



Sparks Tae Kwon Do Constance Bay

Our tenth anniversary year

Happy New Year students! We had a very successful year in 2003 and are looking forward to another exciting year – the tenth anniversary for our club – in 2004.

In January 2003, I began running Sparks Tae Kwon Do – Constance Bay as an independent club. We maintained our affiliation with the Global Tae Kwon Do Federation (GTF) and with Winning Circle Martial Arts. These affiliations provide our club and students with many benefits.

Master Ah-Yuen and I test all students for their next rank at the Winning Circle Do-Jang. Master Ah-Yuen is World Champion martial artist and the past coach of the Canadian National Team. As you are all aware, he pays close attention to the details of each student's technique. It is considered more objective to be tested by a martial artist that is not your regular coach. I ask students to present themselves for testing only when they are confident with their material. Every student can be proud of the colour of their belt, knowing they have truly earned their rank.

Our students are affiliated with the GTF. Wherever you go in the world, your rank will be recognized by other GTF schools.

In our first year as Sparks Tae Kwon Do Constance Bay, we held a successful demonstration in June for family and friends; enjoyed a house warming barbeque at my home in September; played games

and carved pumpkins at our Hallowe'en costume party. We held the family Christmas party with Winning Circle, enjoying pizza, candy and prizes before watching the movie, Elf at the Kanata AMC theatre. The family Christmas party is a tradition we have enjoyed with Winning Circle every December for many years.

Last year, we started publishing a web site and regular newsletters for our club.

I began teaching Tae Kwon Do in Constance Bay in September 1994, so this is the tenth anniversary of our club. We will celebrate the hard work and dedication of our students throughout the year. It is fun to get together for extra activities, tournaments and demonstrations but the club's success is largely due to the commitment of students who attend classes regularly and work hard to improve their skills on their road to becoming a black belt.

Thank you for your support over the past ten years. I encourage you to continue to train hard and enjoy Tae Kwon Do.

Ron Sparks, Sabuhmnim



Sparks Tae Kwon Do – Constance Bay

New skills class

We have started a new, special skills class every Saturday at noon. All students are welcome to participate.

Each week we will focus on a particular skill. Some weeks we will spar; other weeks we will work on specific kicks, drills or patterns. This will give students an opportunity to improve their technique in all aspects of Tae Kwon Do.

From time to time we will have guest trainers who will lead the skills sessions. Please join us as often as you can.

Class cancellation

There will be no classes on Saturday, February 21, 2004 during the Community Centre's annual winter carnival.



Tournaments

International Tae Kwon Do Federation (ITF) National Capital Cup

Hosted by Demers Tae Kwon Do
7 February 2004

Beatrice des Loges High School
1999 Province Ave. Orleans.

\$40 per competitor Pre-registration only -
by January 24th latest!

Pan-Am Championships.

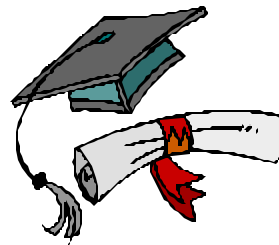
Hosted by Winning Circle

1 May 2004

Many international teams will be participating.

Promotions

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



In November 2003

David Cann – Blue Stripe
Alexandre Lemaire – Yellow Stripe
Samantha Park – Blue Belt
Stephanie Torok – Green Stripe

In December 2003

Joel Cockerill – Blue Stripe
Derek Hille – Red Belt
Madeline Hille – Red Belt
Katie Owens – Red Stripe
Pam Watson – Green Stripe

Testing

The next test is scheduled for January 31, 2004 at Winning Circle, in Kanata.

Welcome new members

We would like to extend a big welcome to the four new members that joined us in November:

Jessica Erickson
Jordan Erickson
Jeremy Kingsbury
Sarah Spears

We are pleased to welcome back two returning students Nick Lyon and Kaylyn Houston.