



REGINA WEST ZONE TAEKWON-DO NEWSLETTER September 2014



REGINA WEST ZONE TAEKWON-DO CLASSES

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

Monday & Wednesday

Beginners: 6 – 7 PM

Intermediate and Black belt: 7 – 8 PM

Sunday

No Sunday classes during summer session

September 2014 Class Schedule

Classes are still on the 2-hour format for the month of September unless announced. 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.

Sunday classes will start again on September 14th. Beginners at 1 PM and intermediate and black belt at 2 PM.

Colour Belt Testing

Colour belt testing for the students attending the summer session will be held at the South Zone in the gym at ST. Annes Church on Sunday September 28th at 1 PM.

Sask Cup Taekwon-Do Tournament

The 2014 Sask Cup Tournament will be held in Saskatoon, Sk. on Saturday October 4th starting at 9 AM. Officials meeting is at 8:30 AM sharp.

Tournament registration forms and sign up sheet for volunteers are available at the club.

Fall Session Registration

Registration nights will be September 29th and October 1st 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.

Sask Cup Tournament registrants must be registered for the fall session to compete.

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



September 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
August 31 No Classes	September 1 No Classes	September 2	September 3 Beginners:6-7 PM Intermediate & BlkBit: 7-8 PM Classes back at Henry Janzen School	September 4	September 5	September 6 No Black Belt class
7 No Classes	8 Beginners:6-7 PM Intermediate & BlkBit: 7-8 PM Start date of Black Belt Class to be announced	9	10 No Classes	11	12	13 Black Belt class 10 AM
14 Beginners:1-2 PM Intermediate & BlkBit: 2-3 PM	15 Beginners:6-7 PM Intermediate & BlkBit: 7-8 PM	16	17 Beginners:6-7 PM Intermediate & BlkBit: 7-8 PM	18	19	20 Black Belt class 10 AM
21 Beginners:1-2 PM Intermediate & BlkBit: 2-3 PM	22 Beginners:6-7 PM Intermediate & BlkBit: 7-8 PM	23	24 Beginners:6-7 PM Intermediate & BlkBit: 7-8 PM	25	26	27 Black Belt class 10 AM
28 Beginners:1-2 PM Intermediate & BlkBit: 2-3 PM Colour belt testing at South Zone 1 PM	29 Beginners:6-7 PM Intermediate 7-8 BlkBit: 8-9 PM Fall Session Registration 6-8 PM	30	October 1 Beginners:6-7 PM Intermediate 7-8 BlkBit: 8-9 PM Fall Session Registration 6-8 PM	October 2	October 3	October 4 2014 Sask Cup Tournament Saskatoon, Sk.

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.