



# REGINA WEST ZONE TAEKWON-DO NEWSLETTER



## March 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

### March 2014 Class Schedule

Classes as usual in March.

### 2014 Western Canadian ITF Taekwon-Do Championship

The Western Canadian Championship Tournament is April 5<sup>th</sup> in Warman, Sk.

### 2014 Spring Session Registration

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.

The registration for this tournament is done on-line by visiting the Canadian Taekwon-Do Federation International website and following the instructions to filling out the on-line form. Please make sure that your registration is completed by the cutoff date of March 12<sup>th</sup> at 11 PM Pacific Time.

<http://www.ctfi.org/>

### 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  
**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](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](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



## March 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>March 1</b>  Black Belt class 10 am at South Zone St. Annes Gym
<b>March 2</b>  Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM	<b>March 3</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>March 4</b>	<b>March 5</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>March 6</b>	<b>March 7</b>	<b>March 8</b>  Black Belt class 10 am at South Zone St. Annes Gym
<b>9</b>  Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM	<b>10</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>11</b>	<b>12</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>13</b>	<b>14</b>	<b>15</b>  Black Belt class 10 am at South Zone St. Annes Gym
<b>16</b>  Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM	<b>17</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>18</b>	<b>19</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>20</b>	<b>21</b>	<b>22</b>  Black Belt class 10 am at South Zone St. Annes Gym
<b>23</b> Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM  <b>30</b> Beginners:1-2PM Intermediate & BlkBlt: 2-3 PM	<b>24</b> Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM  <b>31</b> Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>25</b>	<b>26</b>  Beginners:6-7 PM Intermediate: 7-8 PM BlkBlt: 8-9 PM	<b>27</b>	<b>28</b>	<b>29</b>  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.