

Sept 2011

Number 23



Dates to Remember!!

01 Oct 2011
Colour belt Test

08 Oct 2011
School Closed
for Thanksgiving

27 Oct 2011
Halloween Party

Master Fu's
Tournament
Nov 26th 2011



NEWSLETTER

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Master Palella shares his wisdom!



September 10-11 2011, Master Vito Palella, 7th Dan Black belt and President of GTF Canada visited our school to conduct a training seminar. Saturday training was open to all students from white belt and up. About 35 students were at the school bright and early.

Master Palella led us through an energetic warm up routine, kicking and sparring drills which had everyone sweating hard in the first hour. Master Palella was an inspiration for us all to strive to be in better

shape... because of his great physical strength and flexibility, he just kept smiling while we groaned!

After a short break we began to learn very precise information about stances, hand positions and details in all patterns from Saju Jirugi through to Hwa Wrang (a Red Belt Pattern). This was a treat for younger students as they had the chance to try out some patterns and techniques far beyond their current level of training... it can be inspiring and kind of frightening to see what is coming next! Master Palella was great at encouraging

students to do their best to keep up and many did very well!

On Sunday, the red and black belts had a separate seminar with Master Palella. We had the chance to feel what some of the younger kids were feeling as we went through patterns from Choong-Moo through 3rd Dan patterns. It was great to be challenged and to have such an excellent instructor with us!

All students who participated will receive an official GTF certificate for the course.

Sparks TKD Newsletter

The Spirit of Martial Arts

무도 중신

Summer is over and we are back to school and other busy activities. Sometimes it can be hard to get back into the swing of things and remember all our lessons... especially if we haven't been practicing through the summer.

Students work hard to learn new patterns, kicks and hand technique to get ready for their next test. We can concentrate so hard on what is new that we forget the things we have learned before! Everything we have

learned before is the foundation learning new things!

When preparing for tests you need to also study the history of Korea and the theories behind the techniques we use. Many students don't think these pieces are important... but they are just as important as all the physical things we do because it is the philosophy upon which this martial art is based. We learn many skills to

protect ourselves only if necessary in bad situations. We also learn how to behave with courtesy and respect everywhere we go.

If you want to be a good student, consider doing extra studying outside of class. Learn about the history of the Art, Korea and the language. Keep stretching your mind to understand why it is you do what you do! Always keep learning!

DEMO TEAM

Demo Team
Begins Saturday
17 Sept 2011
0900

Students blue belt and above who show positive attitude and strong technique may be invited to participate.

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.