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# NEWSLETTER



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## Dates to remember!

Colour Belt Test  
Saturday  
30 Jan 2016

Gear Sale  
Saturday  
23 Jan & 30 Jan

Family Day  
weekend Break  
Saturday  
13 Feb 2016

## BLACK BELT AND BEYOND

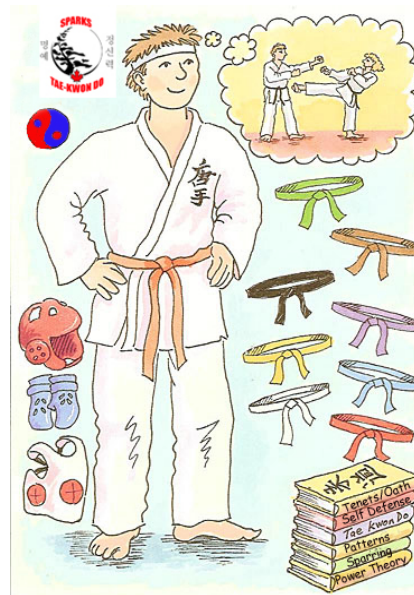
Just before our Christmas Break, Sue Henry successfully tested for her 1<sup>st</sup> Dan Black Belt. Congratulations Kiyosahnim Henry!

This is a huge accomplishment as it takes years of training and preparation to get to that great milestone. It is important to remember that a black belt is a white belt who didn't quit – we all start in the same place.

Every rank advancement we have a test that has specific requirements on your knowledge of techniques which include not only our patterns but also saju chagis, step sparring, kicking techniques, stances, hand techniques, sparring, self-defence and board breaking. You may be asked to any or all of these things in any test.

In your black belt test you will do all of this and more as the test includes an extensive physical fitness component – running 10 km, pushups,

crunches, chin-ups, windsprints and more!



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 will 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! Tae Kwon!



# IMPORTANT ANNOUNCEMENT

Due to space constraints and the high number of students in classes at the Constance Bay Location – spectators (Parents and others) will no longer be permitted to sit at the back of the dojang while class is in progress. You are invited to take advantage of the newly expanded community centre spaces that allow for viewing other activities such as hockey or perhaps checking out the improved library space. We appreciate your cooperation in this matter for the benefit of students learning. Students coming in early for their own class may stand quietly at the back of the dojang.

## Saturday Class Schedule Change

Class Times:					
Tuesday Evenings		Thursday Evenings		Saturday Mornings	
6:15 PM	Little Dragons	6:15 PM	Little Dragons	9:00 AM	Little Dragons
6:45 PM	Juniors White-Green	6:45 PM	Juniors White-Green	9:30AM	Junior Patterns White to Green Belt
7:30 PM	Seniors Blue Stripe-Black	7:30 PM	Seniors Blue Stripe-Black	10:15 AM	Sparring – All Levels
8:15 PM	Black Belts	8:15 PM	Black Belt	11:00AM	Senior Patterns Blue Stripe to Black Belt
				11:45 PM	Black Belt/Instructors 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.

# GEAR SALE!!!! GREAT BARGAINS!

On Saturday 22 & 30 January Sparks TKD is having a gear sale. Come on and see what we have – uniforms, sparring gear and other accessories. A great opportunity to get what you need at a bargain price!

