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NEWSLETTER



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SPARKS TKD AT WESTON WARRIORS!

*Dates to
remember!*

No Classes in
Constance Bay
Week of May 10

Tournament
2016 CanAm
Championships
Saturday June 25th
See Penny to
register.



Sparks Taekwon Do attended the Weston Warriors Master of the Arts tournament in Toronto in March. This fine team of warriors certainly brought home the hardware!



Missing from the group of trophy holders are Carmen and Avery ... who both did well in their divisions! Taekwon!

TOURNAMENT PREPARATION

Tournaments are a great opportunity to test your skills as a martial artist against a different group of opponents than the ones you see every week in class. They are also a great opportunity to make new friends! Before you present yourself to test for your Black Belt, you must have attended at

least 10 tournaments. Luckily, there are a number of local tournaments that provide our students with the chance to compete in a safe venue. Every class is part of your preparation for a tournament, constantly striving to improve your patterns and sparring with the help of our friendly instructors. You can



also do some work on your own, practicing your technique but also building your strength and cardio. Running, biking and other activities will help you push through those long 90-second sparring matches. Might not seem like a long time right now – but when you have to spar multiple matches you will be glad for that cardio training!



IMPORTANT ANNOUNCEMENT

There will be **NO CLASSES** in Constance Bay during the week of May 10, 12 & 14th due to the Rural Roots Theater production

Students are welcome to attend classes at the Richcraft location on

Wednesday 11 May 7:15- ages 8-13
8:15 ages 13+
& Saturday 14 May 3:15- ages 8-13
4:15 ages 13+

Through the months of July and August there will be NO Saturday Morning Classes at the Constance Bay location of Sparks Taekwon Do. Senior students who feel especially keen are welcome to come and train on their own but there will be no instruction.

Saturday Class Schedule

Class Times:

Tuesday Evenings		Thursday Evenings		Saturday Mornings	
6:15 PM	Little Dragons	6:15 PM	Little Dragons	9:00 AM	Little Dragons
6:45 PM	Juniors White-Green	6:45 PM	Juniors White-Green	9:30AM	Junior Patterns White to Green Belt
7:30 PM	Seniors Blue Stripe-Black	7:30 PM	Seniors Blue Stripe-Black	10:15 AM	Sparring – All Levels
8:15 PM	Black Belts	8:15 PM	Black Belt	11:00AM	Senior Patterns Blue Stripe to Black Belt
				11:45 PM	Black Belt/Instructors Class

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" work-out and training.