



# The Olympian Newsletter

March 2006

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## Our Commitment To Our Customers

Thanks for choosing Olympian Martial Arts Studio as the martial arts club for you and your family. We strive to serve your needs through excellence, professionalism, ongoing dialogue and interaction to maximize the quality of service we offer to you.

Our newsletter is designed to keep you up-to-date on what is happening in the club. This however, is just one of the many ways we communicate with you. Our interaction with you will be reinforced through regular meetings, memo and electronic communication.

Please be reminded that if you have any comments or suggestions we would like to hear from you. Also, if there is something we are doing well, please let us know. We continue to look for ways to serve you better and in so doing making this commitment.....  
**"Your Goal is Our Goal".**

The Olympian Martial Arts Team!

## March Break is Here...



**March is here and we look forward to Spring.** In addition to the change in weather, we are also looking forward to some new and exciting activities. What better time to introduce activities that will foster a positive and stimulating environment. With this in mind, we are implementing programs/activities that will assist in maximizing our students' performance and achievements.

The following are some projects that will be introduced over the next few weeks:

- ✓ Star Search Program – Little Olympians (ages 4 – 7 years old)
- ✓ Black Belt Leadership Program – (Black Belt)
- ✓ Students In Motion – (White – Green Belt)
- ✓ \*Gold Membership – (Green Belt & up)
- ✓ Instructional Video Tapes and Reference Material
- ✓ Customer Survey and Feedback Questionnaire
- ✓ Cold Beverage Machine

\*Currently offered

## Promotion Test Tips

Taking any test can be nerve-wracking, this is why it is important to prepare for your test. Here are some tips to help you get ready:

**Do Not Ignore Mistakes...**If you make a mistake during your test or at a tournament, stop immediately and acknowledge to the instructors/judges that you have made a mistake and would like to start again. If you don't acknowledge your mistake, it will appear that you don't know your technique. Regain your focus, start your routine again and give a performance worthy of spectator applause !! **(NOTE:** When you make a mistake and you stop, stand in the "At Ease Position")

**Kiap Loud...**When doing your technique always remember to kiap loud. Even if you've made an error it shows confidence.

## Student Of The Month Award

The **Student of The Month** for February 2006 is: Sumyukthaa Thillairajan



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Canada won 24 medals at the winter games in Torino, Italy.

Way to go Canada!

You haven't failed until you give up.

*unknown*

We apologize for any errors or omissions.

## March Break - Movie Night



We are hosting a movie night on **Friday, March 17th @ 6:30 p.m.** All students and parents are invited to attend. So sit back, relax, munch on some tasty treats and enjoy our feature presentation. Tickets are on Sale Now - \$2.00 per person.

## Our Programs

**REMINDER!** We have other programs/services in addition to taekwondo. Here are the additional programs/services we offer:

- **Kicks for Chicks** – A women fitness and self defense program
- **Kick Boxing** – Helps to improve your flexibility, increase muscle strength, firm up and stay fit.
- **Birthday Party** – Hosting a birthday party? Visit the office to find out how you can use the gym.

If you require more information about our programs, please visit the office or our website at [www.olympianmartialarts.com/programs.html](http://www.olympianmartialarts.com/programs.html)

## Microsoft Word Tip !

Most people use Microsoft Word for the majority of their word processing needs. It's perhaps the most regularly used product on the market, however, there are many features that are overlooked.

If you frequently send out copies of a letter and want to make sure the date on the letter is always current, you can insert the date as a field that will update automatically every time you open the document. This can be particularly helpful as you never have to worry that the date is incorrect or spend time entering the date.

To insert a date field in your document, follow these steps:

1. Position the cursor where you would like to place the date field
2. From the "Insert" menu, select "Date and Time..."
3. Under the Available Formats: select the date format that you wish to use
4. Place a check mark in "Update Automatically"
5. Click "OK"

The date field will be inserted in the format you selected. Each time you open the document or use the F9 key to update fields, the date will be updated.

This tip is compliments of **Lirva Productions** a virtual office support company offering web design and desktop services to businesses. Check out their website at: [www.lirvaproductions.com](http://www.lirvaproductions.com) or send them an email: [virtualofficesupport@lirvaproductions.com](mailto:virtualofficesupport@lirvaproductions.com)

## Did You Know ?



The average temperature in Antarctica is 40 degrees below zero (-40) and that's in the summertime.



## Closure

- ◆ Good Friday                      April 14, 2006
- ◆ Easter Monday                    April 17, 2006