



Newsicker



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Sundance Taekwon-Do has Strong Performance in the I.T.F BC Provincial Taekwon-Do Championships

Students of the Sundance Taekwon-Do School brought home many medals for their club in the 2009 International Taekwon-Do Federation of BC Provincial Championships. The tournament, which took place on Saturday, March 28th in Merritt was a large event with 200 competitors from all over British Columbia in attendance. The Vernon club had 7 members competing on Saturday and brought home an amazing 9 medals including 4 gold, 2 silver and 3 bronze. The school's head instructor, David White, was extremely proud of his club on Saturday, "everybody's been training really hard for this tournament, all competitors gave their very best performance."

Taylor Halvorson fought in her first tournament as a black belt, and won Silver in Jr. Girls Black Belt Sparring. Kai Halvorson took bronze in the Junior black belt patterns and Gold in Pre-Junior boys black belt sparring. He faced off against fellow club member Chad Colton in the finals who took silver in the competition. Joel Phannschmidt won the gold medal in pre-junior red belt patterns.

Geoff Halvorson also took home some hardware winning a gold medal in men's (35+) blue belt sparring, and a bronze in the men's blue belt patterns. Emily Phannschmidt had a great day winning a gold medal in junior girls blue belt sparring and bronze in the patterns division for blue belts. All of Saturday's competitor's are eager for the next tournament and ready to train even harder in order to repeat the fantastic performance and possibly do even better.

Sundance Becomes a Member of the ITF of BC

As many of our members are aware, our club has recently decided to change our affiliations over to the International Taekwon-Do Federation (www.tkf-itf.org). This is where Mr. White and Mr. Rock began their training and received their black belts.

The International Taekwon-do Federation was founded in 1966 by the late General Choi Hong Hi in order to promote Taekwon-Do throughout the world. ITF affiliated schools can be found on almost every continent today and provides many resources for instructors and students alike.

The provincial governing body for the ITF in British Columbia has over 30 active clubs that all together to promote true and original Taekwon-Do as designed by General Choi and the pioneers throughout BC. The ITF of BC (www.itfofbc.org) is the largest group of its kind in British Columbia and is recognized as the provincial governing body by the Canadian Taekwon-Do Federation International (www.ctfi.org), which is the National Governing Body for ITF Taekwon-Do in Canada.

So what does this mean for our members?

Technical Standardization – The ITF offers many ways to augment your training in the dojang by hosting technical seminars, International Instructors Courses (for red and black belts), and umpire certifications.

Rank Recognition – Black Belts in the International Taekwon-Do Federation are recognized throughout the world in every country that the ITF exists. All existing black belts will be recognized by the ITF and will be certified as such.

Competition – The CTFI and ITF offer a high caliber of competition at all levels including: Provincial, Regional, National and International Levels. The World Cup (held on even numbered years) is open to all colour belts and black belts. The World Championships (held on odd numbered years), requires black belt competitors to be selected by the National Governing Body (in our case the CTFI), in order to represent Canada on the world stage.



Monthly

Series a Great Success!

Round one of the friendship competition in Kelowna took place on April 2nd and was a HUGE success. 46 members from Northern TKD and Sundance TKD competed in multiple rounds. This was also a great opportunity for some of the black belts to get some valuable judging experience. The results are being tracked and can be found online on www.sundancetaekwondo.com. There are also plenty of pictures from the event as well.

We would like to extend our sincere thanks to the parents that were able to come down in support of your children. We look forward to the next round. If anyone has any suggestions for how we can make it work so that more members can attend we would love to hear them (dates, times etc.). Our goal is to make it so that everyone has the opportunity to participate in these events

There will be more opportunities to attend these events as well. Special thanks go to Mr. Kyle Amos of Northern TKD for organizing and inviting us to such a fantastic, well run event.

Demo Team Update

After discussing the demo team with several of our members we have decided to go ahead with the project. We will have to have several practices leading up to our goal of having a demo at the Sunshine festival in June.

It looks like the best day for everyone will be on Saturdays or possibly Wednesday evenings after class. Mr. White will have a sign up sheet at class this month to confirm with the members.

We have also decided to open up the demo to all members. The commitment will be two or three practices per month leading up to June.

New Club Administrator

We are pleased to announce that Shirley Marwood (Mr. White's mom) has joined the Sundance team as our new administrator. She will be taking care of all of the billing and also any other administrative tasks. This will allow Mr. White and Mr. Rock to concentrate more on instruction. admin@sundancetaekwondo.com

Promotions

Congratulations to the following students on their recent belt promotions. You are all one step closer to Black Belt!

Blue 3 - Red 2

Rob Barker
Travis Barker

Yellow 7 – Green 6

Rebecca Hembling

White 10 - Yellow 8

Ciara Wilson

Green 5 – Blue 4

Emily Phannschmidt

Next Colour Belt Testing

Saturday, May 2. 2009 @ NOON

Please ensure that all of your requirements are met and that your testing application is in no less than ONE WEEK prior to the testing.

Sundance Apparel Update

In order to accommodate orders for Sundance apparel we are now going to have order forms for specific items. Ask Mr. White for details and pricing.

Track jackets will be ordered soon and we will have samples for sizing. Prices for the jackets will be available soon.

Member Referrals

Did you know that we offer a great referral program for introducing beginners to the program?

If you refer someone to the club and they sign up and stay for three months you earn a free month of tuition!

Receipts

Receipts are available in envelopes near the door. Please feel free to take any envelopes with your name on them.

Attendance Cards

After getting away from them for a while, the instructing staff has decided to return to the class attendance card system for determining if testing requirements have been met. After the next belt testing all students will get a card with their name on it which will be collected at the beginning of each class. More details to come.

Easter Break

Classes will be cancelled on Saturday, April 11th for the Easter Holiday



1st Annual Bowling Party

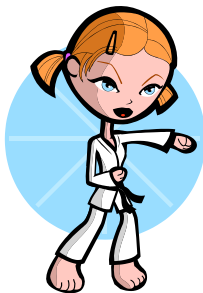
Friday, May 15th @ 6:00

Where: Lincoln Lanes

Cost: \$10.00 per person (includes 2 games and a snack)

Come out and have some fun bowling with other members from the club! Make sure that you register early with Mr. White as there are only 20 spaces available.

Parents are welcome to leave their kids and have some time off!



Buddy Days

Tuesday and Wednesday April 28th and 29th

Students are invited to bring a friend to class on these days. This is a great way to introduce your friends to Taekwon-Do and meet new member requirements for testing!

Quote of the Month

“If you do not change direction, you may end up where you are heading.”

- Lao Tzu



Kid Kicks

Kid Kicks: ITF Newsletter for Kids!

Check this out! An online newsletter designed by the ITF just for kids! This informative feature is filled with fun facts and great activities.

The page features pictures of students from around the world, a word search, a student poll and yes a Did You know. Kidkicks is meant to create a link between all young Taekwon-Do students and promote the positive values of martial arts. Each issue of KidKicks is designed around a theme integral to Taekwon-Do study and youth self improvement.

http://tkd-itf.org/pub_web/ver_eng/kidkicks_3.html



Website Updates

The website is continually being updated with new pictures and important information. Newsletters will also be available and archived for your reference. There are also several patterns videos made available for us to download. So far we have up to Toi-Gye Tul (Red Stripe)

Special thanks to Rob Barker for all of his work on the website to date.

We also would like to begin linking our site to other sites within the community. If you have a business, and you would like to put our link on your site, we will gladly return the favor.

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