



Sparks Tae Kwon Do Constance Bay

The Hwarang youth army

The earliest records of Martial Arts in Korea date back to about 50 B.C. The martial art depicted in early wall paintings from 2000 years ago was known as "Taek Kyon". At that time there were 3 different kingdoms fighting for control of the Korean peninsula: the Koguryo, the Paekje and the Silla kingdoms. Although the Silla kingdom was the smallest, it emerged as a power in the 4th century because of its strong military leadership and the intense loyalty of its tribal clans. Silla successfully unified the three kingdoms after winning the war with Paekje in 668 A.D. and Koguryo in 670 A.D. Key to these victories were the Hwarang Do, an elite fighting corps made up of young noble men who were devoted to developing their minds and bodies to serve their homeland. The Hwarang Do studied martial arts, military strategy, philosophy, poetry and music. The best translation for Hwarang Do is "flowering youth" (Hwa = "flower", Rang = "young man"). The Hwarang Do became legendary...they were fierce warriors but they adhered to a strict honour code that today forms the basis for the oath and tenets that we follow in Tae Kwon Do.

Class cancellation

There will be no class on Saturday 1 March 2003, during the Constance Bay annual winter carnival. The community center needs the entire facility for carnival activities.

Classes resume Tuesday 4 March 2003.

Fortunately, many students will be testing and this will not disrupt their training.



Tournaments

Wing Hon-Fu Friendship Tournament
Aylmer, PQ – April 2003

Pan-Am GTF Championship
Kanata – 3 May 2003

Please plan to participate in as many tournaments you can. Tournaments are a great way to meet other martial artists, develop confidence and have fun.

You are expected to have substantial tournament experience when you present yourself for black belt testing. The best time to start competing in tournaments is now.

When you compete in a tournament, you represent yourself, your Master and the entire Sparks Tae Kwon Do team. Do the best you can; we will be proud of you for participating as a member of our team. Remember to respect your judges, even if you disagree with a decision. Demonstrating respect and self-control are as important as performing kicks and punches with power and precision.





New members

Welcome back Lisa Peakes – red belt, after a 7 month break from martial arts training.

Welcome new members:

Tristain Lemaire
Alexandre Lemaire
Stephanie Torok
Pam Watson

Promotions

Congratulations to the following students who tested in January and were promoted to their next rank:

Joel Cockerill – yellow belt
Kaylyn Houston – red stripe
Mitchell Rowland – green stripe

Testing

Many students will be testing at Winning Circle in Kanata on March 1, 2003. Remember, all students must wear full dobok (uniform), including jacket. Green belt ranks and higher must bring sparring gear.

All test and registration fees must be paid by Tuesday 25 February 2003. Please make sure you submit your completed test sheet and payment on time or you will not be allowed to test.

Used equipment exchange

All students must own their own set of sparring gear once they have achieved the rank of green belt. Contact Sabuhmnim if you wish to purchase new gear.

Many of you may have extra uniforms and equipment you are no longer using. We will try to facilitate a used equipment exchange. If you have any sparring gear or uniforms you would like to pass on to another student, please put your name, contact number and a description of the items you have on the Equipment Exchange list. The list will be available in the Dojang during class times.

Membership Renewal

Sabuhmnim will contact you before your membership renewal comes due. Because the club is now operating under a different name, you must sign a new agreement. It is important that the new membership agreement is signed on time, so please do not delay in renewing your membership.

Korean lesson

Uniform	Dobok
Training Hall	Dojang
Pattern	Tul
Attention	Cha Ryot
Bow	Kyong Ye
Ready	Joon-bi
Return to starting position	Baro
Start	Shi Jak
Stop	Goman
At ease	Sheoh

