

Spirit's Roundhouse Report - September 2007

Info about the New Schedule

We will be starting our new schedule on Monday September 10th.

Here are a few things you will need to know

- There are now classes separated for Beginner, Intermediate and Advanced Children.
- Please make sure you know which class is yours and what time your class is.
- Open classes are for all belt levels but will be separated into 2 classes depending on ages and belt levels.
- Sparring Team is for Team members for technical and conditioning training.
- Sparring Club is open to all members with sparring pads for sparring only.
- Black Belt prep is not only for students that are getting ready for their Black belts, this class is also a specialized Black Belt training class.
- Friday's family class is for everyone to participate regardless if you have a family member or not in class, train with your Spirit Taekwondo Family!!
- Class Schedule may change to meet the needs of our students.

NEW MEMBERSHIP CONTEST WIN AN XXL WAVEMASTER A \$500 VALUE

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. When they come in to try class and register for one of our programs, they hand us the card and we 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.

No More Water and Sports Drinks

There have been members who do not pay for their drinks. Until further notice we will no longer be selling these items. Anything thing in the fridge belongs to one of the instructors and please do not take it for your use. You may however use the fridge while you are in class to keep your drink cold. Pop machine is still in use.

UPCOMING EVENTS - September

10th - First day of New Schedule

10th & 14th - Sparring Team Tryouts

17th - Sparring Team Meeting

27th - Last Day to hand in forms and payment for Promotion Test

28th - Promotion Test @ 6 pm

29th - Black Belt Training @ Elite Sherwood Park - Time TBA

SPARRING TEAM

Last year our sparring team was very successful and was capped off with a Gold medal performance at the Junior National Championships. We are going to train hard to have another successful season and the Junior National Championships will be in Alberta in 2008!

The first 2 classes on the 10th and 14th will be an open sparring team training session for everyone with sparring pads. This session will give you an idea of what it takes to be part of our successful sparring team. All members of Spirit Taekwondo are welcome to be part of the sparring team.

Some of the requirements to be part of the team are as follows:

1. You must have your own sparring equipment
2. You must be at least a Yellow Belt and 6 years old – some exceptions will be made
3. You must attend the meeting on Monday, September 12th
4. If under 16, your parent's must attend this meeting with you

At this meeting we will discuss the following items:

1. What is expected from the members of the sparring team
2. What is expected from the parents of the members
3. Fees and other costs to be part of the sparring team
4. Tournaments we will be attending

GOOD LUCK TO THE BROWN NINJA

Make sure you wish Instructor Bill Chahal, who is currently training to represent Canada at the Junior Pan-American Championship in Daytona Beach, Florida USA. Bill and the rest of Team Canada will be competing in this event in the first week of October. Bill is 1 of 2 Edmontonians and 1 of 4 Albertans who made the Canadian team. This is the most Juniors Alberta has had on the Canadian team at the same time. The other 2 members are from Calgary.

Good Luck Bill and Good Luck Team Canada!

GOING BACK TO SCHOOL

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

The First Day

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll

know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of people in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

Moving to Junior High School?

Seventh grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like - a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. It's a good idea to write down where your seat is in your notebook so you don't forget.

Feeling Good on Day One

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch or piece of jewelry to show your personal style.

It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra dollar or two in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of lunch, that's something else, that can help you feel good at school - whether it's the first day or the 100th day. Pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.

Get Oriented

The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two.

It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open your locker and you won't have to check your notes to know what time lunch starts!

A Bad Start?

What if you **hate** school by the end of day one? Teachers recommend giving things some time to sort themselves out - once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic first week:

- Get enough sleep.
- Eat a healthy breakfast.
- Try your best.
- Develop good work habits, like writing down your assignments and turning in your homework on time.
- Take your time with school work. If you don't understand something, ask the teacher.
- Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school - a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is **fun!**

Updated and reviewed by: Heather Waldman, BA, MA
Date reviewed: July 2004

Here is a review of the rules we all must follow in our Dojang. Please read over them carefully and understand them. If you have any questions on why we have any of these rules please ask one of the instructors to explain it to you.

REGULATIONS OF THE DOJANG

1. When entering or leaving the Dojang, all students must salute the National, and then bow to Master or Senior Black Belt
2. When entering or leaving the Dojang, students must bow to the Master, whether or not he sees you, then bow to all Black Belts in order of seniority. You must always bow to any senior belts
3. When bowing to the Master 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 anywhere in the Dojang
6. Students must address the Instructor and all Senior Black Belts as "Sir" or "Ma'am"
7. Alcohol, drugs, smoking, chewing gum or candy is forbidden in the Dojang – Members Do Not Smoke in your dobok
8. Personal hygiene is essential. Fingernails and toenails must be kept trimmed and deodorant is a must
9. All higher belts are expected to help lower belts and answer any questions – If you don't know the answer help them find the answer
10. Permission must be given by Instructor 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 and school crests worn
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