



# Newskicker



WWW.SUNDANCETAEKWONDO.COM

December 2009

## Calendar

**December 23 to January 3rd**  
**School Closed for Christmas**

**January 23rd**  
Colour belt testing

**April 2-3, 2010**  
Western Canadian Championships  
Hosted by: STFI  
Location: Regina, Saskatchewan  
[www.ctfi.org](http://www.ctfi.org)

**June 5-6, 2010**  
CanAm Championships  
Hosted by: TAO  
Location: Oakville, ON  
[www.canamchampionships.ca](http://www.canamchampionships.ca)

**October 14th to 17th, 2010**  
World Cup - Las Vegas Convention Center.  
[www.itfwclasvegas2010.org](http://www.itfwclasvegas2010.org)

**November 12 & 13, 2010**  
Canadian National Championships  
Hosted by: ITF of BC  
Location: Vancouver, BC  
[www.itfobc.org](http://www.itfobc.org)

## Referral Program

**TRAIN FOR FREE!**  
We are pleased to announce our **BEST REFERRAL PROGRAM EVER!**

Bring a new member to sign up and receive your first four weeks of training **FREE!**  
Bring 2 new members and receive 8 weeks **FREE!**  
Bring 3 new members and receive 12 weeks **FREE!**  
Bring 4 new members and receive 16 weeks **FREE!**

**New members are what keeps our classes FUN!**

## Sundance To Host The ITF of BC Provincials In Vernon!

Sundance Taekwon-Do has been selected to host the ITF of BC Provincials in Vernon. The tournament date is yet to be confirmed, however, we are expecting it to be in late April. Provincials will see approximately 200 competitors and their families to Vernon for the events.

Over the next several months leading up to the event we will be looking for anyone who can volunteer their time and expertise in making this a memorable time. There will also be many sponsorship opportunities for local businesses. If you are interested in helping out please let Mr. White know.

## Fundraising Kick-A-Thon

Our first fundraiser of the year will be a kick-a-thon and will take place on January 30<sup>th</sup> at the dojang. Funds raised put toward travel expenses for the Western Canadian Championships in April as well as the 4<sup>th</sup> ITF World Cup, held in Las Vegas, USA in October 2010.

Students will participate by accepting pledges to perform 1000 kicks. Prizes will be awarded to the people who raise the most funds. Prizes will include sparring gear, gift certificates and other pieces of training equipment. Pledge forms will be available at the club in the coming weeks. If you have any questions please speak with Mr. White.

## E-mail List

If you would like to receive email updates and newsletters via email, please provide him with your e-mail address. This can be done through the submissions page at [www.sundancetaekwondo.com](http://www.sundancetaekwondo.com)

Just send us a message.

## Uniform Upgrades

Those members who wish to upgrade their uniforms may do so. We now offer several different lines of uniform.

Our standard ITF SPORT ONE uniform is our most economical option for members at \$55.00.

Senior belts and competitors should consider upgrading to a TOP TEN or TOP PRO uniform. Both of these brands are of very high quality and are built to last. Both brands are available through the club at different costs. Please see Mr. White for details. Orders for uniform upgrades usually take 2-3 weeks for delivery.

Please note that official ITF uniforms are required for all sanctioned events. Your ICTF uniform is not acceptable for competition in the ITF.

## Sparring Equipment

This is a reminder that **sparring gear is required training equipment once a student reaches yellow belt**. Sparring gear is available through the club at a package discount rate. Ask your instructors for details. We carry only the best in sparring gear with the Macho line. Mouth guards are also required.

We offer two high quality brands of sparring gear. Colour belts have a choice between both.

Macho Brand can be purchased through the club for \$129.00 for the entire set (including head gear). There is also TOP TEN leather equipment for the high usage competitors and black belts.

## Mouth Guard Reminder

Please be advised that a mouth guard is required for all sparring in and out of the club. Members who do not have a mouth guard will not be permitted to participate in sparring. If you require a mouth guard, you can get one through the club for \$4.00.

## Recent Promotions

### *White Belt to Yellow Stripe*

Morgan Johnson  
Kael Black  
Lucas Herron  
Sarah Crerar  
Jessica Dunlop  
Brandon Wycott  
Wesley Burchnall  
Thor Enge  
Donavin Gentiles

### *Yellow Belt to Green Stripe*

Tyler Barker  
Braelyn Spruce

### *Green Stripe to Green Belt*

Allegra Spruce  
Jordan Couchman  
Ciara Wilson

### *Blue Stripe to Blue Belt*

Mitchell Alexander

## **DID YOU KNOW???**

The ITF started with just 9 countries and is now in almost every country on Earth?! ITF Taekwon-Do is now found on 6 continents!

The logo for 'Kid Kicks' features the words 'Kid' and 'Kicks' in a stylized, colorful font. 'Kid' is in blue and green, while 'Kicks' is in yellow and orange. The letters are thick and have a slightly rounded, playful appearance.

Make sure you check out the Kid Kicks newsletter on the International Taekwon-Do Federation Website:

[http://www.tkd-itf.org/pub\\_web/ver\\_eng/kidkicks\\_6.html](http://www.tkd-itf.org/pub_web/ver_eng/kidkicks_6.html)

## Why Compete?!?

Competing in local and regional competitions is a very important part of Taekwon-Do training. If classes are the practices, then tournaments are the games. Every student should try at least one tournament. There are several different levels of competition, including friendship tournaments. These provide students with a great opportunity to learn about competition in a non-competitive, friendly environment. Students are able to test their skills against other opponents in both patterns and free sparring. This is a great way for students to learn and get motivated and meet some great new friends too!

A typical Taekwon-do tournament is one day in length, usually starting at about 9:00 am and finishing, if all goes well, at 5:00. Competitions usually start with the youngest age and lowest belt. Tournaments in Western Canada generally range in size from 75 to 400 competitors with the local tournaments being on the lower end of the scale. There are plenty of experienced black belts competing in all sizes of events. This is very exciting to watch and is usually a pretty good motivator for students as well.

Tournaments are also not all about winning (although that is what we strive for). They are about performing to your personal best and then working to reach new levels in development. Tournaments sanctioned by the ITF or its bodies are all very professional and run by officials with many years of experience. Tournaments are also safe because the rules of the International Taekwon-Do Federation prohibit any head contact for younger children. A student is also always competing with other students of the same age group and experience level. In larger competitions weight classes are also introduced as a way to make the competition more fair.

### Requirements

**Equipment:** Official ITF Dobok, sparring gear, mouth guard and groin protector.

**Costs:** Entry fees usually anywhere between \$25 and \$50 depending on the event and how many categories you wish to enter. Travel and accommodation very much depend on the location of an event. Usually the tournament host has arranged for discounts on hotel accommodation. Sharing the rooms drives that cost down even further (sometimes as low as \$40 each for the entire trip!). Fundraising efforts also help with this cost.



