

July 2010
Number 19



Dates to Remember!!

14 Aug 2010
Colour belt
Test

28 Aug 2010
Sparks BBQ
Auger Beach
3pm-Sundown

02 Oct 2010
Scarborough
Ki Do Kwan
Championship

North American
Championship
Aylmer
Master Fu
TBA



NEWSLETTER

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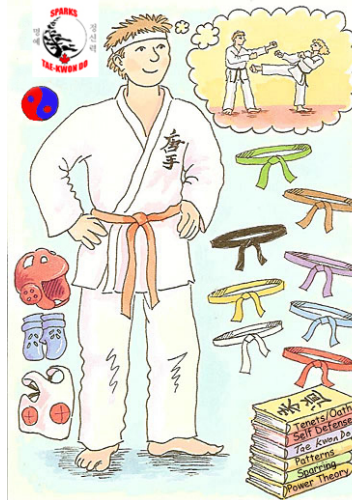


Black Belt and Beyond

On June 26th 2010, Kim Russell and Meghan Pelley completed a 6.5 hour test for their black belts. Following the test, both Kim and Meghan were awarded their black belts by Master Sparks. Congratulations to Kim and Meghan on a job well done! Hopefully we will see lots of Kim and Meghan as they learn and advance as Black Belt Instructors.

What took 6.5 hours you ask? Just as every class starts with a good warm-up, the test begins with a good run and some activities to test your physical fitness. Then you must demonstrate **all the technique** you have learned from white belt, all the way through every belt level to Black Belt. That includes: Patterns, Blocks, Kicks, Saju Chagi's, Sparring, Self-defence, and Board Breaks.

Tae Kwon Do is a Martial Art, so along with the physical challenge is a



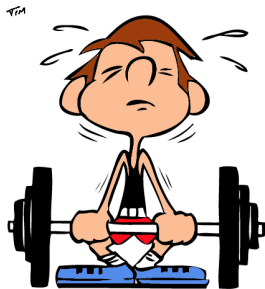
mental challenge of your knowledge of Tae Kwon Do theory. There is a written test and you might be asked any of your pattern definitions, history and other tidbits of information that Master Sparks shares with us from time to time in class. It is a good idea to a little research of your own on the history and philosophy of Tae Kwon Do. Newsletters are also a great source of information to prepare for your Black Belt test!

When you become a Black Belt, you may be

expected to assist Master Sparks by running classes from time to time. So, it is important that you have the knowledge and skill to lead warm-ups and teach at every level. That is why students typically start giving back to the school at about Blue Belt level, helping with instruction of lower belt students.

Many people don't realise that helping other students will also help you develop your own Tae Kwon Do skills. When you have to think about how to explain a kick, block or pattern to someone else, it gives you some insight to your own technique. Being a Martial Artist means constantly trying to improve your skill.

Our journey to Black Belt begins at our first class in Tae Kwon Do and the learning can continue beyond that first Dan Black Belt for a lifetime of fun and physical activity!



Cross Training

Cross training can help all of your Tae Kwon Do skills. There are 3 types of exercises you need to do to improve your athletic ability and stay healthy and fit.

1. Endurance – running, swimming and biking. These activities give your heart a good workout. Doing these aerobic exercises, will help you to spar longer without getting tired.

2. Strength – lifting weights,

push-ups, sit-ups, carrying wood. These activities will build stronger muscles so you can kick and punch targets harder.

3. Flexibility – stretching, yoga. These activities can increase your ability to execute kicks and punches with precision and power.

Because we only practice Tae Kwon Do together two to three times a week, you need to do other

activities to stay fit. Try to do a variety of exercise to improve your endurance, strength and flexibility.

You don't have to do all three each day. Find activities that you like to do. Add one activity at a time and it will become a part of your regular routine. Remember, you don't have to do a sport to get exercise. If you mow the lawn, walk the dog or bike to your friend's house, you are getting exercise.



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.