

February 2011

Number 22

**Dates to Remember!!!**

05 Mar 2011

**Colour Belt Test**

26 Feb 2011

**Sparks Taekwon Do Tournament**

26 Mar 2011

**Master of the Arts Tournament Toronto**



# Newsletter



## Courtesy - part of the Art

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 greeting your instructor, whether inside the Dojang or not.
- When wanting advice or help from your instructor or a higher grade.
- When entering and leaving the Dojang.
- 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 whenever we are at class. Courtesy is about respect for our school, our instructors and our selves.

Some of the ways we can show respect and courtesy are:

- Arriving on time for your class.
- Being quiet while classes are in progress.
- Bowing correctly when it is appropriate.
- If your belt comes undone during class, you should kneel facing away from Sabhumnim and re-tie your belt.
- You should arrive for class wearing your whole uniform.
- 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.

## WELCOME to new members!

Sparks Tae Kwon Do and all members would like to say WELCOME to all our new members! Everyone begins at white belt – we have all struggled at one point or another so don't be afraid to ask for help. Stick with it and before you know it ... you too will be a high kicker!



## Tournament 26 Feb

All students are expected to participate in our tournament at West Carleton Secondary School on Saturday 26 February 2011. There are also opportunities for parents and other family members to participate. Please give your contact info and how you would like to participate to Mrs. Sparks as soon as possible. Volunteers can make or break the event.



## Sparring Gear & Other Equipment

Sparring is an important part of our curriculum where we get the opportunity to develop our skills. It is also a big part of any tournament participation. AND it is lot's of fun!!!

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



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

### Class Times:

Tuesday Evenings		Thursday Evenings		Saturday Mornings	
6:15 PM	Little Dragons	6:15 PM	Little Dragons	9:00 AM	Little Dragons
7:00 PM	Juniors	7:00 PM	Juniors	9:45 AM	Juniors
7:45 PM	Intermediate	7:45 PM	Intermediate	10:30 AM	Intermediate
8:30 PM	Seniors	8:30 PM	Seniors	11:15 AM	Seniors
				12:00 PM	Advanced Skills Class

Note: Interested parents may attend the Little Dragon/Junior and Intermediate classes with their children; however, these earlier classes will be focused on the children's program. Those parent/members may also attend the Senior/Adult class for a "more intense" work-out and training.