



## ANNOUNCEMENTS

### Tournament Results

- Congratulations to Mr. Fetaz, Lynda, Christian and Devon for competing and earning medals at the ICTF Provincial Championships!
- Mr. Fetaz: Silver
- Lynda: Bronze & Silver
- Christian: 2 Bronzes
- Devon: Silver

### Testing

- There will be an in-class white belt to yellow stripe test on Monday, November 8th.
- Testing for all other color belts is tentatively scheduled to take place on Sunday December 5th.
- Please begin preparing for your test now!

### Upcoming Competitions

- February 2011 Trinity-Horizon Annual Tournament in Bragg Creek
- May 14, 2011 ICTF Westerns in Jasper, AB. There will be 50 grants of \$500 offered to gold medalists at this event, to be used for travel costs to the October 2011 International Event in Toronto, Ontario.

### Special "Tabata" Class

- The Adult Class will get to experience a "Tabata" Class on Wednesday November 17th
- A guest instructor will be teaching a portion of this class.
- Come prepared to sweat!

### Christmas Break

- The last class before the Christmas break will be Wednesday December 15
- We will be having our annual pot-luck Christmas party on Monday December 20

### Instructor Workshop

- We will be having an instructor workshop to practice and discuss teaching techniques and styles
- Date to be announced later but we are looking at early January for this exciting workshop, open to all current assistant instructors and helpers



## Reasons to Compete

Here are a few reasons why we encourage you to participate in our TKD tournaments:

### 1. Test your skills

What better place to practice the skills that you learn in class. The learning curve is steep, meaning that your classroom skills improve drastically when you decide to compete.

### 2. Meet new friends

Tournaments are an excellent place to get to know people from other TKD clubs and even other members of your own club. You tend to see these people again and again at our various events.

### 3. Have lots of fun

It is truly a fun time. Take the whole family to an event and make a weekend trip. Carpool with a friend from class. Competitions can be fun weekends for everyone.

### 4. Accomplishment

Although you can't expect to win every time you compete, there is a great sense of pride and accomplishment when that judge places a medal around your neck.

### 5. Represent your Club

We need members of our club to attend these events to represent Trinity TKD and the high level of technique, skill, discipline and respect that we have.

### 6. Support the Organization

As a member of the ICTF, we are expected to provide a minimum number of students to these events. We need to be a TKD club that honors our commitment to the ICTF by sending our members to tournaments and seminars.

Left to Right: Christian, Lynda and Devon at the 2010 ICTF Provincial Championships in Edmonton, AB



## Comments from a Competitor - By Lynda Blazina

My son Christian and I have had so much fun competing together at various TKD tournaments over the past couple of years. You often hear Mr. Macdonald express that "it takes your training to a whole new level" and it is really true! One of the reasons is that you are competing against people that you don't normally train with and you have to learn how to "read" people when you're sparring. You aren't able to anticipate quite as easily what they may throw at you. Another is that you have to work through some nerves and adrenaline and learn how you yourself react in certain situations. Tournaments are also a great place to put your TKD tenants into practice when you are up against someone who has less than desirable sportsmanship! Another great thing about tournaments is being able to see your hard work pay off in the form of medals! It always amazes me how well Trinity participants do at tournaments because of the training we receive. It's always great fun to cheer one another on and celebrate with each other when someone wins a match. One more reason that tournaments are great... they inspire you to keep going! After watching and cheering for the day at the recent ICTF Provincials in Edmonton, both of my daughters have decided that they want to re-join TKD because they saw and remembered how much fun it is to compete and be a part of the TKD family.

## Practice for the Big Game

Have you ever wondered what it would be like to play in that big game? Think about all of the preparation that goes into getting ready for that game. Attending TKD classes every month is the best way to practice and prepare but if you never go to a tournament, you never go to the game. Don't you want to put your practice to use? Don't you want your child to play in the game?

There is a great sense of accomplishment when you go to the game, put your skills to the test, meet new friends and have a ton of fun. All the while you are representing your TKD club and supporting the organization that helps support us. After the tournament, everyone in class hears about your accomplishment. Your photo is taken and published in the newspaper with your name and you have that newspaper article up on your fridge until the next tournament takes place a few months down the road and you do it all again!