

Newsletter



WE'RE ON THE WEB
www.sparkstkd.com

ALL ABOUT OUR OATH AND TENETS

The Do in Taekwondo literally means “the Art” or “the Way”. It refers not only to the way in which we practise our martial art, but to the way in which we conduct ourselves everyday inside and outside of the Dojang.

The tenets and oath we recite today are derived from the code of honour followed by the Hwarang youth group, in the 7th Century AD. This group helped the Silla Dynasty unite the three kingdoms of Korea. We honour these early martial artists when we perform the red belt pattern, Hwarang.

We remind ourselves and pledge our commitment to the Do at the beginning of each class when we recite the Tenets and Oath of Taekwondo.

When we recite the oath, we promise to honour and respect our seniors. We demonstrate this when we bow to senior ranks and always respond with, a yes or no sir or ma'am.

We never use our knowledge of kicking and punching for our own gain; only to defend ourselves or others. We vow to stand up for what we believe in – peace and justice.

Expert martial artists execute kicks and punches with precision. They also demonstrate their training in the way they behave and treat others. Years of practise and dedication affects our technique, attitude and our behaviour.



Tenets

- Courtesy*
- Integrity*
- Perseverance*
- Self control*
- Indomitable spirit*

DATES TO REMEMBER!

- 05 Dec 09
Christmas Party
- 12 Dec 09
Colour Belt Test
- 19 Dec 09 - 04 Jan 10
Christmas Break
- 05 Jan 2010
Classes Resume



SPOOKY SPARKS FUN!!!

On October 29th, doboks were exchanged for weird and scary costumes as we celebrated our annual Halloween Party. Pumpkin carving, costume judging and treats to share were the activities on tap and everyone joined in with typical enthusiasm! Be sure to submit your pictures to the webmaster for posting!

HELP OUR SCHOOL TO GROW!

BRING YOUR FRIENDS ALONG TO CLASS IF THEY JOIN OUR CLUB YOU ARE ELIGIBLE FOR VALUABLE PRIZES

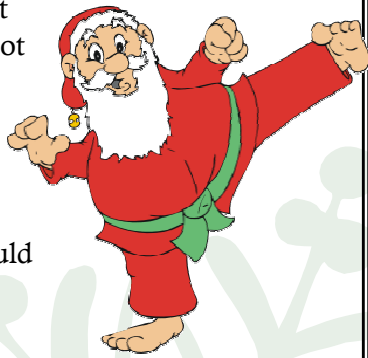
- FREE ANNUAL MEMBERSHIP
- SENATOR'S TICKETS
- SPARRING GEAR AND MUCH MORE!



SPARRING GEAR AND OTHER EQUIPMENT

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 Schedule

Day	Little Dragons	Juniors	Intermediate	Seniors
Tuesday	6:15–7:00 pm	7:00–7:45 pm	7:45-8:30 pm	8:30-9:15 pm
Thursday	6:15–7:00 pm	7:00–7:45 pm	7:45-8:30 pm	8:30-9:15 pm
Saturday	9:00-9:45 am	9:45-10:30 am	10:30-11:15 am	11:15-12:00 pm

Little Dragons - all belt levels ages 4-8

Juniors - white belt to double blue stripe ages 8-13

Intermediate - Blue belt and up 8-13

Senior - Blue belt and up 13+

It is very important to come to the class designated for your age and belt level so that you can get the best instruction for your level and also allow others the best opportunity to learn!



THE TRUE STUDENT

Never tires of learning.

A good student can learn anytime, anywhere.

Must be willing to sacrifice for his art and instructor. An instructor is not a commodity that the student can buy.

Always sets a good example for the lower ranks.

Is always loyal and never criticizes the instructor, the art or the teaching methods.

Practices and attempts to utilize techniques taught by the instructor.



Remembers that his/her conduct outside the Dojang reflects on the art and the instructor.

Will discard techniques from other schools if the instructor disapproves of them.

Is never disrespectful to the instructor. Though a student may disagree, he/she must follow the instructor.

Is always eager to learn and to ask questions.

Never breaks a trust.