

Spirit's Roundhouse Report - October 2006

Upcoming Events – October

- 9th – Thanksgiving Day – NO CLASSES
- 14th – Grandmaster K.H. Min Invitational – Edmonton, Shaw Conference Center
- 27th – Elite vs. Spirit Interclub Tournament – Elite Sherwood Park – NO CLASSES
- 29th – Daylight Saving Time Ends – RESET YOUR CLOCKS
- 30th – Halloween at the Gym – Wear your costumes!
- 31st – Halloween – NO CLASSES

Custom Uniforms from Korea

Pre-order your pro-uniform from Korea. Here's a chance to get a custom pro-uniform only available from Taekwondo's homeland of Korea. Sure you can buy these uniforms here, but you will not be able to get the custom Korean characters on the back of the uniform. Plus the quality of the uniforms are second to

none since they are all made in Korea where uniforms must meet a high standard because of the popularity of Taekwondo. These special uniforms are available to all belt levels. Come see Master Le or Tammy to order yours. Uniforms are only \$100.

S.T.A.R. NEWS

Back by popular demand, we are having the English Bay Cookie Dough as our fall fundraiser. English Bay Gourmet Cookie Dough is so good that it won the American Tasting Institute's Best of Show Taste Award in 2001.

The order forms will be available for pick-up at the gym on October 16th and they are due back no later than November 10th.

Delivery of the product will be at the end of November, just in time for everyone's "Christmas baking". Our goal is to have each of our students sell 2 cases (12 pails). There will be prizes for our top sellers! See one of your S.T.A.R. Representatives for more information.

Our annual Spirit Taekwondo Christmas party is also in the works. S.T.A.R. is looking into venues that can hold all of us. Last year was such a success we didn't think the venue was going to be big enough for us this year.

Remember that these fundraisers and events cannot be successful without the help of all members of Spirit Taekwondo. All monies raised by the S.T.A.R. foundation goes directly back to the members of Spirit Taekwondo. S.T.A.R. provides financial assistance to members for anything to do with Taekwondo and they provide most of the training equipment that we use at the gym. The more you can participate the more benefits you can and will receive. See one of your S.T.A.R. Representatives for more information.

Elite Vs. Spirit Interclub

This is a friendly competition between the 3 Elite schools and our school on Friday October 27th at 6pm at the Elite Taekwondo Sherwood Park. This is a perfect and inexpensive way to try out your sparring skills in competition. It is a fun night for all ages, you will get a chance to see the very little ones to the professional Black Belts compete for Gold! Also, you are representing our school in the Griffinator Cup. The Griffinator cup is a team competition and the school with the most points wins bragging rights of being the best sparring school and brings home a nice big trophy to display at the gym. So we need all of you to come out and help win!

More information on event times and directions is posted on the Parent's Bulletin Board.

WORLD TAEKWONDO HANMADANG (FESTIVAL)

From November 1st to 4th, Master Le and Paul McCormack along with 2 students from Master Bartley's Elite Taekwondo will be representing Canada at the World Taekwondo Hanmadang in Muju, South Korea. The events in this competition involve breaking techniques, Patterns, Creative Patterns and Self-defense.

Good Luck to the team and demonstrate how good Canada is!!

While Master Le is away for 10 days, he expects all students to show the same respect to all instructors as you show him.

Counting in Korean

1 – Ha Na	6 – Yo Sot
2 – Dool	7 – IL Gup
3 – Set	8 – Yo Dull
4 – Net	9 – Ah Hop
5 – Da Sot	10 – Yull

Leader of the Month

Leaders lead people in different ways. Some leaders teach while others share. This month's leaders are two brothers that love Taekwondo. Keegan and Austin not only show in class how much they love Taekwondo, by trying their hardest, but they have shown how much they love Taekwondo by sharing their passion with their friends. My Master once told me that the greatest respect I can show him was to pass on his knowledge of the Martial Arts. There are two ways you can interpret that quote, one is by becoming an instructor and teaching to others and the other is by bringing in your friends and sharing what you are learning. Just because you are not an instructor doesn't mean you cannot show Taekwondo to others.

Thank you to Keegan and Austin for sharing their Taekwondo skills with their friends and helping make our Spirit Taekwondo Family bigger and stronger.

**I hope that the rest of you can share your Taekwondo with at least one of your friends!
Ask Master Le or Instructor Tammy for a FREE week pass for your Friend!**

Halloween Spirit

There will be NO CLASSES on October 31st so that all of you can enjoy an evening out trick or treating.

October 30th is Halloween Day at our gym! So wear your costumes and get a Halloween treat!

Since Instructor Tammy's peewee class is canceled on Halloween she is asking that all her peewees show up for Monday's Halloween Class.

www.spirit-tkd.com