



REGINA WEST ZONE TAEKWON-DO NEWSLETTER



January 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

Happy New Year!

2014 Winter Session Registration

Registration dates for the 2014 winter session are set for January 6th, 8th and 13th.

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

January 2014 Class Schedule

Classes start Monday January 6th at 6 PM at Henry Janzen School.

West Zone is having a “Bring a Buddy” night on Wednesday January 8th during the 6-7 PM class for all belt levels. Bring the person that you want to have a free Taekwon-Do lesson with.

Congratulations to our new Black Belts

In December 2013 these students successfully tested for Black Belt.

Ms. Alexandra McNabb-Sinclair	1 st Dan
Ms. Milissa Grande	1 st Dan
Mr. Travis Marchtaler	1 st Dan
Mr. Thomas Schamber	1 st Dan
Mr. Zakhar Kanyuka	1 st Dan
Mr. Kaleb Senz	1 st Dan

Congratulations and keep up the hard work!

Black Belts Age 16 & Older Respect In Sports Online Course

Attention all WZ black belts and black belts in waiting age 16 and over.

As you have heard at class from Master Norman, the deadline for you to complete the “Respect in Sports” online course is quickly approaching.

The requirement is that all age 16 and over black belts and colour belts nearing the black belt testing level complete this course by the third week of January 2014.

Go to... <http://www.sasksport.sk.ca/RiS/> to get started. The course takes 3 hours and can be done in modules. The site has instructions on registering and getting started on the modules. Don't delay.....Git er done!

STFI Chocolate Almonds

The STFI chocolate almonds are now available. Be sure to get yours right away. Each student is expected, as a member of an STFI affiliated club, to sell at least one case.

Used Equipment

Kicking Shields – Only 4 left.

These used kicking shields are available to be purchased for \$30. See an executive member if interested.

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
Fundraising/ Social:	Karissa Hallett	539-3738
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



January 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
No Classes	December 30 No Classes	December 31	January 1 No Classes	January 2	January 3	January 4 Black Belt class 10 am at South Zone St. Annes Gym
5 No Classes	6 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM Pick up STFI Chocolate Almonds Winter Session Registration	7	8 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM Bring A Buddy Night 6-7 PM Winter Session Registration	9	10	11 Black Belt class 10 am at South Zone St. Annes Gym
12 Beginners:1-2 PM Intermediate & BlkBlT: 2-3 PM	13 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM Pick up STFI Chocolate Almonds Winter Session Registration	14	15 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM	16	17	18 Black Belt class 10 am at South Zone St. Annes Gym
19 Beginners:1-2 PM Intermediate & BlkBlT: 2-3 PM	20 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM	21	22 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM	23	24	25 Black Belt class 10 am at South Zone St. Annes Gym
26 Beginners:1-2 PM Intermediate & BlkBlT: 2-3 PM	27 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM	28	29 Beginners:6-7 PM Intermediate: 7-8 PM BlkBlT: 8-9 PM	30	31	February 1 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.