



REGINA WEST ZONE TAEKWON-DO NEWSLETTER



July 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

2014 Summer Session Registration

Registration dates for the summer session will be Wednesday July 2nd, Monday July 7th and Wednesday July 9th from 6-8 PM at Henry Janzen School.

Cost is \$110 for first member and \$90 for additional members from the same household.

July 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.

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.

Congratulations

Congratulations on your successful Black belt test.

Mr. Isaiah Westerman 1st Degree Black Belt June 7, 2014

Congratulations also to all the WZ students that passed the latest colour belt testing. Keep up the hard work!

2014 Canada Day Taekwon-Do Demo At the park

For the last several years the STFI has been providing a demonstration of ITF Taekwon-Do during the Canada Day celebration held at Wascana Park.

This year the organizers were unable to fit the demonstration into the schedule so there will be **NO DEMO AT THE PARK THIS JULY 1st**

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-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



July 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
June 29 No Classes	June 30 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM Start of Summer Session	July 1 Canada Day No STFI Taekwon-Do Demo at the park	July 2 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM Summer session registration 6-8 PM	July 3	July 4	July 5 No Black Belt class
6 No Classes	7 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM Summer session registration 6-8 PM	8	9 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM Summer session registration 6-8 PM	10	11	12 No Black Belt class
13 No Classes	14 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM	15	16 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM	17	18	19 No Black Belt class
20 No Classes	21 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM	22	23 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM	24	25	26 No Black Belt class
27 No Classes	28 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM	29	30 Beginners:6-7 PM Intermediate & BlkBlt: 7-8 PM	31	August 1	August 2 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 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.