



Newsletter #2
September 2005

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Calendar

September 3
No classes

September 10
Picnic

September 22
Coloured belt test

Sep 29 – Oct 1
Black Belt test
No classes

October 8
No classes

October 15
Tournament
Aylmer, Quebec

October 27
Halloween Party

From Sabuhmnim

I hope everyone had a good summer. We missed many students who were away on holidays over the past few months and look forward to seeing everyone back in class once school resumes.

This fall, I have launched a membership drive to increase our enrolment and keep a good balance of each belt rank in our club.

Please encourage your friends and neighbours to join us.

I will give you a **one-month extension to your membership** for each person you recommend and who joins.

Everyone in Constance Bay will be receiving our club brochure in the mail, followed by a flyer that describes our promotional offers this year.

Anyone interested in trying Tae Kwon Do with us can participate in **two weeks of classes free** of charge, with no obligation to join.

This fall, I am offering a **20% discount** and a **free uniform** to all new members who join before September 30.

In August, I hosted a barbeque and meeting

with the black belts to discuss plans for the club.

We have many ideas and plans for extra activities, such as specialized training seminars and creating a library of martial arts resources. Watch for these in the coming months.

I'm looking forward to a new season of martial arts training with all of you.

Sabuhmnim
Mr. Ron Sparks

Club shirts

We are now selling T-shirts with the Sparks Tae Kwon Do logo. T-shirts can be purchased at class for \$12 or two T-shirts for \$20.

T-shirts may be worn in class instead of your dobok jacket during the summer months only. As of September 1, please arrive in class in full dobok (pants, jacket and belt).

Tournaments

Master Fu is hosting the **North American Tae Kwon Do Championships** in Aylmer, Quebec on October 15.

All students are encouraged to participate in the patterns and sparring competitions.



Coloured belt tests

Tests are usually held on the third Thursday of each month. If many students are testing, no classes will be held. Announcements of class cancellations will be made in class prior to the test.

The next coloured belt test will be held on Thursday 22 September.

Sabuhmnim will ask you to test once you are ready to be promoted to your next rank.



Black belt test

It takes several years to prepare for a black belt.

Several of our students are training and will be ready to present themselves for their black belt test this fall.

The black belt exam is long and rigorous, testing students' cardio, strength and stamina as well as all technical material from white to black belts.

Students perform self defence, sparring and several board breaks.

Prior to the test, students submit a written exam as

well as answering theory questions at the test.

This fall, the test will be held over two days, on September 29 and October 1. Classes will be cancelled these days in order to offer the test. We wish the students good luck in their training and on test day!

New members

Welcome new members:

Dianne McConnell
Daisy McCoy
Rachel McGuey

And welcome back after two years –

Ivo Mokros

Attendance records

Starting in September, we will keep attendance records. This will help us monitor progress of each student.

We will put a box of attendance cards on the table in the Dojang.

At the beginning of each class, please find the card with your name on it and present it to one of the black belts in class.

Long weekends

Please note that we do not hold classes on Saturdays of long weekends.

There will be no classes on Labour Day weekend

(September 3) or on Thanksgiving weekend (October 8).

Halloween Party

The annual Halloween party will be held in class on October 27. Come to class dressed in your costume!



Promotions

Congratulations to the following students who tested this summer and were promoted to their next rank:

Yellow Belt

Daniel Gaudreau

Green stripe I

Colleen Languay
Melissa Demers
Justin Pelley
Liam Pelley
Meghan Pelley
Roland ten Holder

Green Belt

Charlee Heath
Michael Heath
Ryan Heath
Troy Heath
Jeremy Kingsbury
Aaron Lund
Molly McCoy

Blue Stripe I

Helen Cowtan
Tim McCoy

Blue Stripe II

Sarah Spears

Blue Belt

Ben Irwin
Stephanie Torok
