



THE KICKING POST



WESTSIDE SCHOOL OF TAE KWON DO



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SPRING BREAK (evening classes)

Please note that our school will be OPEN for evening classes the first week of spring break and closed the second week of spring break (March 23rd to 27th).

AFTER SCHOOL NEWS



A reminder to our *After School* parents that our school will be closed during Spring Break, from March 16th to 27th inclusive. Have Fun !

IN-HOUSE TOURNAMENT

On Sat., Feb. 15th, we held our 11th annual in-house tournament with over 50 competitors from Westside, Glenmore, Kelowna and Penticton battling for a medal. Thanks to our many volunteers, it was another successful competition. Win, lose or draw, you are all champions to us who showed much courage & composure in the ring.

PROMOTION RESULTS

Over the weekend of February 7th/8th, a promotion test was conducted and we are pleased to announce that the following students have been promoted to a higher rank:

YELLOW STRIPE

CALEB HOODICOFF
EBERLEY KURJATA
JACOB LIN
CHI NGUYEN
ALAN VO

GREEN BELT

MATHURIN LANGEVIN

BLACK STRIPE

KADANCE ANTHONY
MAX HENG

CONGRATULATIONS EVERYONE !!

TESTING

Our next promotion test is scheduled to take place over the weekend of April 10th & 11th. 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 student. 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.

PROVINCIAL TKD CHAMPIONSHIP

This year's BC Provincial TKD Championship has been set for Sat., March 14th 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.

STAYING HEALTHY

In order to reduce the spreading of any illness, we would ask that parents do not send their children to class when they are sick. A reminder that many studies have proven that frequent hand washing is still the best method of preventing the sharing of germs but we will also have hand sanitizer available inside the front doors for your use.



SATURDAY SPARRING CLASSES



Our next Saturday Sparring classes will be taking place on Sat., March 7th and 28th. Classes are from 9:30 - 10:30 a.m. Saturday Sparring classes are taught by Ms. Friesen,

3rd Dan, Canadian National Silver Medalist and 2016 International Children's Games Competitor (New Taipei City). A \$15 drop-in fee applies. Cash only please.

UPCOMING TOURNAMENT

A tournament is to be hosted by Kees Taekwondo in Lake Country on Sat., April 25th for students of all ages and belt levels. Students may compete in sparring, poomsae, pair poomsae, team poomsae, high jumping front kick, flying side kick (for distance) and power breaking.

If interested, registration forms are available at our back counter.

STUDENT ESSAY

One of the requirements in testing for a Black Stripe or Black Belt is to write an essay on a topic chosen by Master Smith. Following is Jake Dionne's essay for all to read & enjoy ! Jake tested for his Black Stripe in January/2020.

How Tae Kwon Do Has Improved My Life – by Jake Dionne

When I was little and first started Taekwondo, I wanted to be a ninja. I had no idea how much hard work it would take but I am grateful for how much it has taught me and for now approaching my black belt.

When I got to know Master Smith and spent more and more time at the Dojang it felt very welcoming and I knew I would fit in. It is a fun and positive environment that I look forward to each day. Master Smith is very good at teaching, guiding and encouraging me. The very first time I broke a wooden board it was so satisfying and rewarding. I was so proud of myself and I knew Master Smith was proud of me too. Having Master Smith as a mentor has taught me how to be a better leader and have patience with junior belts. I try my best to encourage them just like Master Smith and Ms. Friesen encourage me.

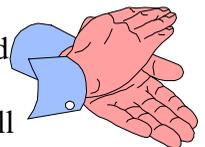
Learning Taekwondo has taught so much more than self-defense. Not only do I feel safer in public but it has also taught me how to work towards long-term goals and to never give up. It has taught me

perseverance and how to be confident but also modest. Every day we start class with warm ups and sometimes they can be very intense and tiring but I don't give up and try to keep working through it. Tough warm ups are one of the things that will help me build my endurance and stamina and help improve my sparring. It also helps me run across the field faster to get to school when I am late! At the last tournament I competed in sparring and Ms. Friesen coached me. It was very helpful and I came home with a gold medal. I was very proud and felt very good about myself. Taekwondo has definitely helped build my self-esteem and confidence. At that same tournament there were black belts breaking stacks of boards at a time. They made it look really easy but I know how much hard work it took to be able to do that. One of my goals is that I will be able to do that one day too. Continuing to pay attention to Master Smith's instructions and guidance will help me get there.

Taekwondo has also helped me to be more responsible and accountable. I make sure my dobok gets washed and pack it up in the morning along with my lunch. Every day after school I pick up Declan, who is a junior belt at my school, from his class and make sure he gets to the bus stop safely. This makes me appreciate when senior belts used to pick me up from my kindergarten class. I know I am helping Declan's family and how much they appreciate it. It feels good to be helpful.

Learning respect has been an amazing part of this experience. It has enabled me to understand the many aspects of respect and expectations. First off there is the respect taught within our Dojang that is unlike any other. It allows us to teach and learn as a close-knit group. Giving respect makes me feel loyal and is something that I can carry on throughout my life and teach my family. Respect makes me a better human.

For anyone who would like to read more student essays, we have a whole binder of essays in our small lobby area for you to enjoy.



Happy St. Patty's Day !