

Newsletter

SEPTEMBER 2023

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A Message from Pippa

Dear Parents and Students,

We wish to welcome you back to TKD at Pippa's gym after the long vacation.

We trust that everyone had a super and well deserved break and that we are all now ready to jump back into the school routines and extra curricular activities. With this in mind please be aware that we offer

TKD classes for your wards twice a week and it is very important that your child attends twice a week in order to make the necessary progress and achieve the best results in TKD. Our philosophy of discipline, achievement, success cannot be mastered without excellent attendance.

The term will start with Master Stephen for the first four weeks and Master Jeff will resume in October.

Please be sure you are on our TKD whatsapp platform and mailing list.



This is extremely imperative in order for us to communicate effectively with you and it makes life easier for us all.

Please read the correspondence that we send. We also wish to remind you that nannies and drivers are not permitted to wait in the private lounge area and this will be strictly enforced.

Should you have any questions or constructive feedback, please let us know, we are happy to help and we are receptive to helpful feedback.

We wish you and our wonderful students a very fit, fun and fabulous new TKD year with us.

GROOMING AND PUNCTUALITY

It is mandatory for Taekwondo students to wear a uniform and belt as part of Taekwondo dojang requirement. The uniform order form can be filled and submitted online or submitted at Pippa's front desk with payment. No jewelry should be worn in class. This means watches, bracelets and looped earrings are to be removed before entering the Studio. Kindly refer to the Uniform Order section on our website.

We kindly ask for students to be on TIME! This is all part of the discipline and helps to maintain the standard of Taekwondo we offer at Pippa's Gym. It is extremely disruptive for both students and teachers when a child is consistently late. Students more than 10 minutes late will not be allowed into the Studio. If you are going to be late, please let us know in advance and if you are going to miss class please call. Please note, a student who misses three classes in any one term without informing the MFDA/TKD Coordinator will be asked to reconsider their commitment to Taekwondo.

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A Word From Master Jeff



Dear Parents,

Last term was a fantastic moment for all of us. I am thrilled and highly inspired to have our students and new ones joining us for a new TKD year!

This term promises to be the best term.....and this is a brief synopsis of what we have planned for our students.....

1. In the first month, students will be taken through Taekwondo etiquette, agility drills and getting familiar with the Dojan, (training ground).
2. The second month has to do with shaping the students in discipline, Taekwondo techniques and self-defense.
3. At the end of the term, having mastered the various techniques which reflects in their way of life, graded exams will be conducted for belt promotion.

Please note that Master Stephen Amegashie (7th DAN Black Belt) will begin the term with our students and I will return to the Dojan in October.

Thank you Parents for your constant support and commitment to our Taekwondo Academy.

Best regards,
Master Jeff.

PAYMENTS & UNIFORM ORDERS

Deadline for payment of Term 1 fees and uniform order is SATURDAY, SEPTEMBER 30TH 2023.

After this date, a 15% penalty will be charged for all late payments and no uniform orders will be ordered after this date. Fees once paid are not refundable.

Parents should ensure their wards are always in the standard TKD regulatory uniform. Uniform order forms should be downloaded from the website and returned to the Front Office with full payment. Orders will be supplied within 3 working days when in stock.

NANNIES AND DRIVERS

Nannies and drivers are reminded NOT to sit in the lounge area of the Club. This is a private facility and accessible to members and parents only.

Nannies and drivers are asked to wait in their cars, at front reception, or at the health bar next to the gym. Please note the staircase and hallway is a NO WAITING ZONE FOR ALL.

TUMBLE TOTS

Do you have a toddler or know of a toddler between the ages of 1 & 3 years? Pippa's Health Centre offers a soft play activity every Monday, Wednesday and Friday morning from 10am to 12pm. A bonding time for children and parents where many budding ballerinas and martial artists began their path from Tumble Tots!

Please see our website for more information.

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Meet Our New MFDA/TKD Coordinator



Miss Ama Rastetter

Ama is a dedicated and dynamic professional with ample customer service experience, exceptional interpersonal skills, and a passion for community building.

Her experience thus far has allowed her to develop a valuable skill set centered on communication and accurately assessing customer needs. By leveraging her extensive sales knowledge and her dedication to delivering a tailored and positive customer experience, Ama has been able to foster professional relationships built on trust. She is thrilled to be joining the team as the new MFDA/TKD Coordinator! Pippa's Health Centre holds a special place in her heart, as it was not long ago that she was a dancer in the Academy herself.

In her free time you might find her by the beach with friends or in the Yoga classes offered at Pippa's!

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TAEKWONDO EXAMS AND OPEN HOUSE!

Term 1 exams will be scheduled for Monday 23rd October 2023 and Friday 27th October, 2023. We wish all our students the very best. Open House is on Monday 30th October 2023, we look forward to welcoming your families.

NOISE LEVEL INSIDE THE GYM

Students are required to conduct themselves in a cordial and disciplined manner both inside and outside the Studio. Therefore, noise levels are to be kept to the minimum as the Gym is a private facility and students are NOT allowed to use the gym equipment.

CHRISTMAS BREAK

The Academy will be breaking for the Christmas Holidays from Monday, 18th December, 2023 to Friday, 6th January, 2024. Classes will resume on Monday, 8th January, 2024.

VIRTUTORONLINE

Are you looking for professional online tutoring services for your child, or are you looking to learn or improve on a language? Then please check out VIRTUTORONLINE a new online tutoring agency on www.virtutoronline.com or email: support@virtutoronline.com

ADULT TAEKWONDO!

Adult Taekwondo training typically involves learning and practicing various techniques such as punches, kicks, blocks, and strikes, as well as forms (patterns) which are predetermined sequences of movements that simulate self-defense situations. These techniques are often practiced in a structured and disciplined manner.

In addition to the physical aspects, Taekwondo also emphasizes the development of mental attributes such as focus, discipline, respect, and self-control. It's not only a form of physical exercise but also a way to enhance one's overall well-being.

For adults, Taekwondo can offer a range of benefits including improved fitness, increased flexibility, stress relief, enhanced self-confidence, and the opportunity to learn practical self-defense skills. Many adults also find that practicing Taekwondo provides a unique way to stay active, challenge themselves, and continue their personal growth.

There is a 10% discount for MFDA and TKD Parents.