



Sparks Tae Kwon Do Constance Bay

Competitive spirit

Spring is tournament season and this year, there are two tournaments you can participate in close to home. Try to compete in as many tournaments as you can. By the time you present yourself for your black belt test, you should have competed in approximately 10 tournaments.

Everyone in the club can compete. When you arrive at the tournament, you will be placed into a division with people who are the same age and belt rank as you.

The Wing Hon Fu Tournament is a friendship tournament held each spring. The judges will allow little or no contact in the sparring ring and everyone usually receives a medal. This is an ideal tournament to participate in, especially if it is one of your first competitive experiences.



Winning Circle is hosting the Pan Am Cup this year. Martial artists from all over Canada, the US, Caribbean and Latin America attend. The Pan Am Cup is held in a different city each year. We are lucky to have the tournament in our region this year, so please participate if you can. This is a good opportunity to compete against world class martial artists.

Tournaments provide a good chance for you to meet martial artists from other clubs. While you wait your turn to enter the ring, watch your competitors. This is a great

chance to learn new techniques you can use to improve your own performance.

When you compete, you represent yourself and your club. Remember to respect your judges, referees

and competitors, and to demonstrate good sportsmanship. Bow to the

judges every time you enter a ring. Never turn your back on them, even if you have to walk out of the ring backward. Respect the decision of the judges, whether or not you agree with results of a sparring match or patterns competition. If you have any concerns, discuss them privately with Sabuhmnim. If you challenge the decisions of the judges you could be perceived as a poor loser and asked to leave the tournament.

Whether or not you are awarded a medal, you can be proud you participated and gained experience. Enjoy the tournaments, perform your best and most of all, have fun.

Wing Hon Fu Tournament

April 12, Aylmer, PQ

PanAm Cup 2003

3 May 2003 – 9 am

John G Mlacack Sports Centre
2500 Campeau Drive, Kanata

Web links

Winning Circle Tae Kwon Do

www.winningcircle.com

The official GTF web site

www.gtf.com

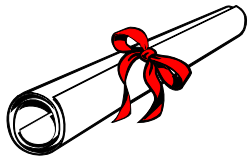


Please register for tournaments before the event. Ask Sabuhmnim for registration forms.

Volunteers needed

We will be helping Winning Circle to host the Pan Am Games. We need adult volunteers to act as timekeepers, scorers, to set up and tear down the gym. Please let Sabuhmnim know if you can help.

There will be a training session on Thursday May 1, at 7:30 at Winning Circle in Kanata for any black belts who are interested in working as judges or referees.



Promotions

Congratulations to the following students who were promoted to their next rank:

Kyle Boeyen – Black Stripe I
Coral Byers – Black Stripe I
Sarah Mokros – Black Stripe I
Andrew Watters – Black Stripe I
Matthew Plescia – Red Stripe
Ben Irwin – Blue Stripe
Samantha Parks – Blue Stripe
Sebastien Soroka- Blue Stripe

Testing

The next test will be held on **Saturday 5 April 2003**. The test scheduled for 12 April 2003 is cancelled in order to give everyone a chance to participate in the Wing Hon Fu Tournament in Aylmer.

Do you have artistic flair?

The Community Centre has given us a showcase in the main lobby. If you have Tae Kwon Do memorabilia or photos we could use in a display, please bring them to class.

We are looking for creative talent to help design and maintain the showcase. Please let Sabuhmnim know if you can help.

Korean renaissance

After the Hwarang Youth Group helped the Silla Dynasty unite the three Kingdoms in the 7th Century, Korea experienced a renaissance. Korea developed into a more prosperous country to live. From the 7th to the 10th Century, art gained in popularity and education was improved. Many Buddhist monasteries were built.

The practices of the Hwarang Youth Group were influenced by another Korean martial art called taekkyon. Taekkyon includes many circular kicks, something Tae Kwon Do is still known for today.

This early form of Tae Kwon Do became very popular. Students studied Tae Kwon Do in schools that were built in the mountains to teach the martial art. Demonstrations were given regularly and often performed at festivals and for special occasions.

The martial art that combined Hwarang and taekkyon techniques was neither a Silla, nor Koguryo, nor Paekche martial art. It was a new, Korean martial art.

