



TAEKWONDO NEWSLETTER DEC 2017

PIPPA'S TAEKWONDO ACADEMY

A CHRISTMAS MESSAGE FROM MRS. PHILIPPA PEPERA

Dear Parents and TKD Students,

On behalf of all the team at Pippa's and MFDA we wish you a Very Happy, Healthy and Holy Holiday Season. We thank you for your continued support and loyalty throughout the year(s) and look forward to seeing you again in 2018. May we all be blessed with the peace, joy and love of the holiday season now and always.

The code of conduct is attached and I would like to also emphasize how important it is to be on time for class. It is all part of the discipline and philosophy that we must learn to cultivate in our children.

Should you have any concerns or suggestions please contact us on mfdaordinator@gmail.com or pippa@pippasfitness.com.

Alternatively, kindly call us on **030 222 4488**.

PAYMENTS

Term 2 invoices have been sent via e-mail. The deadline for payment of fees is **SATURDAY, 20TH JANUARY, 2018. After this date, a 15% penalty will be charged for all late payments. Fees once paid are not refundable.**

HEALTH & SAFETY ISSUES

All students are to sanitize their hands before entering the studio using the hand sanitizing facilities that have been provided outside the studio and at front reception.

No mobile phones should be left in student bags. The Club will not be responsible for lost or stolen property.

CONGRATULATIONS, FIGHTERS!

We would like to congratulate all our students on the successful end of their examinations as well as their promotions to higher levels! We are so very proud of you all!

SPECIAL POINTS OF INTEREST:

- Payments
- Nannies and Drivers
- Congratulation, Fighters!
- Punctuality
- TKD Uniform Orders
- Christmas Break
- Pippa's Health Bar.
- REFER TO WEBSITE!!!
- Health & Safety Issues
- Pippa's One Year Membership Promotion
- Tumble Tots
- Rules and Regulations



PIPPA'S
Health Centre Limited

THE FITNESS PROFESSIONALS

NANNIES AND DRIVERS

Nannies and drivers are **not permitted** 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 the front reception, or the bleachers opposite the gym. Please note the staircase and hallway is a **NO WAITING ZONE FOR ALL**.

TKD UNIFORM ORDERS

Parents should ensure that their wards are always in the standard TKD regulatory uniform.

All TKD uniforms can be purchased from the Front Office. TKD uniform order forms should be downloaded from the website and returned to the Front Office. All uniforms ordered can be picked up within two working days. If we do not have your item in stock we will be happy to order for you. Please note the deadline for ordering is **Saturday, January 20th 2018.**

After this date we will not order any last minute uniforms. All students who are not in the correct uniform will not be permitted to enter the class after the first order has arrived. All Parents please take note: **No shoes are to be worn inside the TKD studio.**

CHRISTMAS BREAK

The Academy will be going on a break for the Christmas Holidays from **Saturday, 16th December, 2017 to Sunday, 7th January, 2018.** Classes will resume on **Monday, 8th January, 2018.**

PIPPA'S ONE YEAR MEMBERSHIP PROMOTION

Our best promo of the year is here again! Buy a One Year Membership for the discounted price of **GHC 3.990.00** and you will also receive a free pair of ankle weights or a fitness ball as well as a free 15 minute Shiatsu massage!

SIGN UP AT THE FRONT OFFICE TODAY

PUNCTUALITY

We kindly ask that you are on TIME! Students who are more than **10 minutes late will not be allowed** into the class. If you are going to be late, please let us know in advance and if you are going to miss class please call.

A student who misses three classes without informing the **FRONT RECEPTION** will be asked to reconsider their commitment to the academy.

Parents should also ensure that their wards are picked up ON TIME.

PIPPA'S HEALTH BAR

Have you visited our Health Bar yet?

Pippa's Health Bar is open to parents and students and has a nice variety of snacks and drinks available. The menu has been selected with consideration being given to low sugar and fresh produce. This is a great opportunity to introduce your children to healthier options of snacks and drinks. **Try a treat today!!!**

REFER TO WEBSITE !

Parents should refer to the website for all TKD news. All newsletters, timetables, calendars, rules of conduct and information letters will be placed on the website. It is therefore your responsibility to check the website regularly for our all our updates.

TUMBLE TOTS

Pippa's Health Centre offers a soft play activity every Monday, Wednesday and Friday morning from 10am to 12pm for children between the ages of 1 & 3. Please see our website for more information.

RECYCLING AT PIPPA'S

You can now deposit all your plastic bottles and containers in the recycling bin located across the street from our facility and help preserve our environment!



RULES AND REGULATIONS

- All students must report promptly to the front reception before joining the class.
- Bow as soon as you enter the Dojo (training grounds).
- Bow to Instructors and Seniors before you.
- Be punctual and focused.
- Be in the required Dobok (uniform).
- No jewelry.
- Finger and toe nails must be short always to avoid injuries.
- Misbehavior in the Dojo will not be tolerated.
- Avoid the use of drugs before, during and after training sessions.
- Alcoholism and the use of narcotics will result in suspension and in an extreme case outright dismissal.
- No teasing and distractive movements during training sessions.
- Report every injury to the Instructor before and after training sessions.
- Avoid anti-code vices like anger, retaliation and provocations at the Dojo (training ground) always.
- Bow to the instructors and seniors even outside the Dojo.
- Food is not permitted inside the Dojo.
- Under no circumstances should any trainee engage his/herself in fighting.
- Show respect to each other, wherever you meet.
- Stealing in and outside the Dojo will result in outright dismissal.
- Any form of misconduct by a fellow trainee should be reported to the Instructor immediately.
- A trainee may undertake grading (promotion exams) every three (3) months only if approved by the Instructor.

