



Newsletter #4
January 2006

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Calendar

January 26
Test

February 12
MADD Charity Event

Happy New Year

We had a very successful year in 2005 and are looking forward to another equally busy and exciting year in TaeKwon-Do.

Our annual Christmas party held at the Kanata AMC theatre was a great success, with more than 150 students, family & friends attending.

Also in December, we entered a decorated float and participated in the Constance Bay Santa Claus parade.

Thank you for your participation in this season's events. I am looking forward to continuing our martial arts training and participating in all the activities we have planned for 2006!

Sabuhmnim
Mr. Ron Sparks

Sparring Gear

Sabuhmnim has new and gently used sparring gear for sale.

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.

February Charity Event

On Sunday, February 12, 2006, we will be partnering with the West Carleton School of Performing Arts to help raise money for MADD – Mothers Against Drinking and Driving.

We will be performing pattern demonstrations, sparring, board-breaking and a workshop on self-defence.

The event will be held at the Community Centre.

Everyone is asked to participate. Volunteers are also needed. Look for a special newsletter about the event soon.

New Members

Welcome new members, Ben Loucks and Julie Dey, who recently joined our Club.

Tournaments

We have been invited to many tournaments in 2006. Students are welcome to attend and participate in any of the following tournaments.

Because Master Fu's tournaments are within an easy drive from West Carleton, everyone is asked to participate. Classes are usually cancelled the days of Mater Fu's tournaments.

We will be hosting a tournament on June 3. All students are requested to participate. If you wish to volunteer, please speak with Sabuhmnim.

March 4
ITF Eastern Canadian
Championships
Trois Rivières, 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



Advanced Training

We have been invited to an advanced training seminar. These sessions give students a chance to meet other martial artists and learn new drills.

Seminars are taught by a variety of high ranking black belts, last a full day and include intensive training and cardio work.

March 18
Open to all ranks
Aylmer, Quebec



First-Aid Training

We will be hosting first-aid training from St. John's Ambulance for students and family members.

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

We will also offer the St. John's Ambulance Standard Certification course. It includes 16 hours of class work followed by an exam. This class is open to people 12 years of age and older.

Please let Sabuhmnim know if you are interested in either of these classes.

Promotions

In December, 22 students tested and were promoted to their next rank. Congratulations all!

The next test is scheduled for Thursday 26 January.

The Origins of TaeKwon-Do

TaeKwon-Do originates from the fighting techniques created as far back as 37 B.C., when Korea was ruled by the Silla, Koguryo and Paek-je Kingdoms. These ancient styles were practiced for many centuries, but in the early 20th century when Korea was occupied by Japan, the traditional Korean martial arts were banned.

In 1945, Korea was liberated from Japanese rule, and there was much interest in promoting sports, arts and culture native to Korea.

A group of Korean martial artists defined a set of standards and teaching methods based on martial arts techniques that were specifically Korean.

In 1955, they completed their discussions and announced the official Korean martial art of TaeKwon-Do. It is the official sport in Korea today, and the most widely practiced martial art in the world today.