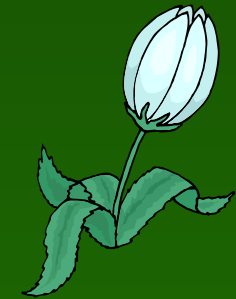


April 2010

Number 18

Dates to Remember!!!

- 15 May 2010
Master Fu's
Tournament
Aylmer
- 29 May 2010
Colour belt
test



NEWSLETTER

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Sparring and Competition

Some people really like sparring and others don't like it at all. The people who like it look forward to practicing in class and also look forward to the competition at tournaments.

Students who don't like sparring often are afraid of getting hurt or don't have enough confidence in themselves. It is important to remember that Sabunim and his assistants are here to keep you safe.

Sparring is a form of training in many martial arts, including tae kwon do. Sparring is a sort of 'free-form' fighting, with a set of rules to make injuries unlikely.

Sparring gives us the chance to practice some of the techniques of kicking and punching that we learn in our classes. It can also help us to have better skills in self defence since we have to think fast to defend ourselves in sparring competitions



Every person will spar differently. Some tend to charge in, while others prefer to respond to what is thrown at them.

Beginners have a tendency to approach sparring like a real fight and this can mean that they kick/punch way too hard. A more advanced student understands the need for control and that sparring is more like a game of tag than a real fight.

Effective fighters are flexible in their sparring techniques. It is better to be able to adapt your moves than to memorize a combination of techniques. Keep your focus on your opponent and be ready for anything!

Etiquette

Before the match starts competitors bow to opponent and referee, as well as shaking hands. After sparring competitors also exchange handshakes before bowing to opponent and referee. The centre referee is there to ensure the safety of both participants in the match, so it is very important to always listen to the instructions they might give. At a tournament, when approaching another person to ask questions or when someone approaches, students should bow before speaking to show respect for seniors or instructors.

It is a good idea to have your own sparring gear by the time you are a green belt.

Sparks TKD Newsletter

The story of the belt



When martial artists first began to wear a belt with their uniforms, there was only one color: White. Every student began with a white belt.

Over the course of many years of training, practice and competition, that belt became darker with

sweat, dirt and blood until eventually it was black in color. As we have learned, the learning does not stop at black belt.

As decades go by, the wear and tear on the belt would cause it to fray, the fibres breaking apart. Eventually, the black belt becomes

white again, symbolizing the full circle of knowledge the artist has experienced.

Next time you are with a Tae kwon do Master who has decades of experience, look closely at his or her belt and you will see the knowledge it contains.

Sparring Gear & Other Equipment

Now is a good time to invest in a set of sparring gear, gloves, boots, helmet and shin pads!

There are many tournaments for you to compete in over the next few months. If you do not already own sparring gear, now is a good time to invest in a set.

By the time you receive your green belt you should own your own set of sparring gear. Speak to Mrs. Sparks to order your gear .

Prices for new equipment:

gloves \$40

boots \$40

helmets \$40

shin pads \$40

Gear can also be purchased as a set for \$150.

Also Available:

T-Shirts — \$10

Ball Caps — \$18

Equipment Bags - \$35



Class Times:

Tuesday Evenings		Thursday Evenings		Saturday Mornings	
6:15 PM	Little Dragons	6:15 PM	Little Dragons	9:00 AM	Little Dragons
7:00 PM	Juniors	7:00 PM	Juniors	9:45 AM	Juniors
7:45 PM	Intermediate	7:45 PM	Intermediate	10:30 AM	Intermediate
8:30 PM	Seniors	8:30 PM	Seniors	11:15 AM	Seniors
				12:00 PM	Advanced Skills

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