

January 2011

Number 21

Dates to Remember!!!

22 Jan 2011

Colour Belt Test

26 Feb 2011

Sparks Taekwon Do Tournament

26 Mar 2011

Master of the Arts Tournament Toronto



NEWSLETTER

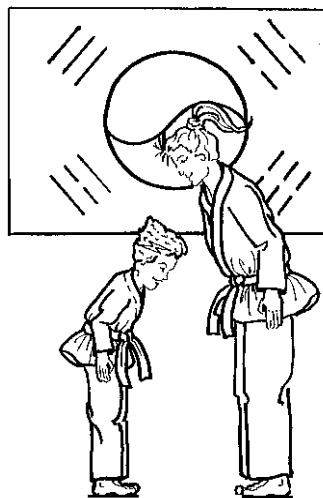


Tenets of Tae-Kwon Do: Courtesy

At the beginning of every class we recite the oath and tenets of Tae-Kwon Do. It is expected that you know the tenets off by heart by the time you test for your first Yellow Stripe.

The first of the tenets is Courtesy. What do we mean by courtesy? At the dojang, courtesy means many things. One of the ways we show courtesy is to bow whenever we enter or leave the dojang. Upon entering the dojang you should bow in the direction of where the flags hang and again in the direction of wherever Master Sparks or the senior Black Belt is standing. It is also a sign of courtesy to bow before and after speaking to Master Sparks or another Black belt instructor.

Courtesy is also shown in how you speak to people. If you are asked a question or given a direction by an instructor or senior rank, you should respond politely by adding Sir or Ma'am to whatever you have said.



We should show Courtesy to **ALL** of our classmates, not just senior ranks. We need to speak respectfully, when it is required and to be aware that it is important to be quiet.

Often at the beginning and end of classes, there has been great deal of noise as people chat and catch up with friends. Courtesy requires that we are aware that there is a class in progress. Lots of noise in the room makes it difficult for the instructors to be heard which makes it difficult for people to learn. Chatting and catching up **MUST** take place outside of the dojang.

To be a Martial Artist means to apply the tenets to everything you do, both inside and outside the dojang. Sometimes, Courtesy gets lost in the excitement of seeing our friends. Our tenets remind us of what is important to us... they are not just words on a sign. Remember ... Courtesy comes first.

Sparks Tae-Kwon Do to host first Tournament

On Saturday 26 February 2011, Sparks Tae-Kwon Do will host our first competition tournament, beginning 10 a.m. If you have never participated in a tournament, now is a great opportunity.

The competition will be organized by rank, gender and size where possible. There will be judges and referees to ensure everyone stays safe while competing.

By the time you present yourself to test for your black belt you should have participated in at least 10 tournaments. Now is a great time to start!

An Opportunity for Everyone to Participate

Planning has begun for our first competition tournament. The tournament will be held at West Carleton Secondary School on Saturday 26 February 2011. All students are expected to participate in the tournament. There are also opportunities for parents and other family members to participate. Sparks TKD is a community school and would like the community to support us in this event.



We will need lots of volunteers assist with:

- Setup
- Registration
- Time keeping
- Score tallying

And much more!!!

Please give your contact info and how you would like to participate to Mrs. Sparks as soon as possible. Volunteers can make or break the event.

Sparring Gear & Other Equipment

Sparring is an important part of our curriculum where we get the opportunity to develop our skills. It is also a big part of any tournament participation. AND it is lot's of fun!!!

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



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

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 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.