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TKD LESSON - Are you an Advancing Person?

Well we have to know that an advancing person is someone who uses constant and never ending improvements in all area's of their lives. To do that you have to keep S.C.O.R.E

S.C.O.R.E. is a simple acronym for true;

Self Discipline - taking a thought from start to finish

Concentration - The ability to focus our minds on the task at hand

Optimism - The expressed belief, confidence and expectancy to achieve one's goal

Relaxation - Purposeful calm, to stay calm mentally and physically and financially

Enjoyment - Having an authentic, passionate happy personality in everything you do.

Health & Nutrition Corner

Enhancing Recovery & Performance

1. Replace lost fluids & electrolytes quickly
2. Use recommended sports drinks at a 6-8% carbohydrate solution when exercising for over an hour to prevent cramps.
3. Consume easily digestible dextrose drinks low in fibre with small amount of protein (preferably protein isolate) to supply glucose & spare glycogen for later use.
4. Restock your carbohydrate:protein ratio at 3:1
5. Utilize complete proteins & take advantage of glutamine.
6. Take in carbohydrates at 6-12 grams/kg of bodyweight, protein for recovery & building at 1.2-1.7 grams/kg of bodyweight (slightly more for strength & endurance athletes. Fat intake should be 1 gram/kg of bodyweight.
7. Limit the intake of empty calories, fats & sugars to less than 25% of total intake.

submitted by Linda Decker

Student News

Civic Holiday Saturday Aug 2nd - Mon. Aug. 4th

Regular Classes resume Tuesday Aug. 5th.

Formal Grading Saturday Aug. 16th 10:45 am

Please ensure you are signed-up at least 1 week prior to the grading so that your belt will be in stock for you.

Summer Break from Saturday Aug. 23rd - Monday Sept. 1st

Regular Classes begin again on Tuesday Sept. 2nd, enjoy the last week of summer with your family.

Leadership Team Meeting Mon. July 14th 7:05 pm

Instructor Training for Black Belt Club Members

Cardio Kickboxing starting Tuesday Sept 2nd 6:00 – 7:00 pm

No uniforms, just hand wraps, bag gloves and commitment. This will be open to the public as well.

September Highlights

Leadership Meeting -

Monday Sept. 8th 7:05 pm

Black Belt Invitations coming out

Thursday Sept. 11th

Black belt Grading Saturday November 29th.

C.O.V.A.R. Systems - Ladies Weds Sept. 17th

Men's Weds. Sept 24th

Board Breaking Seminar Sat. Sept 20th

Kids 10:45 - 11:45 am

Adults 12:00 - 1:15 pm

Spread the Art Weds. Sept 24th

Kids 4:00-4:15 pm

Adult 5:15-6:00 pm

Masters thoughts: The only worthy discipline is self-discipline...it is your golden key without it you can not be truly happy!