



Newsletter #5  
February 2006

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### Calendar

March 9  
Test

March 18  
Seminar  
Open to all ranks  
Aylmer, Quebec

April 20  
Test

April 29  
Wing Hon Fu Friendship  
Tournament  
Aylmer, Quebec

### Event Raises \$4,000 for MADD

Several months ago, Melissa Demers – Director of the West Carleton School of the Performing Arts – invited Sparks TaeKwon-Do to help WCSOPA organize a fundraising event.

Over 1,000 people joined us at the Community Centre on February 12 to watch dance and martial arts demonstrations and participate in the silent auction. I'm pleased to announce that we raised a total of \$4,000!

Congratulations and thank you to everyone who helped, participated and came out to support the fundraiser for Mothers Against Drinking and Driving (MADD).

Melissa Demers asked me to send a special thank you to everyone in our club who helped with the fundraiser. She was especially pleased with the students' enthusiasm and hard work.

Local media attended the event and approached me to find out more about our club. Please watch for articles about us in the local papers, such as The West Carleton Review and EMC.

Sabuhnim  
Mr. Ron Sparks

### Tenets and Oath

The *Do* in TaeKwon-Do literally means "the Art" or "the Way". It refers not only to the way in which we practise our martial art, but to the way in which we conduct ourselves everyday inside and outside of the Dojang.

The tenet and oath we recite today are derived from the code of honour followed by the Hwarang youth group, in the 7<sup>th</sup> Century AD.

This group helped the Silla Dynasty unite the three kingdoms of Korea. We honour these early martial artists when we perform the red belt pattern, Hwarang.

We remind ourselves and pledge our commitment to the *Do* at the beginning of each class when we recite the Tenets and Oath of TaeKwon-Do.



When we recite the oath, we promise to honour and respect our seniors. We demonstrate this when we bow to senior ranks and always respond with, a yes or no sir.

We never use our knowledge of kicking and punching for our own gain; only to defend

ourselves or others. We vow to stand up for what we believe in – peace and justice.

Expert martial artists execute kicks and punches with precision. They also demonstrate their training in the way they behave and treat others. Years of practise and dedication affects our technique, attitude and our behaviour.

### **Tenets**

*Courtesy  
Integrity  
Perseverance  
Self-control  
Indomitable spirit*

### **Dragon Team**

I would like to organize a team of serious martial artists who will represent our school and participate in demos outside of class time, such as the demos we put together for the MADD fundraiser.



We will hold try-outs for anyone interested in joining our elite Dragon Team, starting the second week of March.

More details will be given in class.

### **New Members**

Please give a warm welcome to our new

members Anjali, Natasha & Laila Chander.

### **Sparring Gear**

There are many tournaments for you to compete in over the next few months. If you do not already own sparring gear, now is a good time to invest in a set.

Prices for new equipment are: gloves \$40, boots \$40, helmets \$50, shin pads \$30. Gear can also be purchased as a set.

By the time you receive your green belt you should own your own set of sparring gear.

### **First-Aid Training**

We will be offering first-aid training from St. John's Ambulance in the coming months.

Please sign up for the sessions you wish to take as soon as possible so the courses can be scheduled.

Students and family members are welcome to attend

The first course is a basic introduction to first-aid. All ages are welcome to attend this 4 – 6 hour seminar.

The St. John's Ambulance Standard Certification course includes 16 hours of class work followed by an exam. This class is

open to people 12 years of age and older.

### **Tournaments**

March 4  
ITF Eastern Canadian Championships  
Trois Rivières, Quebec

March 18  
Seminar  
Open to all ranks  
Aylmer, Quebec

March 25  
Master of the Arts Tournament  
Humber College, Toronto

April 29  
Wing Hon Fu Friendship Tournament  
Aylmer, Quebec

May 6  
Florin's Invitational Tournament  
Barrie, Ontario

May 17 - 23  
GTF World Championships  
Sardinia, Italy

June 3  
Sparks TaeKwon-Do Friendship Tournament  
West Carleton, Ontario

August 2006  
World TaeKwon-Do Alliance Tournament  
Puerto Rico

October 14  
North American TaeKwon-Do Championships  
Aylmer, Ontario

