



Mar 2020

www.EdmontonDragons.com

DRAGON'S BREATH UPDATE: 1) *Enroll your child for our Spring Break Camp!*

MONTHLY MESSAGE



CALENDAR OF EVENTS

SPRING BREAK CAMP	REGISTRATION IS NOW OPEN! March 23rd – 27th.
PROMO TEST REGISTRATION DEADLINE	Please register for Spring Promotion testing by Friday, March 13 th .
PROMO PREP CLASSES	Wednesday, March 18 th and Thursday, March 19 th
SPRING PROMOTION TESTING	Friday, March 20 th and Saturday, March 21 st
CLOSED	Friday, April 10 th to Monday, April 13 th for Good Friday and Easter Monday.
AFTER SCHOOL RECREATIONAL SPORTS & MARTIAL ARTS PROGRAM	Registration for our programs are open! Please read further for more details.

SCHEDULE and NEWSLETTER are available online at www.edmontondragons.com.

DID YOU KNOW?

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

WHY YOU SHOULD ENROL 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 Martial 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!*

DAY CAMPS

Many of you may not know, but we offer Day camps to our members (and friends and family of our members) for anyone who is looking for their children to be engaged and active for PD and non-instructional days! IF you would like to register for our Day camps, please come visit us in the office or send us an email to register and save your spot!

SPRING BREAK CAMP!

Spring Break for our Edmonton kiddos is March 23rd to 27th and at our dojang we will be hosting the most active, engaging, interactive, Taekwondo camp! Our goal during this camp is to keep the kids minds and bodies busy in an environment that fosters respect, a good attitude, and effort! If you would like more info on our Spring Break Camp, please visit the office or check out the posters on our walls!

SPRING PROMOTION TESTING

Our Spring Promotion Testing is scheduled for Friday, March 20th and Saturday, March 21st. **Deadline to register and pay for testing is Friday, March 13th.** 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, March 18th and Thursday, March 19th. 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, March 20th: 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, March 21st: 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.

It is difficult to give exact testing times as the flow of testing is determined by a number of factors. Please be prepared to come early and stretch and practice before your group is called. Thank you.

SPARRING GEAR NOTICE

Please note that all students will need protective sparring gear in order to fully participate in Taekwondo. All light to medium contact sports are required to have protective gear to minimize the risk of injury.

EVENTS CALENDAR ON www.edmontondragons.com

We have an events calendar on our website that has all of our special events listed! If you are wondering what is going on in the Dojang, check out our Events Calendar!

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
- Park Landscaping – after 5:00pm
- Bottle Depot – after 5:00pm
- Westside Automotive – after 6:00pm
- McDonalds – anytime of day with purchase of food item

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.

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!

www.edmontondragons.com

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 pick up the Gold Stripe form and make sure it is filled out by both parent and teacher. 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.