT DESIGN FOR
ONLY \$10!
LIMITED STOCK AND SIZES AVAILABLE

TOURNAMENTS

There are several sparring and patterns tournament throughout the year all over the province. Everyone is allowed to participate in these events either as competitors or spectators. These events are very exciting to watch and the level of competition in Alberta in tops in the country. Our school has a tradition of producing many provincial, national and international champions.

- Master Le is a former National Champion and has represented Canada many times in international competition both in sparring and in patterns. Master Le and Team Canada finished 6th in the world in 2004 Hanmadang (a competition involving breaking, patterns and self-defense) Championships.
- Instructor Bill is the current Junior National Champion and Junior Pan-Am 3rd place champion.
- Instructor Samil is a multi time provincial champion and a silver medallist at the Bosnian National Championships.
- Instructor Lynne is a former silver medallist at the national championships

Come out to the next tournament and watch our stars and rising stars compete for Gold. All tournament information is posted on the message board in the parent room. Feel free to take it down and read it and then please put it back on the board.