

Sept 2014  
Number 35

# NEWSLETTER



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## Dates to Remember!!

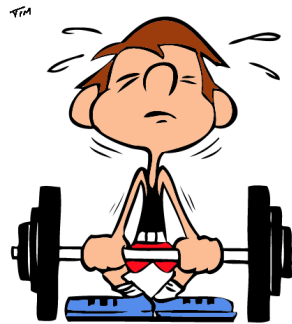
11 October 2014  
Thanksgiving  
Weekend  
No Class

## TIME TO GET BACK IN SHAPE AFTER A RELAXING SUMMER BREAK!

Cross training can help all of your Tae Kwon Do skills. There are 3 types of exercises you need to do to improve your athletic ability and stay healthy and fit.



**1. Endurance** – running, swimming and biking. These activities give your heart a good workout. Doing these aerobic exercises, will help you to spar longer without getting tired. It will also help you get ready for the 10-15 km run required as part of your Black Belt Test!



**2. Strength** – lifting weights, push-ups, sit-ups, carrying wood. These activities will build stronger muscles so you can kick and punch targets harder. The physical fitness portion of your Black Belt Test will include strength activities – it is never too soon to begin training!

**3. Flexibility** – stretching, yoga. These activities can increase your flexibility and reduce your chance of injury. Increasing your flexibility will also make it easier for you to move and give your technique more strength.



Because we only practice Tae Kwon Do together two to three times a week, you need to do other activities to stay fit. Try to do a variety of exercise to improve your endurance, strength and flexibility.



## 여의 COURTESY – THE FIRST TENET

What do we mean by courtesy? At the dojang, one of the ways we show courtesy is to bow whenever we enter or leave the dojang. When you come in you



should bow in the direction of the flags and again in the direction of wherever Master Sparks or the senior Kiyosahnim is standing. You should also

bow before and after speaking to Sahbumnim or a Kiyosahnim. Courtesy is about respect for our school, our instructors and our selves. Some of the ways we can show respect and courtesy are:

# 여의 COURTESY – THE FIRST TENET – CON'T

- Arriving **on time** for your class.
- **Being quiet** while classes are in progress.
- Bowing correctly whenever you bow.
- You should arrive for class wearing your **whole** uniform.
- If you need to change into your uniform, go to the washroom, change into a complete uniform and join the class.
- If your belt comes undone during class, you should kneel facing away from Sabhumnim and re-tie your belt.
- At the end of class, you should not change out of your uniform in the dojang – go to the washroom and change.
- Always speak politely to instructors, senior ranks and all adults. If you are asked a question or given an instruction you should respond politely with 'sir' or 'ma'am'.
- At the end of every class we should say **Kahm sa hammida**- Thank you after we bow

We should practice our tenets in class and everywhere. We should show courtesy to everyone we meet.

## BRING A FRIEND OR FAMILY MEMBER TO CLASS IN SEPT & OCT!



Taekwon Do is great fun... that's why we keep coming back every week – it isn't just about getting the Black Belt... Sparks Taekwon Do is like a family. Bring in your friends and family to try a class or two... if they stay beyond Oct 20<sup>th</sup>, you may be eligible for a prize



### Regular Class Schedule

Tuesday and Thursdays	Saturdays
6:15 - 6:45 PM LITTLE DRAGONS - Ages 4 to 8	9:00 - 9:30 AM LITTLE DRAGONS - Ages 4 to 8
6:45 - 7:30 PM JUNIOR CLASS - Ages 8 to 12 White Belt to Green Belt	9:30 - 10:30 AM SKILLS CLASS - PATTERNS and SPARRING - White Belt to Green Belt – 12 and under
7:30 - 8:15 PM INTERMEDIATE CLASS - Ages 12 + White belt to red belt	10:30 - 11:30 AM SKILLS CLASS - PATTERNS and SPARRING – Blue Stripe and Higher – 13 and up
8:15 - 9:15 PM SENIOR CLASS - Adults All belts (including Black Belts)	11:00 – 12:15 PM SEMINARS – Black belts and Assistant Instructors

**Note:** Interested parents may attend the Little Dragon/Junior and Intermediate classes with their children; however, these earlier classes will be focused on the children's program. Those parent/members may also attend the Senior/Adult class for a "more intense" workout and training session.

Little Dragons will not be permitted in later classes.  
You MUST attend the classes appropriate to your Belt level and age