

QUOTE OF THE MONTH

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.”

- Thomas Edison



SUNDANCE NEWSKICKER

Fall 2018

WELCOME BACK! NEW SCHEDULE AND PROGRAMS!

The fall class schedule is in effect on September 4, 2018.

Note: The Nationals Prep Class on Friday is available to all members ages 11 and up. Please sign up at the front desk. This class is free of charge but requires a minimum of 6

participants pre-registered and regular attendance is required. Focus will be on the competition aspects of Taekwon-Do (Patterns, Sparring, Breaking, Special Technique)

Kinstretch, TKD Kick Fit and Women's Self Defense are also included with memberships for all members ages 13+ or can be purchased separately.

FALL IS A GREAT TIME TO EARN \$UNDANCE DOLLAR\$!!

Fall can be a great time to share Taekwon-Do with the people around you. Our referral program offers great incentives to our members to share our school with friends, family, co-workers and other acquaintances!

Students and parents can earn Sundance Dollars which can be used to purchase items in our pro shop, as well as admission and fees to some select events. The program is super easy and all it takes is for members to get the word out about our fun programs.


Here's how it works:

If you give a friend a 1-week free VIP pass (available from your instructor) and that friend comes in for their two week free trial, the referring member will earn 10 Sundance Dollars. It's that simple!

If the member then stays for more than a month and purchases a membership, the referring student will earn an additional 50 Sundance dollars!

Need an upgrade on sparring gear? Want to attend that upcoming seminar? This is a great way to earn rewards just for spreading the word!

Sundance Taekwon-Do 2018 Fall Class Schedule Effective September 4, 2018						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	4:30-5:00 TKD Kids! B		4:30-5:00 TKD Kids! B		10:00-10:45 TKD Kids! A	
	5:00-6:00 Beginner Youth Taekwon-Do		5:00-6:00 Beginner Youth Taekwon-Do		11:00-12:00 Family Taekwon-Do	
	6:00-7:00 Intermediate Youth Taekwon-Do		6:00-7:00 Intermediate Youth Taekwon-Do	6:00-8:00 Nationals Prep (Ages 11+, Register at front desk)		
6:30-7:30 Family Taekwon-Do	7:00-8:00 Teens and Adults Taekwon-Do	6:30-7:30 Family Taekwon-Do	7:00-8:00 Teens and Adults Taekwon-Do			
7:30-8:30 Women's TKD Fit Kick		7:30-8:30 Women's SD				
			8:00-9:00 Kinstretch			



Calendar

September 4, 2018

Fall class schedule in effect

September 15, 2018

Vernon Colour Belt Exams

September 25-30, 2018

ITF World Cup

Sydney, Australia

<http://itfworldcup2018.com/>

October 14, 2018

In-house tournament

Vernon Dojang

November 10 & 11, 2018

CTFI Canadian Nationals and Selections

Calgary, AB

November 24, 2018

Vernon Colour Belt Exams

December 2018 TBA

Christmas Party

February 9 & 10, 2019

ITF International Instructor's Course 136

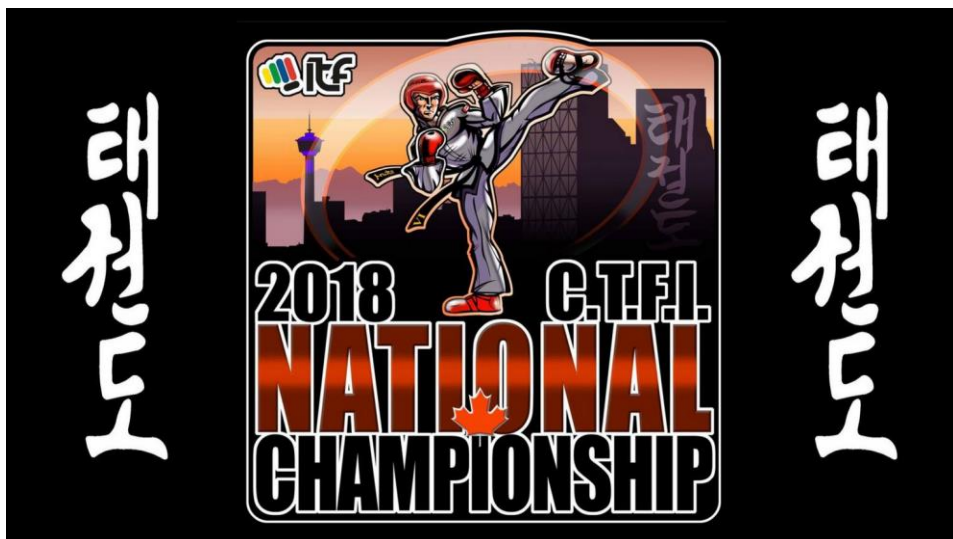
Richmond, BC

April 24-28, 2019

ITF World Championships

Inzell, Germany

2018 CTFI NATIONAL CHAMPIONSHIPS AND SELECTIONS



The information is here for the 2018 Nationals and Selections in Calgary! Let's get a big team together and have an awesome time! This tournament is open to all colour belts and black belts.

Date: November 10-11, 2018

Information and Registration: <http://www.ctfi.org/>

WORLD CUP 2018 AUSTRALIA



Have you been training hard and want to take your competition to the next level? The World Cup is being held in Australia at the end of September and is open to everyone ages 12 and up, blue belt and up who would like to compete!

INTERNATIONAL INSTRUCTORS COURSE IN VANCOUVER

IIC 136 will be held in Vancouver in February 2019. This course is for Black Belts and is conducted by the ITF Technical Committee. This event should be attended and will not disappoint. Details to follow.

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.



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, or the sign at the entrance, for details of our protocol. Students who arrive early for class are expected to warm up quietly while there are other classes in session.

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.

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 may not be permitted to participate in class and will not receive class credit.

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

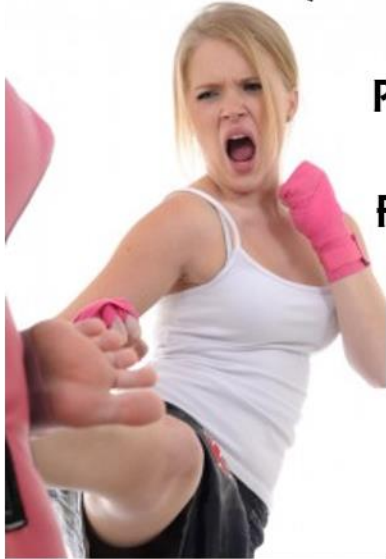
Please be advised that for all examinations the pre-tests can be conducted by a black belt over the age of 15. Please ensure to be courteous of their time and ask in advance of the date you would like to pre-test. All pre-tests and applications to grade (along with applicable testing fees) are due no later than one week prior to the scheduled examination date.

WELCOME TO OUR NEW MEMBERS!

Wow! What a fall season! We have several new members around the dojang and it's great to see so many people starting their journey together. Please take time to get to know our new white belts and to try and help them reach their goals. A team is only strong when everyone works together and all of our skill sets improve by helping others.

3 Great New Programs for Women and Teens!

TKD Kick Fit! w/ Crystal
Mondays 7:30-8:30

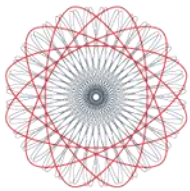


Circuits
Pad work
Core
Flexibility
Cardio

Get started with
6-weeks for \$69
And receive a
free set of hand wraps!

Women's Self Defense
Wednesdays 7:30-8:30

Realistic Drills
Simple and Effective
Expert Instruction



KINSTRETCH™

w/ Dr. Steven Piper
Thursdays 8:00-9:00

Increased Range Of Motion
Healthy joints
Knowledgeable Instruction



Call to Register (250) 306-2285
www.sundancemartialarts.com