



Sept 2018

[www.EdmontonDragons.com](http://www.EdmontonDragons.com)

MONTHLY MESSAGE



**DRAGON'S BREATH UPDATE:** 1) Promotion testing month is this month!  
2) October 13<sup>th</sup> is our Annual tournament and this year is a very special one! Register your child to compete! Volunteers are also needed to help make this event a success!

## CALENDAR OF EVENTS

<b>CLOSED</b>	Monday, September 3 <sup>rd</sup> .
<b>HAPPY BIRTHDAY GRANDMASTER MIN &amp; K. H. MIN TAEKWONDO</b>	September 9 <sup>th</sup> celebrates the 70 <sup>th</sup> birthday of our founder and amazing Grandmaster! Happy birthday sir! Also, happy 36 <sup>th</sup> birthday to K. H. Min Taekwondo.
<b>PROMOTION TESTING</b>	Friday, September 21 <sup>st</sup> and Saturday, September 22 <sup>nd</sup> .
<b>CLOSED</b>	Monday, October 8 <sup>th</sup> for Thanksgiving! Enjoy time with family and friends and remember what you are thankful for!
<b>VOLUNTEER MEETING</b>	Thursday, October 11 <sup>th</sup> at 6:00pm – upper dojang
<b>CLASSES CANCELLED</b>	Friday, October 12 <sup>th</sup> for tournament prep
<b>ANNUAL TOURNAMENT</b>	Saturday, October 13 <sup>th</sup> at the Kinsmen Sports Centre – Fieldhouse
<b>HALLOWEEN SLEEPOVER</b>	Friday, October 26 <sup>th</sup> to Saturday, October 27 <sup>th</sup> . Kids will have an amazing time, but parents....this is for you!
<b>CLASSES CANCELLED</b>	Wednesday, October 31 <sup>st</sup> for Halloween! Have a fun and safe night trick or treating!
<b>BEFORE AND AFTER SCHOOL RECREATIONAL SPORTS &amp; MARTIAL ARTS PROGRAM</b>	<b>Registration for our programs are open! Please read further for more details.</b>

## **DID YOU KNOW?**

*K. H. Min Taekwondo has a Facebook page. Join us on Facebook, get the inside scoop, and stay informed!*

## **DID YOU ALSO KNOW?**

*You can check out our events calendar on [www.edmontondragons.com](http://www.edmontondragons.com). This website was designed for YOU to keep you informed on what's going on!*

## **WHY YOU SHOULD ENROLL IN OUR BEFORE AND AFTER SCHOOL RECREATIONAL SPORTS & MARTIAL ARTS PROGRAM**

*Would you like a program that provides daily physical activity surrounded by a Martial Arts philosophy? Save money on child care? Provide your children with a safe and healthy alternative to their weekday activities! Our program offers quality Martial Arts instruction, activities to promote health and fitness, and access to programs such as School Safety Awareness and Anti-bullying classes. We teach children important life skills in a safe, respectful, and fun environment. Reported school bullying and child safety is only a small percentage of what actually happens in today's world. Reality is, we do not live in a time where you can trust strangers in schools or on the street. Our Recreational Sports Program is more than just a place for your child(ren) to train after school, it is a learning facility, A Martial Arts Academy. A place where children will learn valuable life skills such as: Self Defense, Integrity, Respect for Parents, Self, and Others, Perseverance, Patience, and an Indomitable Spirit. Because our program is Martial Arts Centered, these children optimally benefit from our program and grow up to be respectful, happy, and well-balanced individuals. Our program offers an environment of professionals who have a lot of experience with children. An environment that will allow children to learn and grow life skills, learn Martials Arts, and have fun while in the program. **AND... The cost of our program INCLUDES your Taekwondo membership fee!** For more information, please visit the office!*

## **FALL PROMOTION TESTING**

*Our Fall Promotion Testing is scheduled for Friday, September 21<sup>st</sup> and Saturday, September 22<sup>nd</sup>. **Deadline to register and pay for testing is Friday, September 14<sup>th</sup>.** Any late or alternate testings will be subject to a minimum \$10.00 fee. If you require an alternate testing, please come prepared with your schedule upon registering for testing. Promotion preparation classes will be on Wednesday, September 19<sup>th</sup> and Thursday, September 20<sup>th</sup>. Please attend your regular class time. Testing times will be posted by the front doors the week of testing. Please see below for your testing schedule:*

**-Friday, September 21<sup>st</sup>:** We will begin testing at 4:00pm with our Children's White Belt (Dragon's classes, ages 7-11) and continue testing until Children's Green Stripes are completed. Immediately following, we will begin our Junior and Adult White Belt testing and continue until our Junior and Adult Green Stripes are completed.

**-Saturday, September 22<sup>nd</sup>:** We will begin testing at 9:00am with our Children's Green Belts and continue until our Children's Red Belts are completed. Junior and Adult Green Belts will follow Children's testing and continue until Junior and Adult Red Belts are completed.

**ALL MIGHTY MINS WILL ALSO BE TESTING ON SATURDAY**

## **THE 35<sup>th</sup> ANNUAL K. H. MIN INVITATIONAL TAEKWONDO CHAMPIONSHIP**

***This is an incredibly SPECIAL event this year! This year, we have the honor of celebrating Grandmaster Min's 70<sup>th</sup> birthday as a SURPRISE to him. He has no idea!***

*The time is almost here! We are proud to announce that our Dojang will host the **35<sup>th</sup> Annual K. H. Min Invitational Taekwondo Championship** on Saturday, October 13<sup>th</sup> at the Kinsmen Sports Centre – Field House, 9100 Walterdale Hill. Since this is our school tournament, we encourage all of our students to compete in one or more of the divisions. You can compete in Poomsae and/or Sparring. The support of our members is very important to us as we would like to have a strong K. H. Min turnout. Extra training classes for Sparring competition is available for all those registering in this event. Medals are awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place, and it is a great way to encourage safe and fun competition for you or your child. Children at these events learn good sportsmanship and of course, have a lot of fun! Instructors will be announcing and encouraging our*

members to participate at our tournament and show our strong school pride. You can register for this event at the office. **Support your dojang!!** Thank you!

## HALLOWEEN SLEEPOVER

Calling all ghost and goblins (and kids)!!! The time is here for our Annual Halloween Sleepover!!! This is our largest and funnest sleepover since we combine this spooky party with our Annual Costume Contest! Wearing your costume is optional (but recommended) and having fun is absolutely mandatory. This is our most popular sleepover of the year because of all of the activities. We will eat pizza. We will play games. We will watch a movie (age appropriate). We will have a Costume Contest (where everyone is a winner). **WE WILL HAVE SPOOKY FUN!** And this is a win-win for parents as they get to go have a night off! Please see below for the details on our **EPIC PARTY**:

- Where: here at the Dojang
- Drop off: 6:30pm on Friday, October 26<sup>th</sup>
- Pick up: between 8:00am to 9:00am on Saturday, October 27<sup>th</sup>
- Dinner: we will provide cheese pizza
- Snacks: we will provide snacks
- There will be no breakfast provided
- What to Bring: sleeping bag and pillow, toiletries, costume, change of clothes, and pajamas!
- Cost: \$30.00pp cash donation or more if you're feeling generous.
- Sign up: at the front desk.

## PARKING INFORMATION FOR OUR CUSTOMERS

Our programs at K. H. Min TKD have become increasingly popular and in higher demand. We will continue to strive to make our programs accessible to all people. All of the below options are a very short walking distance to our building:

- In our Parking Lot – any time of day
- Street Parking down 168 Street – any time of day
- Fireplace and Stove Centre – after 5:00pm
- Park Landscaping – after 5:00pm
- Bottle Depot – after 5:00pm
- Westside Automotive – after 6:00pm
- McDonalds – anytime of day with purchase of food item

## COMPETITION TRAINING – UPDATE

Please note: Training class will be cancelled for summer.

## MEMBERSHIP PROMOTION - DID YOU KNOW.....

That your referrals will give you a 10% kick back on the first-time membership your referral signs up for? This 10% can be used for whatever you choose! Please make sure you notify us prior to your referral coming in so that we may apply credit to your account upon your referrals registration. ☺

## CHANGEROOM RESTRICTIONS

**Parents: please attend the bathroom with your child if he/she is 6 years old and under, or if your child tends to leave a mess after bathroom use.** We understand that small children are not fully aware of bathroom etiquette therefore we ask for parents' cooperation. ☺

**Students of all ages:** although it is not uncommon to have made a little mess in the bathroom, we ask that all that students take responsibility for their bathroom use and be courteous to the next user by fully cleaning up your personal mess. Thank you for your cooperation. ☺

## **VIEWING AREA**

We would ask that patrons of the viewing area please clean up after themselves as we have other patrons using the area throughout the day. Toddlers are more than welcome, however we ask that parents keep a close eye on them. Thank you.

## **HOLIDAY MAKE-UP CLASSES – did you know?**

As our holidays seem to affect our Monday classes, the dojang hosts Monday's makeup class on the following Tuesday. If you would like to attend your makeup class, please come to the same class time that your class is on Mondays. *Please note: makeup classes are only for Statutory Holidays.*

## **PLEASE REMOVE OUTDOOR SHOES & PLACE ON THE SHOE RACKS PROVIDED**

Please remove your outdoor shoes upon entering the dojang and place them in on the shoe racks. Please do not leave shoes on the floor. We understand that Canadian winters can be terribly cold so we welcome the use of Indoor slippers (that have not been worn outside) in the dojang. Thank you!

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Information is being updated frequently so please visit our website for information. Our website is also a tutorial and information site for our students. We have information such as the School Oath, Student Creed, Korean Language Sheet, Counting Sheet, and Testing Requirements that will help those testers make it to their next belt.

## **PROMOTION TESTING REQUIREMENT – GOLD STRIPE REQUIREMENT**

Please make sure you have your Gold Stripe from your parents prior to testing. Parents will have to sign our Gold Stripe sheet authorizing us to give a gold stripe to their child. There may be some questions that the Masters/Instructors may ask that involve your behavior at home. So make sure you are behaving appropriately at home with your parents and siblings, and this stripe will be easy to get.