

April 2015  
Number 37

# NEWSLETTER



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New student members  
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site, coming soon!

## Dates to remember!

Next Test Date

09 May

School Closed  
16<sup>th</sup> May

1<sup>st</sup> July

3<sup>rd</sup> Aug

BBQ/Beach Party  
- TBA



## Courtesy - Our first Tenet

Courtesy is the first of the tenets we recite at the beginning of every class. Just like it is important to practice all of our technique, it is also important to remind ourselves of the things that we do to show courtesy to our instructors, our dojang and our art.

Tae Kwon Do is a martial art based in the history and culture of Korea where courtesy and politeness are very important. Bowing signifies respect for yourself, Tae Kwon Do and the wonderful abundance of life in general. It can be more disrespectful to bow incorrectly than to not bow at all. You should know and understand the correct time to bow.

When you bow to someone you are making a public gesture that you respect them as a person in the martial arts and what they

stand for. That is why every time you bow it should mean something both to you and the other person.



**Half hearted bows or a simple nod of the head don't mean anything.**

To bow correctly: your feet should be together then, from your waist, bend 45 degrees and lower your eyes to the floor. Hold the position for a second before coming back to your original standing position.

Bowing is a sign of respect and should be a sincere slow bow. When to bow:

- When entering and leaving the Dojang
- When greeting your instructor, whether inside the Dojang or not.
- When wanting advice or help from your instructor or a higher grade.
- When your instructor has given you advice whether individually or as a class.
- Before and after working with a training partner.

To practice courtesy means paying attention to what we do and how we do it wherever we are. Courtesy is about respect for our school, our instructors and our selves.

## More about Courtesy

Some of the other ways we can show respect and courtesy for everyone include:

- Arriving **on time** for your class.
- **Being quiet** while classes are in progress.
- **Bowing correctly** when it is appropriate.
- If your belt comes undone, you should kneel facing away from Sabhumnim and re-tie your belt.
- You should arrive for class wearing your **whole uniform**, including your belt.
- If you need to change into your uniform, go to the washroom, change into a complete uniform and join the class.
- At the end of class, you should not start changing out of your uniform in the dojang – go to the washroom and change.
- Always speak politely to instructors, senior ranks and all adults.
- If you are asked a question or given an instruction you should respond politely with 'sir' or 'ma'am'.

The tenets of Tae Kwon Do should be practiced at class and also outside of class. We should be courteous to everyone we meet.

## Spark's Students at Weston Warriors Tournament

Congrats to all those from the Sparks TKD School, who participated in the Toronto GTF "Master of the Arts" tournament March 28, 2015:

Robin - Gold Sparring, Gold Patterns  
Katie - Silver Patterns

Matthew - Bronze Sparring, Bronze Patterns  
Chris - Gold Patterns, Bronze Sparring  
Tristen - Silver Patterns, Silver Sparring  
Shane - Silver Patterns, Bronze Sparring  
Penny - Gold Sparring, Gold Patterns

### DID YA KNOW:

There may be an upcoming Sparks Tournament in the fall – Did you know you need 10 tournaments under your "belt" before you go for black belt?

## SPARKS TAEKWON DO GEAR

By the time you reach Green Belt, you should have your own set of Sparring Gear. You can order through Sparks Taekwon Do, just speak to Sir.

It is never too soon to get your very own Spectacular Warm up jacket, hoodie or t-shirt. Contact Pennylynn Woodruff if you are interested.



We need to have a minimum order of 19 to place an order with the supplier.  
Makes a great gift for your favourite Martial Artist!!