



Sparks Tae Kwon Do Constance Bay

Pan Am Cup changes

Master Eric Ah-Yuen has postponed the Pan Am Cup until the fall of 2003, due to current health risks regarding SARS.

Winning Circle will host a local tournament on Saturday 3 May. Only schools in Ottawa will be attending. The tournament will be held at 9 am at the Mlacak Centre, 2500 Campeau Drive in Kanata.

Master Eric Ah-Yuen has asked everyone to register before the tournament. The registration fee of \$35 will allow you to participate in both patterns and sparring competitions. Please pay by cash or cheque made payable to "Pan Am Cup". If you have already registered for the Pan Am Cup, you will be reimbursed for the outstanding amount.

The competition begins at 9 am and is expected to be finished by noon.

No classes will be held in Constance Bay on May 3. Please take this opportunity to participate in the tournament.

Do we have your email address?

From time to time there is club news such as schedule changes for tests and tournaments you need to know as soon as possible. If you would like to receive urgent news items and the newsletter by email, please send your name and email address to moka@annotations.ca.

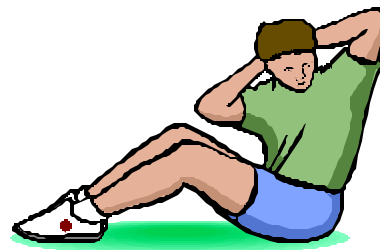
Cross-training

Cross training is a term for doing a variety of exercises to improve your health and your Tae Kwon Do. There are 3 types of exercises you need to do to improve your athletic ability and stay healthy and fit.

1. Endurance – running, swimming, biking, skating. These activities give your heart a good workout. If you do these aerobic exercises, you will be able to spar longer without getting tired.

2. Strength – lifting weights, push-ups, sit-ups, carrying wood. These activities will build stronger muscles so you can kick and punch targets harder.

3. Flexibility – yoga, stretching. These activities will increase your ability to execute kicks and punches with precision and power.



As you get closer to your black belt, you will want to start doing extra training to prepare for the test. If you are in good shape and have reviewed your material, you will enjoy demonstrating your abilities to your examiners. The black belt test can be a fun and rewarding experience. But you cannot cram for your black belt the night before the exam.



Because we only practice Tae Kwon Do together twice a week, you need to do other activities to stay fit. Try to do a variety of exercise to improve your endurance, strength and flexibility. You don't have to do all three each day.

Find activities that you like to do. If you need to increase the amount of exercise you get, add one activity at a time. Eventually, it will become a part of your regular routine.

You don't have to do a sport to get exercise. If you mow the lawn, walk the dog or bike to your friend's house, you are getting exercise.

Running

Your black belt test will begin with a long run. You may be asked to run as far as 10 km. To help you prepare for the test and enjoy running, we will start running together on Saturday mornings, beginning May 10.

If you want to join, meet at the Dojang at 9:30 am on Saturday morning. Wear

running shoes. You can wear shorts and a T-shirt. You will have time to change into your dobok before class. We will run together and return to the Dojang by 10:00. One of the black belt assistants will guide the runners.



Because many of us do not run long distances on a regular basis, we will begin slowly and work up to a 20 to 30 minute

run. The first day we will warm up by walking 5 minutes. We will run for 1 minute then walk for 1 minute 10 times for a total of 20 minutes. We will finish with a 5 minute cool down walk.

Bring an extra bottle of water to drink after the run so you don't dehydrate and can be ready to do class. And please ask your parents to come along and join you for a Saturday morning run!



Korean terms

At the beginning of each class we recite the student oath and the tenets of Tae Kwon Do. The tenets are the basic characteristics that a martial artist uses in the Dojang and in everyday life.

An oath and set of tenets have been part of Korean martial arts for centuries. Today's oath and tenets derive from the code of behaviour the Hwarang youth group followed, as long ago as the 7th Century.

The tenets are listed below in English and in Korean. Everyone memorizes the tenets early in their martial arts training, after reciting them in each class. It may be useful to learn the tenets in Korean.

Tenets of Tae Kwon Do

Courtesy	Ye Ui
Integrity	Yom Chi
Perseverance	In Nae
Self-Control	Guk Gi
Indomitable Spirit	Baekjul Boolgool

