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TKD LESSON - Welcome Back

Welcome back everyone. We hope you had an excellent summer. Getting back into training after a break starts with our attitude of gratitude. Now is the time to re responsible and say "If it is to be it is up to me." Take one train at a time. Your first 3-4 workouts should be easy paced.

Some of you will do this in a few days, others may take 2 weeks. It really does not matter just listen to your body.

This months mental curriculum will focus totally on our attitude. That being **RESPONSIBLE, UNSTOPPABLE, CONFIDENT, POSITIVE and OPTIMISTIC.** When we choose this way of thinking our natural energy increases and improves all areas of our lives not just our health. Do it Now!!!!

LEADERSHIP NOTICE

September Meeting: Monday 8th 7:05 pm

If you are wanting to be more involved around the academy, get extra training and learn to be a future instructor, please come to hear this exciting new opportunity.

Student News

Schedule Changes for September 2008

Tuesday 6:05-6:50 pm Open Class for Black belt Club

Wednesday 6:00-7:00 pm Blue to Red Belt

Saturday Open Train 8:30 am - 9:00 am
Family Train 9:05 - 10:00 am
Stripe Grading 10:05-11:00 am

Monday & Thursday 12 noon - 1:00 pm will be reserved for Private lessons with Master Dan. Call Mr. Rowe to book your appointment.

COVAR Self Defense

Ladies Weds. Sept. 10th 7:05 - 8:30 pm

Oct. 15th 7:05 - 8:30 pm

Men Weds. Sept 17th 7:05 - 8:30 pm

Oct 22 7:05 - 8:30 pm

Fees: \$139.95 + gst Members \$59.95 + gst

YOGA is back Monday Sept 15th 7:15 - 8:45 pm

This is included in your monthly fees.

Public \$72.00/6 weeks

Board Breaking Seminar Saturday Sept. 20th

Kids 10:15 am - 11:45 am

Adults 11:50 am - 1:00 pm

Fees \$59.95 BBC \$49.95 + gst

Spread the Art Weds. Sept. 24th

Kids 4:00-4:45

Adult 5:15-6:00 pm

Bring in your friends and family to let them try out a class with you.

Formal Grading Saturday Sept. 27th 10:15 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.

Reminder - Dropping off Kids

Students should arrive no earlier than 10 minutes before their class begins, and should be picked up immediately following their class

Thank-You for your corporations

Masters thoughts: Life will always go on - never the same - but onward, spiraling, expanding, and growing - always an adventure to be enjoyed