

FOX TAEKWON-DO

Issue 24

FEBRUARY 2012

A Message From Master Fox



Every once in a while I'm reminded about the importance of living your life by a high set of standards. Whether it be the morals your parents taught you, the guidance from religion or the tenets we chose to live by, these are the characteristics we can lean on in times of adversity.

I do my best to live my life by the same values I was taught as a child, ones I learnt from church, ones I learnt through experience and the tenets of TaeKwon-Do.

The 5 tenets are Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

Courtesy - "Do unto others as you would have others do unto you" - *Matthew 7:12*

Integrity - "In the world to come, I shall not be asked 'Why were you not Moses' I shall be asked 'Why were you no Zusya?'" - *Rabbi Zusya*

Perseverance - "Fall seven times, stand up eight" - *Japanese Proverb*

Self-Control - "We have two ears and one mouth that we may listen more and talk less." - *Greek Proverb*

Indomitable Spirit - "Champions aren't made in the gyms. Champions are made from something they have deep inside them: a desire, a dream, a vision. They have to have last-minute stamina, they have to be a little faster, they have to have the skill and the will. But the will must be stronger than the skill." - *Muhammad Ali*

Although we are all human and stumble from time to time it's important to always to do a gut check occasionally too. I ask myself all the time if I'm being the best role model for my son I can be. I ask the same question about my students. If I stumble I try to be the first person to admit my mistake and make amends.

Two things that bother me though. People in positions of authority claiming to uphold similar values but their actions demonstrate the opposite, and people who sit idly by saying nothing. I'm not sure which is worse. I mean if you don't stand up for what's right are you really any better than those committing the "stumble"?

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." - *Martin Luther King Jr.*

PRE-REGISTER NOW!

You can now pre-register for our tournament. Doing this gives you a few perks.

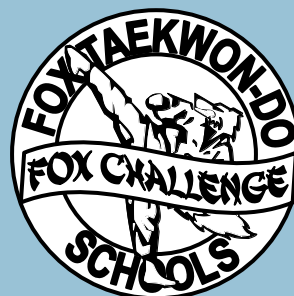
1. You save \$10.00 on registration fees
2. You can avoid the long registration lines at the tournament and sail past everyone to the pre-registered table where your package will be all ready for you.
3. You'll help to make the tournament start on time.
4. You get an extra ticket for the door prize draw.

See Mrs. Fox for your forms today.

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Special points of interest:



Little Foxes Class Closure

Due to the Tournament on Saturday February 11, 2012 we will not have a class on Friday February 10, 2012 this is due in part to pre-registrations that night as well as our floor mats are taking to the CRE for set up that afternoon and there is no training area available for the kids.

Thank you for your understanding!

Student Handbooks, Bags, Clothing Line

Our Student handbooks are almost ready to print. If you are a Youth or Adult student and are interested in reserving the new student handbook please see Mrs. Fox to put your name on the list.

Binders are available

on order only however we do try to keep a few copies in stock. A sample book will be available at our front desk for viewing. This book is an essential tool for each student training.

We sold out in 3 days on our initial order for training duffle bags. We have had a few parents interested in purchasing more bags. If you are interested in getting a bag for your self or your child please see Mrs. Fox to reserve your bag as they are a special order item only.

We as well are just putting the final touches on a clothing line that will be available by order such as melton leather jacket, track jackets, t-shirts, sweaters, hats

A binder will be available soon for your viewing!

Upcoming Events

Feb 11, 2012

The 19th Annual **Fox Challenge** is being hosted at the CRE here in Camrose. This is always a must see event. More information is available above .

March 3, 2012

Abominable Snow Slam
Dr. Brass School
Yorkton, SK
Details available at our front desk.

March 10, 2012

Winter Warm Up Tournament
Holy Cross High School
Saskatoon, AB
Forms available at our front desk.

April 28, 2012

TKD International Western Canadian Championships.
Kelowna, BC
(Further details on next page)



**We are Closed Monday, February 20,
for Family Day**

ROAD TRIP TO KELOWNA B.C.



Bus may vary in size, shape and color

We are heading to the mountains and we want you to come with us!

We have been invited to the TaeKwon-Do International Western Canadian Championships in Kelowna BC.

When we brought this to our students there was a lot of interest in going so we have rented a charter bus to take us on the trip. This will allow us to travel together (for a much lower cost than driving or flying) and we have fun bus games planned.

We will be leaving early morning on Friday April 27, 2012 (so kids will get to miss a day of school but we will have an educational game on the bus) we will arrive in Kelowna

early evening to check into the hotel. (Super 8)

Saturday April 28, 2012 we will take the bus to the tournament and compete. We will then take the bus back to the hotel and have a pool party! (weather providing)

Sunday April 29, 2012 we will leave bright and early to head back to Camrose and should arrive around dinner time.

This is a great opportunity to take a little trip, get some competition in and have a chance to bond more with other students.

All students 18 and under must be accompanied by adult or guardian.

We are limited to 45 available seats so we do suggest that you reserve your spot today. You must book no later than March 9, 2012

COSTS:

\$100.00 per seat for bus

\$55.00 registration fee for tournament

\$86.31/night hotel room

We have only 20 rooms left available at the hotel in Kelowna and rooms will be given first priority to bus package people.

If you are interested in attending and want to make sure you have your space come in to see Mrs. Fox only your non-refundable bus fee is due to reserve your space today.

A full information package will be available upon bus registration.

We look forward to taking this great opportunity and road trip with you.

Around Town With Mrs. Fox "Calling all Parents!"

Thank you, thank you, thank you so much to all those parents that offered to volunteer the day of the tournament. We still need a few more red officials, first aid help and some runners. If you or someone you

know can help for the morning, afternoon or all day please see Mrs. Fox the next time you are in or feel free to call our office (780)672-2703 and leave a message with your interest. You get ring side seats, free

door admission and get to have fun with all our other volunteers.

If you still have more questions please do not hesitate to contact me by phone or email at mail@foxtkd.com

Without your help our tournament would

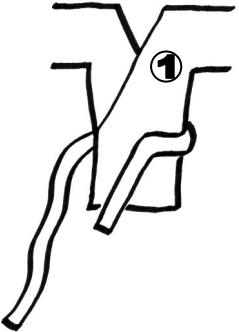
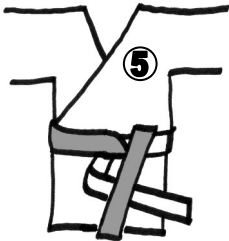
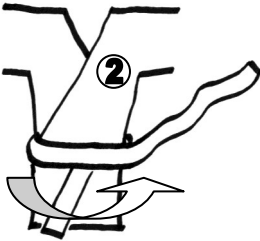
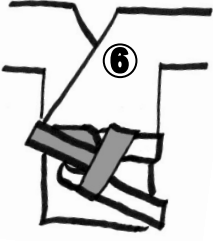
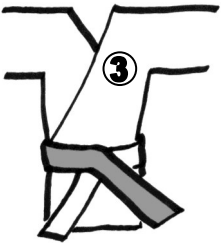
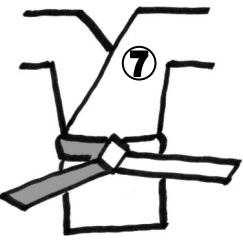

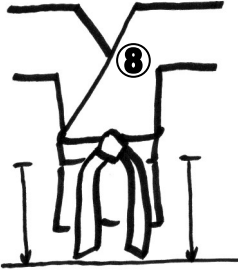
never run as smooth and fun filled as it does.

Your help is greatly needed and appreciated.

FOX TAEKWON-DO

Many parents have requested this sheet so we have added to this month's email to help out with practicing tying your belts properly. If you have any questions please do not hesitate to ask Mrs. Fox during your child's next class.

How to Tie Your Belt

	<p>1. Start with a short portion of your belt in front of center, with the longer portion behind your back. Keep your belt pulled tightly to your body</p>		<p>5. Fold the bottom end over then lay the top end over the bottom end.</p>
	<p>2. Wrap the long end around your waist two times. Cover the first part of the belt neatly with the small portion of the belt hanging down.</p>		<p>6. Pull the top end through the hole.</p>
	<p>3. Cross the ends of the belt in front of the center of your waist. The end on top is pictured in grey.</p>		<p>7. In one quick motion pull the ends sideways to tighten the knot.</p>
	<p>4. Tuck the top end under the entire belt. Pull the belt comfortably tight.</p>		<p>8. When you are finished the ends should hang the same length. Gup Stripes should end on your left. Dan Stripes should end on your right.</p>