



REGINA WEST ZONE TAEKWON-DO NEWSLETTER



April 2014

REGINA WEST ZONE TAEKWON-DO CLASSES

Location: Henry Janzen School 222 Rink Avenue, Regina, Saskatchewan

Monday & Wednesday

Sunday

Beginners: 6 – 7 PM

Beginners: 1 – 2 PM

Intermediate: 7 – 8 PM

Intermediate & Black Belt: 2 – 3 PM

Black Belt: 8 – 9 PM

2014 Spring Session Registration

Registrations will be able to be done at the club on Monday April 7th, Wednesday April 9th and Monday April 14th.

The spring session registration fees are \$140 for the first member, \$110 for the second member and \$90 for additional members of the same family.

2014 Western Canadian ITF Taekwon-Do Championship

The Western Canadian Championship Tournament is April 5th in Warman, Sk.

April 2014 Class Schedule

There are no classes at Henry Janzen School during the week of spring break. No classes April 20, 21, 23 and 27 at the school only.

Classes at South Zone on Tuesday April 22nd and Thursday April 24th will be available for our students to attend. The class times at the SZ will be on the 2-hour format.

STFI Chocolate Almonds

The STFI chocolate almonds are now available. Be sure to get yours right away. The club still has lots of cases of chocolates to sell.

Please consider selling an extra case to help out your club.

2013-2014 Club Executive

President: Mr. Kim Jones 565-2618
Treasurer: Debbie Marchtaler 789-6325
Registrar: Mrs. Aldine McConnell 205-4336
Women's Self Defense: Please call the STFI 525-0005
Bingo Coordinator:

Vice Pres./Facilities:
Secretary/ Newsletter: Mr. Dave Kohl 525-0976
Fundraising/ Social: Ms. Brittany Goodtrack 209-5585
Equipment Manager: Keith Sullivan 949-3068

Taekwon-Do sites

The South Zone Taekwon-Do club:
<http://www.rsztkd.ca/>

The Canadian Taekwon-Do Federation International:
<http://www.ctfi.org/>

The Saskatchewan Taekwon-Do Federation International:
<http://itfsaskatchewan.com/>

The International Taekwon-Do Federation:
http://www.tkd-itf.org/pub_web/ver_eng/index.html

The Regina **West Zone Taekwon-Do** newsletter is available at:

<http://nonprofits.accesscomm.ca/wztkd>

Email: wztkd@hotmail.com

To receive this newsletter by email, please send your request to: wztkd@hotmail.com with "add to list" in the subject line.



REGINA WEST ZONE TAEKWON-DO Calendar



April 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		April 1	April 2 Beginners: 6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	April 3	April 4	April 5 Western Canadian Taekwon-Do Championship Tournament
6 Beginners: 1-2 PM Intermediate & BlkBlt: 2-3 PM	7 Beginners: 6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM Spring Session Registration 6-8 PM	8	9 Beginners: 6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM Spring Session Registration 6-8 PM	10	11	12 Black Belt class 10 am at South Zone St. Annes Gym
13 Beginners: 1-2 PM Intermediate & BlkBlt: 2-3 PM	14 Beginners: 6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM Spring Session Registration 6-8 PM	15	16 Beginners: 6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	17	18	19 Black Belt class 10 am at South Zone St. Annes Gym
20 No Classes Easter Sunday	21 No Classes Spring Break	22 Beginners: 6-7 PM Intermediate & BlkBlt: 7-8 PM At South Zone 2-hour format	23 No Classes Spring Break	24 Beginners: 6-7 PM Intermediate & BlkBlt: 7-8 PM At South Zone 2-hour format	25	26 Black Belt class 10 am at South Zone St. Annes Gym
27 No Classes Spring Break	28	29	30 Beginners: 6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	May 1	May 2	May 3 Black Belt class 10 am at South Zone St. Annes Gym

Please be reminded that when in Henry Janzen School for West Zone Taekwon-Do classes that all areas and property of the school must be respected in accordance with protocol rules of Taekwon-Do and the club. Parents dropping off students early for their class are reminded that the club does not provide supervision outside of the class in progress. Students are asked to "be reasonably quiet in the halls before or after class so as not to disturb the others". –ITF Taekwon-Do Student Manual Page 3 Protocol

Sparring Equipment

Students must have their equipment at all classes, don't forget it or you may be sent to the sidelines during sparring practice. All students are responsible for checking their sparring equipment for signs of wear and tear or improper fit and reporting this to the equipment manager.

Students are reminded that this equipment is on loan from the club and care should be taken to not tear the protective material when putting it on or taking it off.

Doboks and other Taekwon-Do Equipment

Doboks, Gym bags, ITF Taekwon-Do Student Manuals and "Top Ten" sparring equipment can be purchased through the club. If you are interested in any of these items, please contact a club executive member.

South Zone Do Jang

St. Anne's Church, 1701 Cowan Cres. Park in the rear lot. Gymnasium entrance on the south side.