

QUOTE OF THE MONTH

“ALWAYS DO YOUR BEST. WHAT YOU PLANT NOW, YOU WILL HARVEST LATER.”
- OG MANDINO



SUNDANCE NEWSKICKER

March/April 2017

NEW BLACK BELT PROMOTIONS

Congratulations to our members who were successful in their examinations for the next black belt rank. The exam was conducted by Master Michael Barker on Friday, March 24, 2017. Your dedication and perseverance is an inspiration to all of our members. Keep up the incredible work!

3rd Degree: Mr. Rob Barker and Mr. Travis Barker

2nd Degree: Miss Ciara Wilson

A RECORD BREAKER!

On March 25th Master Michael Barker can and taught as our guest instructor at the Vernon dojang in what turned out to be a record breaking class. 54 participants from throughout the southern interior participated in the largest class ever held at Sundance. Thank you Master Barker and to everyone who came out!

WHY COMPETE?

With tournament season right around the corner many of our new members are wondering what competing is all about.

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.

WE NEED YOUR HELP FOR THE BC CUP

As you know, we have been selected as the host school for the 2017 BC Cup which will be held at UBC-O in the main gymnasium on May 6th. As the host school we are required to provide the volunteers for the event. We are asking all of the parents, siblings and students of our club to volunteer at our event. Let's show our guests a great time as we welcome them to our event!

Below you will find a link to the volunteer job descriptions so you can get an idea what you are looking at for your chosen position. All volunteers working the day of the tournament will receive a complimentary lunch and snacks throughout the day. Kelly Wilson will be working to coordinate all the volunteers leading up to and on event day. Training will be provided for ring-keepers and others prior to the event. You will also find a link to register for a specific job and time slot. If you like you can sign up for multiple times if they don't conflict. We will need lots of people on the Friday night (May 5) to set up the venue at UBC-O. We also need lots of help during the tear down of the event. It is critical that the tournament be completed by 6:00 p.m. on tournament day so we will need all hands on deck. Your help is very much appreciated and we thank you for helping us have a great reputation as a host school, It's what keeps people coming back to our events again and again. See the sign up sheet at the dojang or visit <http://www.signupgenius.com/go/2ofoc49ada92da6f58-2017>

IT'S TIME TO REGISTER FOR BC CUP!

All Coloured Belt and Black Belt members of the Canadian Taekwon-Do Federation International are invited to participate in the 2017 BC Taekwon-Do Cup in the beautiful City of Kelowna, British Columbia.

The Championships will be held at the University of British Columbia at 3333 University Way, Kelowna, B.C.

It is our goal to provide an amazing and memorable experience for all participants and their supporters. This will be a well organized event with an excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

For the 2017 BC Taekwon-Do Cup, we are also pleased to provide the following features to the tournament program:

- All competitors, upon registration at the event, will be provided with the ring location and estimated time schedule for their events.
- All participants will register and make payment directly on-line via the Internet.
- All competitors in sparring categories will receive a minimum of two matches.

2017 CTFI NATIONALS AND SELECTIONS IN MONTREAL

The ITF Canadian National Championships will be held in Longueuil, Quebec (Montreal) on June 2 & 3, 2017. The full package will be available early next week. Those who are eligible (Black belts ages 14+) who qualify at this tournament will be invited onto the Canadian delegation to the 2017 ITF World Championships in Ireland and can also be selected to the National Team for team events. This event is open to all ages and belt levels. Stay tuned for more information!

SMITHERS OPEN CHAMPIONSHIPS

All Coloured Belt and Black Belt members of the ITF of BC are invited to participate in the 2017 Smithers Open Taekwon-Do Championships. Join us in beautiful Smithers, B.C. on June 10, 2017

PLEASE KEEP OUR DOJANGS CLEAN!

As our schools grow is becoming more and more important to keep our dojangs clean and tidy at all times. Please ensure that all shoes are removed and placed in an appropriate spot. Also, please ensure that if eating in our facilities that all food must be kept in the viewing areas. If there is an issue, please let our staff know.

IMPORTANT: POLICY REGARDING SPARRING EQUIPMENT

Proper and complete sparring equipment is **MANDATORY** for any sparring in our schools. This is for the safety of all our members.

No equipment, no sparring, no exceptions.

For sanitary and insurance reasons the school will not be lending equipment to students. Therefore, **sparring gear is required training equipment once a student reaches yellow stripe**. Sparring gear is available through the club at a package discount rate. We carry only the best in sparring gear with the **MightyFist** line of high quality, premium equipment. Mouth guards are also required. All pro-shop special orders are placed on the 3rd Friday each month. Please see Mr. White for pricing and ordering details.



LOST AND FOUND

Please check the lost and found at the front entrance of the dojang for any missing items. There are quite a few water bottles, hoodies, winter jackets and socks. Please take extra care and try not to forget your items. Sundance Martial Arts is not responsible for lost or stolen items.

HORSEPLAY IN THE DOJANG

Please be advised that horseplay is strictly forbidden and that Sundance Martial Arts Ltd. and our staff are not responsible for unattended children outside of class time.

Members and guests are expected to act within the rules and etiquette of the dojang at all times. Members are asked to review the student manual for details of our protocol and etiquette. Unsafe behavior will not be tolerated. **Please also note that the secondary training area is for stretching and practice. Students are expected to warm up quietly while there are other classes in session. Tablets and phones are prohibited until after all classes have been completed.**

Calendar

April 8, 2017

Colour Belt Exams in Vernon

May 6, 2017

ITF Taekwon-Do BC Cup
UBC Okanagan
Kelowna, BC

May 7, 2017

YMCA Healthy Kids Day
Rutland YMCA
Kelowna, BC

May 7, 2017

ITF of BC Team BC Training
Kelowna Dojang (10:00 am-2:00 pm)

June 2-4, 2017

CTFI Canadian Nationals and Team
Selection
Longueuil, QC (Montreal)

June 10, 2017

Smithers Open Championships
Smithers, BC

June 17, 2017

Sunshine Festival
Downtown Vernon

June 24, 2017 (tentative)

Colour Belt Exams
Vernon Dojang

August 19, 2017

Seminar with Grandmaster Lan
Vernon Rec Centre
Vernon, BC

October 9-16, 2017

ITF World Championships
Dublin, Ireland

September 27- October 1, 2018

ITF World Cup
Gold Coast, Australia

Did you know that Sundance is on Facebook and Twitter? Follow these pages to keep connected!

[Sundance Facebook](#)

[Sundance Twitter](#)

[ITF Facebook](#)

[CTFI Facebook](#)

UNIFORM POLICY

Please be advised that a complete and clean uniform is required while training at our school. The official ITF dobok consists of a jacket, pants and belt denoting the rank of the wearer. Students who do not have a complete dobok will not be permitted to participate in class and will not receive class credit.

Starting in June 2017 students are invited to switch into summer uniforms which consists of dobok pants, belt and a Sundance tshirt or tank. These are available in the pro shop.

VIEWING CLASSES

Parents are encouraged to watch class. It is very important, however, that parents remain quiet and avoid talking with their children while class is in progress. Please also refrain from using your cell phone and turn all ringers off. If there are smaller children they are welcome to quietly play with the toys provided. Please remember that this is a learning environment for the students and everyone should respect the rules and etiquette of the dojang at all times.

STUDENT/PARENT COMMITTEE AND FACEBOOK GROUP

A group had been created for parents and students to connect with one another for planning fundraising and other club activities.

<https://www.facebook.com/groups/SundanceFundraising/>

Please invite or add any other Sundance parents or members you can think of!

PRE-TESTING AND COLOUR BELT EXAM POLICY

Please be advised that for all future examinations the pre-tests can be conducted by any black belt over the age of 16. Please ensure to be courteous of their time and ask in advance of the date you would like to pre-test. All pre-tests and applications to grade (along with applicable testing fees) are due no later than one week prior to the scheduled examination date.

MEMBERSHIP RACE CONTEST WINNERS!

Thank you to everyone who participated. We finished the contest with a 4-way tie for first place! Congratulations to Jace, Anabelle, Ritish and Alexis!

Overall our school grew by 14 members thanks to those who participated in the race. Keep an eye out for more fun contests!