

SPIRIT ROUNDHOUSE REPORT

NOVEMBER 2006

UPCOMING EVENTS

- 4th – Tiger Challenge Tournament @ Concordia University College
- 10th – Last Day to Hand in Cookie Dough Order Forms
- 13th – TKD closed for Remembrance Day Long Weekend
- 17th – Black Belt test @ 6 pm – Black Belt Candidates please arrive @ 5 pm
- 24th – Whitecourt Taekwondo Championships and Senior Black Belt Provincial Team Trials
- 31st – Century Christmas Catalog order deadline
- December 1st – Promotion Test @ 6 pm - Forms and payment must be in no later than day before
- 2nd – Black Belt Graduation @ Meyer Horowitz Theatre – time TBA

BOARD HOLDERS NEEDED

We are going to be co-hosting the Black Belt Graduation this year with Elite Taekwondo on December 2, 2006. We need 4 volunteer board holders for the event. Please let Master Le know if you can be of assistance. You will need to be in full uniform and belt for the event. Thank you for your assistance.

Leader of the Month

Francine Hooper is this month's leader of the month. Francine has just begun her Taekwondo training a couple months ago and has already tested to her yellow-stripe belt. What had made Francine different from all the other lower belts is her Taekwondo Spirit is her hard work ethic and positive attitude has made her a model student. Being involved in Taekwondo with her daughter she is often at class early and yet she is only a Yellow-stripe she is always offering to help out with the beginner class. Sometimes our classes are really big and she offers her assistance to the new white belts to make their training a bit easier. By helping out in class you are not only aiding a new member but your teaching yourself to understand the techniques you have been taught in class. All belt levels help in class is always appreciated by the instructors, it helps everyone gain more from their training.

Keep up the hard work and thanks for your leadership Francine.

S.T.A.R. NEWS

Remember that your cookie dough Fund raiser order forms are due back by November 10th in order for S.T.A.R. to have the cookie dough in by the end of the month for your Christmas baking.

S.T.A.R. is currently working on securing a venue for our annual Christmas party. Last years event was a huge success because of all the volunteers, if anyone is able to assist in this years planning, please see Anne Schmidt and let her know that you can help out.

Black Belt Test

This year's Black Belt test is on Friday November 17th @ 6 pm at the Sherwood Park Elite School. We have 3 potential Black-stripes ready to test. The Cao-boys, David and Eric and The Cazer, Ryan have been working hard to test for their Black Belts. Everyone is welcome to come and support these 3 and give them some encouragement during their test. Seating space is limited so come early and bring your own chair to get good seating.

Black Belt tester, you must be there by 5pm to do your physical test and stretch before the test starts.

CENTURY CHRISTMAS CATALOG

We just received the 2006 Century Christmas Catalog! 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 catalog. All orders must be in by November 31st to ensure delivery by Christmas.

REGULATIONS OF THE DOJANG

All members and parents please read and remember these rules.

These regulations are in place to give everyone a positive experience while training at our school. It creates respect, safety, self-discipline and spirit for all of our members.

1. When entering or leaving the dojang, all students must salute the National and Association flag, then bow to Instructor or Senior Black Belt
2. When entering or leaving the dojang, students must bow to instructor, whether or not he sees you, and Black Belts in order of seniority. You must always bow to any senior belts
3. When bowing to instructor or Black Belts, you must always stand at attention, never from a sitting position
4. Students will maintain a serious attitude at all times
5. No profanity or loud talking is allowed in front of the Flags, Instructor, Black Belts, or anywhere in the dojang
6. Students must address Instructor and all Black Belts as "Sir" or "Ma'am"
7. Alcohol, drugs, smoking, chewing gum or candy is forbidden in the dojang
8. Personal hygiene is essential. Fingernails and toenails must be kept trimmed
9. All higher belts are expected to help lower belts and answer any questions
10. Permission must be given by Instructor or Senior Black Belt, before sparring is allowed
11. Members are expected to attend classes regularly
12. No jewelry will be worn during class
13. Uniforms and belts must be worn in the dojang during training unless permission is given by Instructor or Senior Black Belt
14. Uniforms must be kept clean
15. During class you must never face the Instructor, Senior Black Belt or Flags while adjusting your uniform
16. Members should offer to clean the dojang from time to time
17. During class, permission must be given by Instructor or Senior Black Belt before leaving class