

February 2012

Number 25

Dates to Remember!!!

**18 Feb 2012
No Classes
Family Day
Holiday**

**25 Feb 2012
Colour Belt
Test**

**24 Mar 2011
Master of the
Arts
Tournament
Toronto**



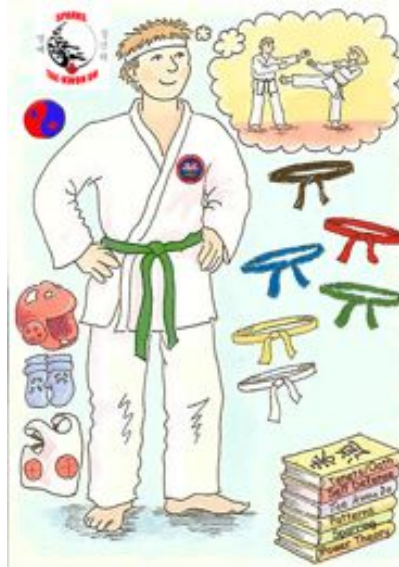
NEWSLETTER



Repetition and patience - important tools

It is exciting to begin in Tae-Kwon Do, feel like you have mastered those beginning techniques and want to move forward and learn new things. Everyone is in a hurry! There is a tendency among students to get bored with repeating the same techniques again and again. Repetition is the key to building a strong foundation for everything else you will learn.

Everyone, from White Belt to 5th Dan Black Belt must constantly work to improve his or her skills. Every new technique is based in some way on those basics you first learned as a white belt.



Impatience, inability to see improvement and feeling tired can make students feel bored. Perseverance, moving through the exercises with a positive attitude is part of the art in Tae-Kwon Do.

Too often students sacrifice thoroughness in the learning process

because of losing patience and wanting to move on to the next technique before mastering the previous one. It is important to understand that repetition allows you to master techniques. Those tiny corrections that instructors insist upon may seem to be just too picky but they will not only strengthen your technique but also make it easier to learn more complex skills.

The secret of becoming a black belt is simple, learn each technique thoroughly and don't take shortcuts. A true student will never tire of learning; taking every opportunity to improve technique and knowledge.

Changes coming to our Curriculum

We were very lucky last year to have an excellent training seminar with Master Palella, President of GTF Canada. In the New Year, Master Sparks and the other Black Belt instructors began

revising and improving our curriculum.

The schedule for classes on Saturday has already been changed (see the chart on the next page!)

New skills will be introduced and other aspects of training more formalized. This is very exciting ... Stay tuned for more details!



Why Do We Do Patterns?

As you move through the ranks in Tae-Kwon Do, you learn many different patterns. Each pattern is a set of strikes, kicks and blocks developed by the Grand Masters who envisioned modern Tae-Kwon Do.

By practicing patterns, we learn combinations of pre-set defenses and counter attacks. After repeating a pattern hundreds of times, the combinations become automatic and we develop muscle



memory. It is important to concentrate on each aspect of our patterns. Stances, set-ups for each technique and correct positioning through the movement all require our attention.

Our mental concentration, endurance, balance, breathing control, reaction force, speed and timing improve when we practice patterns. These are the basic elements of power. As our patterns improve, our power increases.

Tuesday Evening		Thursday Evening
6:15 PM	Little Dragons Children 7 and under	Little Dragons Children 7 and under
7:00 PM	Juniors Children 8 -12 White belt to Green Belt	Juniors Children 8 -12 White belt to Green Belt
7:45 PM	Intermediate Children 8-12 Blue Belt and up	Intermediate Children 8-12 Blue Belt and up
8:30 PM	Senior Ages 13 to Adult All Levels	Senior Ages 13 to Adult All Levels

Saturday Morning Schedule

9:00 AM	Little Dragons Children 7 and under
9:30 AM	Patterns Class White Belt to Green Belt All Ages
10:15 AM	Sparring Skills Class Children 12 and under Adults will NOT be sparring in this class
11:00 AM	Patterns Class Blue Stripe to Black Belt All Ages
11:45 AM	Sparring Skills Class Ages 13 to Adult Children under 13 will NOT be sparring in this class

Little Dragons will not be permitted in later classes on Saturday Mornings. You MUST attend the classes appropriate to your Belt level and age.