



# REGINA WEST ZONE TAEKWON-DO NEWSLETTER

## August 2014



**REGINA WEST ZONE TAEKWON-DO CLASSES**

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

**Monday & Wednesday** **Sunday**

**Beginners:** 6 – 7 PM No Sunday classes during summer session

**Intermediate and Black belt:** 7 – 8 PM

### August 2014 Class Schedule

Classes are on the 2-hour format starting Monday June 30th. This would be the same belt distribution per class as on a Sunday.

Summer Session class times are: Beginners 6-7 PM and the intermediate and black belts 7-8 PM on Mondays and Wednesdays.

There are no classes on Sundays during the summer session.

**There are no classes at Henry Janzen on Monday August 18th, Wednesday August 20th, Monday August 25th, Wednesday August 27th and Monday September 1st.**

Those taking the summer session can attend classes at South Zone in St. Anne's church Hall. Same time and belt groupings as with our classes. Hence beginners and lower belts from 6-7 PM, and senior and black belts from 7-8 PM.

### Henry Janzen School Security

During the summer session the club has been asked by the school board to follow some security protocol.

The front door we use to enter and exit the building is to be kept locked at all times and not to be held open by a shoe or other item that holds the door from latching. No strangers are to be admitted to the building unless they are there for Taekwon-Do. We are also responsible for tidying up after ourselves.

### Last 2 weeks of August

**Classes will be at South Zone on Tuesday, August 19th and 26th, as well as September 2<sup>nd</sup>.  
Classes will be on Thursday, August 21st and August 28th.**

### 2013-2014 Club Executive

**President:** Mr. Kim Jones 306 565-2618  
**Treasurer:** Debbie Marchtaler 306 789-6325  
**Registrar:** Mrs. Aldine McConnell 306 205-4336  
**Women's Self Defense:** Please call the STFI 306 525-0005  
**Bingo Coordinator:** This position is available to be filled.

**Vice Pres./Facilities:** This position is available to be filled.  
**Secretary/ Newsletter:** Mr. Dave Kohl 306 525-0976  
**Fundraising/ Social:** Ms. Brittany Goodtrack 306 209-9238  
**Equipment Manager:** Keith Sullivan 306 949-3068

### 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-itif.org/pub\\_web/ver\\_eng/index.html](http://www.tkd-itif.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](mailto:wztkd@hotmail.com)

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



# REGINA WEST ZONE TAEKWON-DO Calendar



## August 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>August 1</b>	<b>August 2</b>
						No Black Belt class
<b>3</b>  No Classes	<b>4</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM Summer session registration 6-8 PM	<b>5</b>	<b>6</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM Summer session registration 6-8 PM	<b>7</b>	<b>8</b>	<b>9</b>  No Black Belt class
<b>10</b>  No Classes	<b>11</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM	<b>12</b>	<b>13</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM	<b>14</b>	<b>15</b>	<b>16</b>  No Black Belt class
<b>17</b>  No Classes	<b>18</b>  <b>No Henry Janzen Classes until September 3rd</b>	<b>19</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM <b>Classes at South Zone</b>	<b>20</b>  <b>No Henry Janzen Classes until September 3rd</b>	<b>21</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM <b>Classes at South Zone</b>	<b>22</b>	<b>23</b>  No Black Belt class
<b>24/31</b>  No Classes	<b>25</b>  <b>No Henry Janzen Classes until September 3rd</b>	<b>26</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM <b>Classes at South Zone</b>	<b>27</b>  <b>No Henry Janzen Classes until September 3rd</b>	<b>28</b>  Beginners:6-7 PM Intermediate & BlkBl: 7-8 PM <b>Classes at South Zone</b>	<b>August 29</b>	<b>August 30</b>  No Black Belt class

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

### 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.