

July 2011  
Number 22



**Dates to Remember!!**

23 July 2011  
Colour belt Test

**SCHOOL CLOSED**

August civic holiday weekend  
(30 July 2011)

Labour Day Weekend  
(03 Sept 2011)

Annual Family Beach Party

10 Sept 2011  
Rain date 11 Sept  
Auger Beach.  
Watch for details



# NEWSLETTER

[www.sparkstkd.com](http://www.sparkstkd.com)



## World Champions are made at Sparks TKD

The Global Taekwon Do Championships were held this year from the 5<sup>th</sup> to the 12<sup>th</sup> of July 2011, in Dundee Scotland. Sparks Taekwon Do was a key part of the Canadian Team headed up by Master Palella of Toronto. The Weston family travelled to Scotland and did us proud by bringing home medals in every category.

Kiyosinim Mick Weston competed in the heavyweight Black Belt Division, fighting his way through 5 matches to gain the Silver medal in Sparring. He brought home a Bronze in Patterns and a Silver in Board Breaks. Congratulations Mick!

Mick wasn't alone in bringing home medals for the Canadian Team. Carolyn competed in the women's division and brought home a Gold for Patterns, Bronze for Sparring and Gold for Power Break. Way to go Carolyn!



Not to be outdone by their parents, Hannah and Calem also placed well in their competitions. Hannah brought home a Silver for Patterns, Bronze for Sparring and Silver for Jumping Front Snap Kick. Calem secured a Bronze for Sparring and a Silver for Jumping Front Snap Kick.

Prior to heading to Scotland for the Championships, the Weston family trained very intensively, putting in a lot of extra practice outside of class. Their results show how hard work pays off.

The next GTF World Championship is planned for 2013 – to be held in Northern Cyprus, just off the coast of Greece. The Westons are committed to competing again... will YOU be joining them?



# Sparks TKD Newsletter

## The Spirit of Martial Arts

무도 중신

### DEMO TEAM

Do YOU have the Spirit?

Starting September Students Blue Belt and above who show sufficient skill and dedication may be invited to join the Sparks Taekwon Do Demo Team.

Stay tuned for more details

What does it take to be a martial artist? Is it just coming to class, learning your patterns as quickly as possible and getting through your tests? Master Sparks often reminds us that being a true martial artist is much more than that. Being a martial artist means that you take all that you learn in Taekwon Do and apply it to all of your life.

To be a martial artist means to strive to do the best you can in everything you do and to have a positive

attitude when learning and facing challenges. A martial artist applies the oath and tenets within the dojang, being courteous to all students and saying 'sir or ma'am' when speaking to a senior rank. You should show courtesy everywhere you go.

It means having the integrity to work hard at learning and to apply what you learn. You will get out of Taekwon Do exactly what you put into it.

The spirit of martial arts is doing more than simply what is required; it is challenging yourself to do more... to work hard on your technique and physical fitness; to learn more about the history and philosophy of Taekwon Do; to ask questions to increase your knowledge and to give back to the art by helping other students. When you do all this, you will have moo do jung shin... the spirit of martial arts. 무도 중신

## 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

6:15 PM Little Dragons

7:00 PM Juniors

7:45 PM Intermediate

8:30 PM Seniors

#### Thursday Evenings

6:15 PM Little Dragons

7:00 PM Juniors

7:45 PM Intermediate

8:30 PM Seniors

#### Saturday Mornings

9:00 AM Little Dragons

9:45 AM Juniors

10:30 AM Intermediate

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.