



Newsletter #13
August 2008

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Welcome to the twenty new and returning students who have joined us in the past three months.

Though many people take time off in the summer, Taekwon-Do classes run all year round. Here's a brief look at what our students have been up to in the past few months.

Accomplishments

March

In March, Kyosonhim Brost and Kyosonhim Henderson went to Toronto to test for their Third Dan Black Belts with the president of the GTF Canada, Master Pallela. Both were promoted to their Third Dan rank immediately after completing their test. Congratulations!



Ten students competed and medaled at the Master of the Arts tournament in Toronto on March 6.

April

Thirty of our students participated in an intensive full-day training seminar hosted by Master Fu.

May

Fifteen of our students participated in a full-day

weapons-training seminar, and learned to use a bow staff and escrima (Kali stick fighting)

July

Five of our students competed at the GTF World Cup in July, and brought home eight medals, including the men's blue belt sparring gold medal!

Congratulations to all and especially to Mick Weston for his 1st place GTF World Championship ranking!

August

Kyosonhim Anne Mokros conducted two martial arts workshops at the WCSOPA Choose Your Own Adventure summer camps.

Back-to-school special

New members

New members who join Sparks TaeKwon-Do in September will receive a free three-month extension added to their annual membership.

Current members

Bring a friend. If you refer a friend or family member who joins by Sept 30th you will receive a one-month extension to your membership extension and a pair of tickets to a Senator's hockey game!

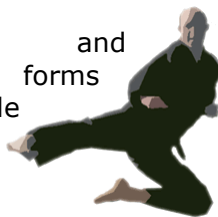
Gear

T-shirts, baseball caps and sparring gear can be purchased at the Dojang during class times.

Upcoming tournament

The Canadian-North American Friendship Tournament will be held on October 18 in Aylmer, Quebec. Everyone is welcome to attend.

Details and registration forms are available in class.



Gup ranks

All students work through the Gup or coloured belt ranks on their journey to becoming a black belt.

Each colour signifies a student's level of progression.

White signifies innocence or a new student who has no previous knowledge of Taekwon-Do.

Yellow signifies the earth from which a plant sprouts and takes root. It symbolizes the time when the student is learning the foundations of Taekwon-Do.

Green signifies the plant's growth. This is when the student's skills begin to develop.

Blue signifies the heavens, where the tree is headed as it matures.

Red signifies danger, cautioning the student to exercise self control, and warning the opponent to stay away. It is the last Gup rank.

The **Black** belt signifies maturity; it is also the beginning of a new journey. The student is awarded a first Dan, and can progress up to as high as ninth Dan.

Holidays

Classes run every Tuesday, Thursday and Saturday throughout the year; however, there are no classes on the Saturdays of long weekends:

August 30 – Labour Day
October 11– Thanksgiving

Olympics update

Canada's Karine Sergerie won the silver medal in the Women's Welter (57 to 67 kg) competition at the Olympics in Beijing this month.

She missed the gold medal by only one point, losing to a much larger competitor, and the reigning world champion, from South Korea.

Twenty-three-year-old Karine Sergerie, from Ste. Catherine, Quebec, won the 2007 world championships in the 63

kg weight class. In 2003, she won silver in the same event, and in 2005 she placed third in the 59 kg class.

This is Canada's second Olympic medal in Taekwon-Do and our first silver medal in Olympic history.

Taekwon-Do was introduced to the Olympics at the 2000 Sydney Games, where Dominique Bossart won the bronze medal for Canada.

If you watched Taekwon-Do events this month, you may have noticed the sparring is slightly different than the style we practise in class.

Members of the World Federation of Taekwon-Do (WTF) can participate in Olympic games.

Our federation, the Global Federation of Taekwon-Do (GTF), has different patterns and sparring styles. The most noticeable difference is that GTF sparring involves feet and hands. WTF members spar mostly with their feet.

Both federations originate from the same Korean-based martial art.

