



# REGINA WEST ZONE TAEKWON-DO NEWSLETTER October 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		

## October 2014 Class Schedule

Fall Session class times are: Beginners 6-7 PM, Intermediate belts 7-8 PM and Black belts 8-9 PM on Mondays and Wednesdays.

Sunday class times are: Beginners 1-2 PM and intermediate and black belt at 2-3 PM.

## Update

There are no classes on Sunday October 12<sup>th</sup> or Monday October 13<sup>th</sup> due to the long weekend.

## Fall Session Registration

Registration nights will be September 29<sup>th</sup> and October 1<sup>st</sup> from 6-8 PM at the club.

The cost is \$140 for the first family member and \$110 for additional students from the immediate family. A community membership costing \$10 is also required and is available at registration time.

## 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](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



## October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>October 1</b> Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM <b>Fall Session</b> <b>Registration 6-8 PM</b>	<b>October 2</b>	<b>October 3</b>	<b>October 4</b>  <b>2014 Sask Cup Tournament</b> Saskatoon, Sk.  No Black Belt class
<b>5</b>  Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM	<b>6</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>7</b>	<b>8</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>9</b>	<b>10</b>	<b>11</b>  Black Belt class 10 AM
<b>12</b>  <b>No classes</b>  <b>Thanksgiving Long Weekend</b>	<b>13</b>  <b>No classes</b>  <b>Thanksgiving Long Weekend</b>	<b>14</b>	<b>15</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>16</b>	<b>17</b>	<b>18</b>  Black Belt class 10 AM
<b>19</b>  Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM	<b>20</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>21</b>	<b>22</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>23</b>	<b>24</b>	<b>25</b>  Black Belt class 10 AM
<b>26</b>  Beginners:1-2 PM Intermediate & BlkBlt: 2-3 PM	<b>27</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>28</b>	<b>29</b>  Beginners:6-7 PM Intermediate7-8PM BlkBlt: 8-9 PM	<b>30</b>	<b>October 31</b>	<b>November 1</b>  Black Belt class 10 AM

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.