

Spirit's Roundhouse Report – November 2009

Moving the Dojang

I am excited to announce that Spirit Taekwondo will have a new home. We take possession on December 1, 2009, when we will start renovations. The first day of classes at the new location will be January 4, 2010 after the Christmas Break. We are very excited to move to this location. We will have about 3800 sq.ft. of space and utilize over 2500 sq.ft. for training area. The training area is big enough for us to still run 2 simultaneous classes at once, divided by a curtain. There will be a nice viewing room for the parents and dedicated washrooms for male and female. Men's change room will have a shower, sorry ladies, no shower in the ladies change room. There is ample parking in the front and rear of the building so you do not have to park on the street anymore. There are many amenities nearby. Safeway, TnT grocery, Shoppers Drug Mart, many restaurants, 2 shopping centers and a major bus terminal, for those who do not drive. The new location is the Rosslyn Shopping Centre located at 13532B – 97 street, right across the street from Northgate Shopping Center. This may be a new location but the high quality of instruction will remain the same. We will need some volunteers to help out with minor renovations and moving. If you can assist with anything, please let Master Le know.

November Upcoming Events

6th – Deadline for Cookie Dough Order

11th – Remembrance Day – NO CLASSES

14th – Tiger Challenge and Jr. Black Belt Provincials – Edmonton

15th – Black Belt Test - Elite Taekwondo

Black Belt Candidates arrive at 11 am Testing begins at 1 pm

Good Luck to...

Testing for 2nd Dan - Cody Sieben

Testing for 1 Dan - Mike Horton – Andrew Horton – Daryl Mah

26th – Delivery of Cookie Dough – Make sure you come this day to pick up your order, S.T.A.R. will not be responsible for storing your order.

28th – Whitecourt Tournament

Used Mats and Equipment for Sale

Moving into the new dojang we are going to have new mats and equipment. Our old mats will be for sale if anyone is interested in purchasing them. These are perfect for a workout or play area in your home. We have already presold 75 mats and have about 125 left. The cost will be \$10/mat, retails for \$20-25/mat. (Cash Only Please) Some of our equipment will be for sale also. We will have a list, of what is for sale, set up nearing our moving date.

CHRISTMAS IDEAS

A Catalogue available for you to take a look at for some fantastic gift ideas for your Martial Artists! Feel free to take a look and place your order with Debbie in the office. Deadline for catalogue order will be November 30th to ensure delivery for Christmas.

There are many other ideas that are not in the catalogue, to find out what; please see Master Le or Debbie.

TIMING:

Someone once said, "Timing is everything!" As I look back and look ahead, I totally agree. Whether it be in business, martial arts, relationships and many other "life spaces"; timing plays an important role in the proficiency content of that particular "life space." Down through the years, people unfamiliar with the essence of martial arts would ask me the question, "Which style or system is the best? Can a boxer beat a wrestler, kicker beat a puncher?" In my early years I had to ramble around for an answer. Only in recent years I have come to the conclusion that styles and systems are secondary. If a person has timing, whatever the style or system, it will work. It really has nothing to do with quantity of techniques as much as it has to do with quality of the technique.

Back in the late 50's I was operating a martial arts school with Raymond Yee in Sacramento. He taught Jiu Jitsu, was also a classmate of Wally Jay when both lived in Hawaii. I taught Western boxing. One day someone informed me that Tracy's Kenpo is opening a studio in town. I was curious as to what they taught. Martial arts schools were rare in those days. It didn't take long for Al Tracy to fill his studio with students. I was really interested in what Kenpo was all about. Al explained to me his system has over 200 techniques; that each technique covers about every conceivable attack possible. When I left I was a little envious and confused. I was torn between joining his studio and abandoning my boxing skills for a radical overhaul of my martial arts focus. Months later someone told me that two Kenpo students went to Sam's Hof-Brau on 18th and Jay Street in Sacramento, California. When they walked into the Hof-Brau, they immediately walked over to an old man bent over drinking a beer.

There were several empty beer bottles sitting in front of him. No doubt he had been on a drinking binge for a while. The two Kenpo kids walked up to the bar and started a conversation with the semi-inebriated guy. One word led to another and the old guy put his beer down and walks out the door with the two Kenpo kids behind him. When the three were outside, the two Kenpo kids got into a horse stance and try to attack the old drunk. Quick as lightning, the old man side step, threw a left hook and down went Kenpo kid one. The second Kenpo kid charged in with a feeble kick, the old man again side step and let go a left hook and down went Kenpo kid two. The old man walks back into the Hof-Brau and finished his beer.

Days later some of the patrons at the Hof-Brau mentioned that the old man was a "washed up professional fighter" who use to fight on the under card in boxing matches in the late 40's and early 50's at the Sacramento Civic Auditorium across the street from Sam's Hof-Brau. It is my own feeling that timing played an important role in teaching those two troublemakers a lesson. Timing is important in all areas of life. Life challenges us to find ways to develop a sense of timing in all we do.

-Leo Fong

Did you know ...

Remembrance Day – also known as **Poppy Day**, **Armistice Day** (the event it commemorates) or **Veterans Day** – is a day to commemorate the sacrifices of members of the armed forces and of civilians in times of war, specifically since the First World War. It is observed on 11 November to recall the end of World War I on that date in 1918. The day was specifically dedicated by King George V, on 7 November 1919, to the observance of members of the armed forces who were killed during war; this was possibly done upon the suggestion of Edward George Honey to Wellesley Tudor Pole, who established two ceremonial periods of remembrance based on events in 1917.