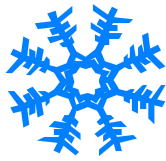


November 2011

Number 24



Newsletter



www.sparkstkd.com

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Dates to Remember!!!

26 Nov 2011
Master Fu
Friendship
Tournament
Aylmer

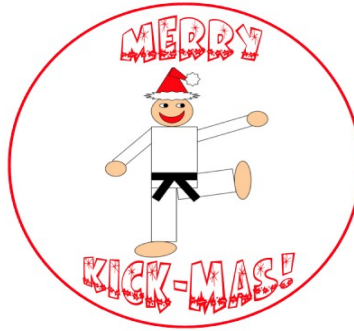
10 Dec 2011
Colour Belt
Test

School closed
for Holidays
22 Dec-03 Jan

Holidays - a great opportunity to practice!

It seems that fall is passing quickly and soon the Christmas holiday will be here. The last class before the Christmas break will be on Tuesday 20 December 2011 and classes will resume on Tuesday 03 January 2012. What is YOUR plan for the holidays?

Have you thought about what a great opportunity the holidays give you to work on your Taekwon Do technique and theory? Becoming a strong, proficient



martial artist means constantly working to improve your skills and knowledge of Taekwon Do. During those easy-going days of the break, you could set up a schedule so that you go through all your patterns on one day, saju chagis another day and

review theory and definitions on the third day. If you have friends from the club who live close by, you could get together with them to practice. Getting outside and doing some skiing, skating or other cardio is great for you too!

The added benefit of practicing through the holidays is that it might help you work off all that yummy turkey and holiday treats! It will also make coming back to class less frustrating.



Welcome to new members!

This fall we have had a lot of new members join the club. We would all like to say **WELCOME** to each and every one. Every new member brings something special to the school. Good luck as you learn and practice. We **ALL** began as White Belts so don't be shy to ask for help if you need it!

SPARKS TAEKWON DO

Family Christmas Party

03 December 2011

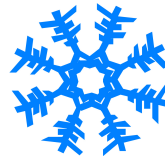
0930-1230

O'Brien's Theatre

Arnprior

All students and their families are invited to join us in celebrating the season together with snacks and a movie

Christmas Gift Ideas!



Who wouldn't want a shiny new set of Sparring gear under the tree?? Sparring is a great opportunity to develop our skills, to get ready for tournaments ... AND it is lot's of fun! But we have to stay safe.

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.

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

Also Available:

T-Shirts — \$10

Ball Caps — \$18

Equipment Bags - \$35



The Spirit of Giving ... Back



We are coming up to that exciting time of year where most people are thinking of buying gifts to share with loved ones and friends. Many people also donate generously to help those who are less fortunate. If only we could remember to do that through the whole year!

When we think of gifts, we often only think of things – but there are gifts that don't have to be bought and wrapped in bright paper. The best gift you can give anyone is the gift of your time.

In Taekwon Do, we practice an art that has a philosophy of giving back... to the Art, and to our community. It is expected that around blue belt, you will begin to assist with instructing lower ranks

in class. This is a gift that benefits everyone. The junior rank gets the benefit of



personal instruction. Master Sparks gets the benefit of help to teach a large class.

Most people don't realise the best part of helping out in class. Instructing others is a gift that gives back to the giver – when you are teaching someone your own skills get

better because you begin to think about things in a different way.

Remember that part of our student oath that states; ***'I will build a more peaceful world'***? Building that peaceful world begins by helping others, not just in class, but wherever you go. If you see that something needs to be done, don't wait for someone else to do it – step in yourself and ask if you can help.

Our school is what it is because people give back in a whole lot of ways. If you are a junior rank, pay attention to the instructors, how they teach and how the workouts run, it may not be that long before it is YOU doing the teaching!