

# THE KICKING POST

WESTSIDE SCHOOL OF TAE KWON DO



February 2020/VOL. 22.6



Where did January go?



## YELLOW STRIPE

ELIJAH BEDORD  
TEIGHAN LAND  
TYSON MCGINN

## GREEN STRIPE

JACKSON TURNER

## RED STRIPE

NICHOLAS COVASER  
JAXON JOSLIN

## RED BELT

CAMLIN THOMAS

## YELLOW BELT

AURORA BELENO  
LEONARD PHILLIPS  
BENNETT PISTER  
ROBERT SIM

## GREEN BELT

MALACHI BLOCK  
JENIVA BOURDIN  
ISABEL SALES  
JAYDEN SPAETH

## BLACK STRIPE

JAKE DIONNE  
OLIVER HAMPSON

## IN HOUSE TOURNAMENT

On Saturday, Feb. 15<sup>th</sup> we are holding our 11<sup>th</sup> annual in house tournament at our dojang for all ages and belt levels. Students may compete in either sparring, patterns, high jump front kick or all three. The cost is \$50.00 for 2 events or \$60.00 for all three, payable by Feb. 10<sup>th</sup>. Registration forms are available at our reception. There will be an admission fee of \$2 for spectators and a snack bar available. Due to limited seating within our dojang, spectators will want to bring a small lawn chair with them.

If you're thinking of competing, you will need to have a mouth guard, shin-instep guards and for boys/men, a cup. These items can be purchased at our back counter.

## VOLUNTEERS STILL NEEDED

If any parents are interested in volunteering at our in-house tournament, please sign up at our reception. Thank you for helping to make this another successful event!

## FAMILY DAY

**YES**, there will be evening classes on Mon., February 17<sup>th</sup> (Family Day). 😊 See you there!

## PROMOTION RESULTS

Over the weekend of January 18<sup>th</sup>/19<sup>th</sup>, a promotion test was conducted and we are pleased to announce that the following students have been promoted to a higher rank:

## CONGRATULATIONS EVERYONE !!

## TESTING

Our next regular promotion test is scheduled to take place over the weekend of April 17<sup>th</sup> and 18<sup>th</sup>. Those students eligible for testing will be receiving a notice. All new students are encouraged to attend, to learn more about testing procedures and to support their fellow students. Attending students are expected to show their respect by sitting VERY quietly during the testing. Parents of very young children who have difficulty sitting quietly are asked to find a sitter for their youngster. Thank-you.

## INSTRUCTOR & LEADERSHIP WORKSHOP

On January 25<sup>th</sup>, 10 of our students enjoyed the high energy of Kees workshop and the opportunity to meet new people. For our current black belts, this workshop was a necessity of their TKD curriculum.

## SATURDAY SPARRING CLASSES

Our next Saturday Sparring class is scheduled to take place on Sat., February 22<sup>nd</sup> from 9:30 - 10:30 a.m. Saturday Sparring classes are taught by Ms. Friesen, 3<sup>rd</sup> Dan, Canadian National Silver Medalist and 2016 International Children's Games Competitor (New Taipei City). A \$15 drop-in fee applies. Cash only please.



## PROVINCIAL TKD CHAMPIONSHIP

This year's BC Provincial TKD Championship has been set for Sat., March 14<sup>th</sup> at the BCIT campus in Burnaby. This tournament is for all ages & ranks. Information is available at our back counter. On-line registration only. Master Smith will be officiating. Please let Mrs. Smith or Miss Rintoul know if you will be attending.

## BLACK BELT TESTING REQUIREMENT

One of the requirements our students must complete when preparing for their black belt test is to teach one or more Tae Kwon Do classes, while Master Smith critiques their teaching abilities. We have many students over the coming months who will be completing this requirement and would ask for your patience & support as they do their best to instruct your child's class. Thank you.



Wednesday, Feb. 26<sup>th</sup> is anti-bullying day.

Spread kindness & wear pink to show your support! The following 2 sites are very helpful internet resources if you know a young person dealing with bullying.

[www.erasebullying.ca](http://www.erasebullying.ca)  
[www.deal.org](http://www.deal.org)

## SPRING BREAK (evening classes)

Please note that our school will be closed the last week of spring break, March 23<sup>rd</sup> - 27<sup>th</sup>.

## THE "F" WORD Fail, then succeed

....failure is part of the learning process  
If we never fail, then how do we learn to be better ?

"Running around the school yard as a child there were many words I learned that helped me expand my vocabulary. There was one word I learned,

though, that I did not dare utter in front of my mother; it was a 4 letter word that started with the letter "F". As a coach dealing with children & parents on a daily basis I have learned there is a new word that starts with the letter "F" that is considered to be almost as negative. However, this one has 7 letters – f a i l u r e. Many times we fall into the trap of associating a word with the feelings it induces, rather than reflecting on what the word truly means. What are the most common feelings that can be associated with the word failure? Disappointment, sadness, frustration are a start. It is only natural that we want to protect those we care about from such feelings, but by protecting them from failure what is the result?

When we treat failure as something that is entirely negative & promote failure avoidance, more often than not, people develop a fear of failure. This can be an obstacle to success. When someone fears failure they will avoid risks that are often necessary to realize one's fullest potential. As a coach I see many young athletes with this fear. They hesitate when trying new skills & even avoid new strategies in training & competition, not putting in the effort necessary to change because they are scared that they may fail.

Every young athlete should be taught that failure is part of the learning process. When talking to an athlete about this skill (and dealing with failure is a skill), I ask them: Did you succeed the first time you tried to walk? The answer is obviously, no. The next question I ask them is, what would have happened if they gave up after the first time they failed at walking? Most often a smile comes to their face as insight kicks in & they say, "I wouldn't be able to walk."

If we allow children (and it goes for athletes) to believe that all failure is bad it will stop them from giving the effort necessary to achieve success."

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"Failure is only the opportunity to begin again more intelligently."  
Henry Ford

"The greatest accomplishment is not in never failing, but in rising again after you fail."  
Vince Lombardi

"The man that is afraid to risk failure seldom has to face success."

"Don't permit fear of failure to prevent effort. We are all imperfect and will fail on occasions, but fear of failure is the greatest failure of all."  
John Wooden

WHY WOULDN'T THE SHRIMP SHARE HIS TREASURE? Because he was a little shellfish ! HA