

# KOPPERUD TAEKWON-DO

NEWSLETTER

PHONE: 934-7447

January 9, 2012



## MARK YOUR CALENDAR

### TOURNAMENTS

**May 5, 2012**

**Marion Graham Collegiate**

**2012 Unified TaeKwon-Do Championships**

Saskatoon members should plan to participate in our schools' annual event, so mark your calendars and invite friends and relatives to attend.

**Bartley TaeKwon-Do 2012**

**Saturday Jan 14, Vermilion, Alberta**

**Dual Dragons TKD 2012**

**Saturday Jan 28, Stettler,**

## CLASS SCHEDULE

**Children ( K to Gr.2 )** 1 or 2 / week or unlimited  
 Mon.5:30 Tue.5:00 Wed.6:00 Thur.4:30 Sat. 9:30  
**Junior ( Gr.3 to Gr.5 )** 1 or 2 / week or unlimited  
 Mon.6:00 Tue.4:30 Wed.5:00/30 Thur.5:00 Sat.10:00/30  
**Youth ( Gr.6 to Gr.8 )** min. 2 / week or unlimited  
 Mon.5:00+7:00 Wed 7:00 Sat.12:00  
**High School & Adult ( Gr.9 & Up )** min. 2 / week  
 Mon.7:00 Wed.7:00 Sat.12:00 Sun.12:30  
**Executive Class ( 35 + Up )** Mon.6:30  
**BELT-SPECIFIC CURRICULUM CLASSES:**  
**Jun. Level J6 to Jun. Green-Belt J4** Wed.5:30 Sat.10:30  
**White, Yellow-B, Green-Str.** Tue.5:30 Thur.6:00 Sat.11:30  
Gr.6 & older  
**Green-Belt + Blue-Stripe** Tue.6:00 Thur.5:30 Sat.11:00  
**Blue-Belt + Red-Stripe** Tue.7:00 Thur.7:00 Sat.12:00  
**Red-Belt to Black-Stripe** Tue.7:00 Thur.7:00 Sat.12:00  
**BLACK-BELT CLASS** Tue + Thur 7:00 to 8:45pm  
**Family Class:** Wed. 6:30pm  
minimum: one child & one parent must attend together  
**OPEN GYM** Sundays 12:30pm Children under 8 must have a parent with them. Attend with a partner.

### TaeKwon-Do Instructors + BLACK-BELTS

- |                       |          |
|-----------------------|----------|
| Ellen Belton - 1      | 934-4511 |
| Claire Card - 1       | 664-2540 |
| Liam Fish - 1         | 668-6867 |
| Mike Frank - 3        | 384-2651 |
| Mitchell Frank - 2    | 381-8035 |
| Craig Frank - 1       | 384-2651 |
| Palmer Hinther - 1    | 477-2725 |
| Daniel Holtzman - 1   | 220-3409 |
| Keenan Johnstone - 1  | 668-6138 |
| David Kopperud - 4    | 229-6640 |
| Todd McCorriston - 1  | 299-9961 |
| Duane Olson - 1       | 665-0680 |
| Brett Paulson - 3     | 373-5505 |
| Josh Reddekopp - 1    | 270-1250 |
| Pat Richter - 2       | 931-4922 |
| Sandra Richter - 2    | 931-4922 |
| Ashton Richter - 1    | 931-4922 |
| Ryan Rowswell - 1     | 664-2540 |
| Vince Russell - 3     | 668-8416 |
| Reid Sneddon - 1      | 933-9707 |
| Derek Visvanathan - 3 | 933-0274 |
| Stephanie Weeks - 1   | 221-5752 |

To arrange a private class or tutorial, please feel free to contact one of the instructors listed above.

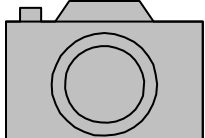
Yes, we are now on

## facebook

search:  
**Kopperud TaeKwon-Do**  
 and become a "friend"

Search:  
**Unified TaeKwon-Do**  
 Black-Belts accepted  
 as "friends"

**New Friday Sparring Class**  
 for all Youth & Adult Color-Belts  
 Yellow-Belt to Black-Belt  
**Fridays 7:00PM**



**SMILE**  
 Time for Pictures!  
 Individual + Class Photos  
 will be taken during classes  
**March 4 to 10**

**BRING-A-FRIEND TO CLASS WEEK!**

Sun. **Jan. 15** - to - Sat. **Jan. 21**  
**ALL** members, children, juniors, youth & adults, please bring one or more friends (potential member) with you to your classes.

**Prizes!** **Treats!**

TaeKwon-Do classes will not be held on the **FAMILY DAY WEEKEND** **Feb. 18-19-20**

**FEBRUARY BREAK SCHEDULE CHANGE**  
**Feb. 21 - 22 - 23**  
**ALL Children + Juniors 6:00pm**  
**ALL Youth + Adults 7:00pm**  
**Regular Schedule Sat. Feb. 25**

**RANK EXAMINATIONS**  
 during classes : **March 22 + 24 and March 26 - 27 - 28**  
**ALL Children + Junior members will be tested**, in pairs or small groups, during their regularly scheduled classes throughout the March 22 to March 28 exam days. - If you are not able to attend during your regular day/time, please feel free to take your examination during one of the other **child** or **junior** classes during exam days. - Regular classes are held during examinations. - Please bring your completed examination form and exam fee with you on your exam day. - Parents and invited guests are welcome to watch the examinations. Video-Taping and Photographs are fine. - Stripes and Belts will be awarded right after the exams. - Certificates will be presented during regular classes following exam week  
**Youth + Adult members** who are ready to test, may take their rank exam during any **youth/adult** or **Belt-Specific** class **March 22 + 24 and 26 - 27 - 28**

**2011 Revenue Canada Fitness Tax Receipts**  
 available on request - please slip note under office door by Feb 29 - receipts will be posted

# BRING - A - FRIEND

## January 15 - 21

Kopperud TaeKwon-Do School  
2301 Faithfull Ave.  
Saskatoon, SK, S7K-1T9  
Tel. 934-7447

Bring friends with you to a special class this week. If they decide to join: WE WILL GIVE YOU **\$20.00 for each one !!!!**

\_\_\_\_\_

member name

\_\_\_\_\_

guest name

cut here

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