



Newsletter

Sparks fly at beach party and 15 year celebration!

WELCOME TO NEW MEMBERS!!!

We have had a number of new members join over the last few weeks. We would like to say WELCOME to each and every one. Every new member brings something special to the school. Good luck to everyone.



A good time was had by all at the Sparks Taekwon Do 15th anniversary beach party held at Auger Beach in Constance Bay in September. The weather was great and lots of former and current students came to celebrate.



BRING A FRIEND CONTEST

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!

WATCH FOR CONTEST DETAILS.



Master Sparks generously took anyone interested for boat and tube rides while Mrs. Sparks coordinated lots of yummy food and fun. Folks had the chance to catch up with old friends, make new friends and just chat a little more than is possible at class time. The Barbeque was well covered by stories in the West Carleton Review and the EMC both before and after the event. here's to another 15 years!

Thanks to Penny Woodruff for the photos!



Halloween Party

Oct 29th

Costume judging, pumpkin carving, games & treats (feel free to bring something for the snack table- potluck)

Competitive spirit

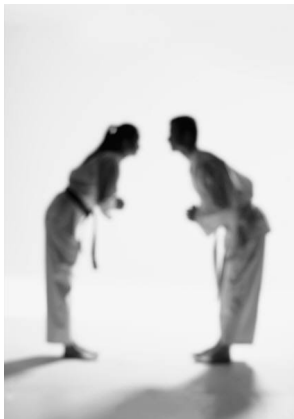
Tournaments provide a good chance for you to meet martial artists from other clubs. Try to compete in as many tournaments as you can. By the time you present yourself for your black belt test, you should have competed in approximately 10 tournaments. Everyone in the club can compete. When you arrive at the tournament, you will be placed into a division with people who are the same age and belt rank as you.

At friendship tournaments, the judges will allow little or no contact in the sparring ring and

everyone usually receives a medal. This is an ideal tournament to participate in, especially if it is one of your first competitive experiences.

While you wait your turn to enter the ring, watch your competitors. This is a great chance to learn new techniques you can use to improve your own performance.

When you compete, you represent yourself and your club.



Remember to respect your judges, referees and competitors, and to demonstrate good sportsmanship. Bow to the judges every time you enter a ring. Never turn your back on them, even if you have to walk out of the ring backward. Respect the decision of the judges, whether or not you agree with results of a sparring match or patterns competition.

If you have any concerns, discuss them privately with Sabuhnmim. If you challenge the decisions of the judges you could be perceived as a poor loser and asked to leave the tournament.

Whether or not you are awarded a medal, you can be proud you participated and gained experience. Enjoy the tournaments, perform your best and most of all, have fun.

Up and Coming News

Coloured

BELT TEST

OCT 24TH

REGULAR CLASSES WILL RUN AT
THE SAME TIME FOR THOSE NOT
TESTING

**WING HON FU
INVITATIONAL
TOURNAMENT
AYLMER
NOV 21ST**

*Watch for
registration forms
and more
information as the
dates get closer!!!*

CHRISTMAS PARTY



DETAILS TO FOLLOW!

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

