



Newsletter #12
January 2008

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Dragon- Demo Team

The Dragon Demonstration Team trains with Kyosonym Brost every Saturday at noon. The team will be performing three demos in the upcoming months:

January 22 – Kinburn Brownies and Guides

February 8 and 9 – Constance and Buckham's Bay Winter Carnival

February 10 – Fundraiser with the West Carleton School of Performing Arts, to promote healthy and active living

If you have questions or are interested in joining the team, please contact Kyosonym Brost.

Watch the Demo Team

Come out and watch the Demo Team perform on Sunday February 10 from 1 – 4 pm at the February Showcase (Constance and Buckham's Bay Community Centre).

This year, the showcase is promoting healthy, active lifestyles. A \$2 donation is requested for admission. There will be a silent auction, dance demonstrations and healthy snacks at the canteen.

Annual Christmas Party

We had 120 people in attendance at our annual Christmas party on Saturday 8 December at Kanata AMC.

The Dragon Demo team entertained us with a wonderful set of kicks, punches & combinations, all set to music.

Adam GrosLouis, home for the holidays from college in Toronto, joined us for the celebration. Adam trained with the club for over 10 years before moving to Toronto.

Test Results

Congratulations to the 32 students who tested, and were promoted to their next Gup rank in December.

Tournament News

The Master of the Arts tournament will be held in Toronto on March 29, 2008.

The ITF Eastern Canada Championship will be held on April 12 and 13 2008 in Halifax.



New Members

We are happy to welcome the new club members who joined in January.

Welcome back, Dave Spears. We're glad you're training with us again.

New On the Web

If you haven't visited the GTF web site recently, take another look.

The updated site includes video clips of Grand Master Park Jung Tae and others performing kicks, punches, patterns, breaks, self-defence and sparring.

Our club's web site has a link to the GTF site, or you can go directly to www.gtftaekwondo.com



Sparring

Matsogi or Kyorugi (in Korean) is one of the activities we practise in taekwon-do.

Sparring simulates combat and helps us train in the event we need to defend ourselves or others.

It gives us a chance to apply the techniques of kicking, punching and combinations we practise.

When we practise a kick on a target, we know exactly where the target is, and we have time to set up our position and stance.

When we spar, we do not know what our opponent will do. Sparring requires us to act spontaneously.

Many of the drills we practise in class are exercises to improve our sparring technique.

By practising a drill many times, we commit the position and movement of our bodies to memory. We develop muscle memory so we can execute kicks, punches and combinations quickly and automatically in a sparring match.

When we spar, we learn to wait for the opening or target our opponent presents us. We have to act fast to make contact and score a point.

Sparring improves the speed and reaction time of our strikes and our blocks.



And it is great cardiovascular exercise. Of course, the better condition you are in, the easier it is to complete a match.

The more flexible you are, the easier it is to execute high kicks.

The more focused you are, the better able you are to recognize an opening and make contact.

The lighter on your feet you are, the easier it is to move into a position to strike, or move out of the way of a kick or punch.

We wear gear to protect ourselves and our opponents.

We bow to our judge or referee, and bow and shake hands with our opponent before and after each match to remind us that we are only simulating a fight, but that we need to practise self control to reduce injury.

We kick to the front of our opponent and above the belt. Hitting an opponent from behind will cause you to lose point. So will running away from an opponent because sparring isn't a fight; it's a demonstration of your abilities in martial arts and of your self control.

Sparring is a chance to take everything you learn in taekwon-do practice and put it to work. It provides many benefits but the number one reason we seem to want to spar in class is because it is so much fun.
