



# Kickin' it with Sparta

Sparta Tae Kwon Do, Encina Grande Shopping Center

2885 Ygnacio Valley Road, Walnut Creek (925) 938-5300 [www.spartatkd.com](http://www.spartatkd.com)

## Upcoming Dates

### Tip Testing

Jan 22-23 during class

### Belt Testing

Saturday, February 1, 2014

9-12pm (no Saturday Classes)

Belt Testing application must be turned in by Wednesday, Jan 29

All applications must include the following:

Top portion filled out; parent & teacher signatures; Sparta instructor signature; fees paid

### Belt Ceremony

Thursday, Feb. 6 @7:00

No classes after 6:30. Please bring a potluck dish and drinks to share.

### No Classes Feb. 17 President's

### Day

Please refer to our website calendar for updates!

### Sparta TKD Boot Camp:

Session 1: Jan 6-Jan 30

Session 2: Feb. 10-March 6

MWTh 9am to 10am

Contact Diane Hoh for more info

[tkdtotalfitness@gmail.com](mailto:tkdtotalfitness@gmail.com)

## HOLIDAY FOR THE HOMELESS

At Sparta Taekwondo, it is important that our students not only become strong in body and mind but in character too. It was wonderful to see so many students and their families making our annual HOLIDAY FOR THE HOMELESS campaign reach another successful year!

On December 23rd, the assembly party was held to put together all the backpacks for the homeless. 200 backpacks were then distributed to the homeless on Christmas morning in San Francisco and in Berkeley. Warm breakfast burritos, coffee and donuts were also available to all who needed a helping hand. Many words of thanks and gratitude were heard over and over again. Check out the pictures to help inspire everyone to continue this wonderful tradition in 2014! Holiday for the Homeless collects funds throughout the year. Please donate at [www.holidayforthehomeless.org](http://www.holidayforthehomeless.org) and make 2014 even more successful! If you are interested in getting further involved, please contact Mr. Garth Andrews.



**2014!** 2014 brings another promising and exciting year to our Sparta family! Unlike many other sports, martial arts training is a year-round activity that really does not have an off season. Students show up faithfully to train throughout the year and it creates a unique opportunity to see many of our students grow right before our eyes! Here at Sparta, we want all our students and their families to feel like a community. Taekwondo may be classified as an "individual" sport but in reality there is not one black belt that reached that goal alone. With the help of instructors, fellow students, parents and family, a student can keep advancing. We encourage parents to observe classes on a regular basis to see the progress of their children. Instructors are available during open workouts, after classes and by appointment to assist our students. Let's all work together to make 2014 the best year ever for our Sparta community!



***Courtesy! Integrity! Perseverance! Self Control! Indomitable Spirit!***

We will be starting 2014 with some new rules and incentives to help instill the tenets of Taekwondo to our students. 20-20-10 is our new "incentive" for our advanced class to arrive on time. When students arrive late (any time the cards have been turned in) they are to automatically do 20 jumping jacks, 20 push ups and 10 burpees before entering the class. We find that this incentive will help our students to be more aware of time management and also allow for less disruption of class with late arrivals. Our beginner class will conduct a 10-10-5 incentive for yellow to yellow advanced belts.

We will be conducting more "mat chats" during class to help our students to understand the tenets and its application to their everyday lives. These chats will be instructor-lead discussions with the students on one of the tenets listed above. We encourage our students to keep these discussions going at home with parents and family!