



# 2024 JANUARY BRISTOL NEWSLETTER



SUN	MON	TUE	WED	THU	FRI	SAT
<b>Self-Defense</b> <b>Pattern Sparring</b> <b>B-Kick B-Hand</b> <b>A-Basic B-Punch</b>	<b>1 SCHOOL CLOSED</b> <b>-New Year's Day-</b>	2	3	4	5	6
7	8	9	10	11	12	13
<b>KICKING / SPARRING WEEK (green st and up)</b>						
14	15	16	17	18	19	20
21	22	23	24	25	26	27
<b>KICKING / SPARRING WEEK (green st and up)</b>						
28	29	30	31	1	2	3 <b>127<sup>th</sup> Colour Belt Test</b>

## Thank YOU!

Dear Valued Members,

As we say farewell to 2023, we want to express our heartfelt thank you for your integral role in making this year a success at Dynamic Taekwondo. Your dedication and resilience have been truly inspiring, turning challenges into opportunities for growth. We're proud to see each student evolve into outstanding martial artist. Looking ahead to 2024, let's set new goals and work together to achieve them. Your success fuels our passion, and we're excited about the journey ahead. Thank you for being part of our Dynamic Taekwondo family. We're wishing you a new year filled with prosperity and exciting achievements.

With gratitude,



### SPARRING WEEK

(BELT LEVEL - GREEN ST. AND UP)

**#1 MON. JAN 8 - SAT. JAN 13**  
**#2 MON. JAN 22 - SAT. JAN 27**

**PLEASE ARRIVE 15 MINUTES EARLIER TO PUT ON YOUR SPARRING GEAR.**

### DYNAMIC TAEKWONDO NEW YEAR GOAL SETTING PROJECT!

- ✓ Set your new year goals **SMART** (Specific Measurable Active Reachable Timed)
- ✓ We will put the cards up on **display** to remind you and for accountability, until the end of January 2024. We will keep your card until the end of the year.
- ✓ **Keep on trying** to reach your goals.
- ✓ Prove to us that you've accomplished your goals.
- ✓ Get a certificate and an award if you achieve your goal! (Certificates and awards will be presented at our year-end party.)

### DYNAMIC TKD MARCH BREAK CAMP

March 11 - 15, 2024 (8:30am - 4pm)

**\$379 (+tax)**  
 Early Bird 10% Off Offer ends Jan 15, 2024

### TAEKWONDO P.A.DAY CAMP

6-12 Years Old

- Taekwondo
- Arts & Crafts
- Movie & Popcorn
- Pizza Party

Don't let P.A. Days be boring. Make them memorable with Dynamic TKD P.A. Day Camp!

**Full Day Camp**  
 8:30AM - 4 PM  
 EXTRA CARE IS AVAILABLE  
**\$ 89/DAY**

• FRI, SEP 22, 2023 (PDSB)  
 • FRI, OCT 6, 2023 (TDSB, PDSB)  
 • FRI, NOV 17, 2023 (TDSB)  
 • FRI, NOV 24, 2023 (PDSB)  
 • FRI, JAN 19, 2024 (TDSB)  
 • MON, JAN 22, 2024 (PDSB)  
 • FRI, FEB 16, 2024 (TDSB, PDSB)  
 • FRI, APR 19, 2024 (TDSB)  
 • FRI, MAY 17, 2024 (PDSB)

Registration at Front Desk  
[www.canadatkd.com](http://www.canadatkd.com)

**DUNDAS LOCATION**  
 1590 Dundas St. East, #206, Mississauga (905-277-5425)

In case of **HEAVY SNOW**, our school may **CLOSE** for safety reasons. Please stay informed by checking for updates on **FACEBOOK, INSTAGRAM, DYNAMIC TKD APP, and EMAIL.**