

December 2010  
Number 21

Dates to  
Remember!!!

20 Nov 2010  
Master Fu's  
Friendship  
Tournament  
Aylmer

04 Dec 2010  
Constance Bay  
Christmas  
Parade

05 Dec 2010  
Sparks Family  
Christmas  
Party  
O'Brien's  
Theater  
Arnprior

11 Dec 2010  
Colour Belt  
Test



# Newsletter



## A busy calendar of events!

The months of November and December are going to be a busy time for our school. Not to mention that the excitement of Christmas is building! In between your planning for the holidays, you need to keep in mind some very important dates.

Our event schedule begins with **Master Wing Hon Fu's Friendship Tournament** being held in Aylmer Quebec on **November 20<sup>th</sup>**. This tournament is a great opportunity for you to get tournament experience as you consider your trip to the **WORLD Tae Kwon Do Championships** in Scotland in July. Also, you need at least 10 tournaments under your belt **BEFORE** you can test for your black belt... so don't leave it to the last minute!



The next exciting event is the annual **Constance Bay Christmas Parade**, which is being held on **Saturday December 4<sup>th</sup>**. Sparks Tae Kwon Do shows community spirit by participating in the parade often. Show your school spirit and come out to walk with us. Master Sparks will announce the details in class.



**The most exciting upcoming event is sure to be the annual Sparks Tae Kwon Do Family Christmas Party**, which is being held on **Sunday December 5<sup>th</sup>**. This year's party is being held at **O'Brien's Theatre in Arnprior starting at 0930**. Get your tickets soon for

your family and friends so we can celebrate the season together.

A colour belt test will be held at the Dojang on **Saturday December 11<sup>th</sup>**. Master Sparks will let you know if it is time for you to test again for your next belt level.

Finally, it is important for everyone to make a note that our **last class before Christmas** will be **Tuesday December 21<sup>st</sup>**. We will have a break for Christmas and New Year's. **Our first class back is Tuesday January 4<sup>th</sup> 2011**. Even in the excitement of Christmas it is a good idea to keep practicing so that you can start again in the New Year and not fall behind. The other advantage of practicing throughout the Christmas holiday is that it might just help us stay fit after all those holiday cookies, cakes and turkey!!

# Christmas in Korea

In Korea, Christmas (*Sung Tan Jul*) is celebrated by Christian families and is also a public holiday (even though Korea is officially Buddhist). Korea is the only East Asian country to recognize Christmas as a national holiday. Koreans celebrate Christmas similar to the way it's celebrated in the West, but since it's primarily a religious holiday in Korea, there is a lot less fanfare and presents. Some families do put up Christmas trees, people exchange presents, and stores do put up holiday decorations, but the festivities start much closer to Christmas day. Families may attend mass or a church service on Christmas Eve or Christmas day (or both), and caroling parties are popular for young Christians on Christmas Eve.

Grandpa Santa is popular with kids in Korea (*Santa Harabujee*) and he wears either a red or blue santa suit. Kids know him as a happy grandfather figure who gives out presents, and stores employ Santas to greet shoppers and hand out chocolate and candies. People in Korea usually exchange presents on Christmas Eve and instead of piles of presents, one present (or a gift of money) is customary.

Some families celebrate Christmas with meals and gatherings at homes, but Koreans also celebrate Christmas by going out. Restaurants are busy on Christmas and theme parks and shows have special Christmas events. Many younger people celebrate and party on Christmas with friends and spend New Year's Day with their families (the reverse to Christmas/New Year's in the West).

<http://koreanfood.about.com/od/holidaysandoccasions/a/Christmas.htm>

# Sparring Gear

Sparring is an important part of our curriculum where we get the opportunity to develop our skills. It is also a big part of any tournament participation. AND it is lot's of fun!!!

By the time you receive your green belt you should own your own set of sparring gear. Speak to Mrs. Sparks to order your gear .

### Prices for new equipment:

**gloves \$40**

**boots \$40**

**helmets \$40**

**shin pads \$40**

**Gear can also be purchased as a set for \$150.**

*Now is a good time to invest in a set of sparring gear, gloves, boots, helmet and shin pads!*

### Also Available:

**T-Shirts — \$10**

**Ball Caps — \$18**

**Equipment Bags - \$35**



### Class Times:

Tuesday Evenings		Thursday Evenings		Saturday Mornings	
6:15 PM	Little Dragons	6:15 PM	Little Dragons	9:00 AM	Little Dragons
7:00 PM	Juniors	7:00 PM	Juniors	9:45 AM	Juniors
7:45 PM	Intermediate	7:45 PM	Intermediate	10:30 AM	Intermediate
8:30 PM	Seniors	8:30 PM	Seniors	11:15 AM	Seniors
				12:00 PM	Advanced Skills Class

**Note:** Interested parents may attend the Little Dragon/Junior and Intermediate classes with their children; however, these earlier classes will be focused on the children's program. Those parent/members may also attend the Senior/Adult class for a "more intense" work-out and training.