



Newsletter #1  
June 2005

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### Events

June 4  
Aylmer Quebec  
Skills Seminar

June 11  
Demonstration  
Carp Farmers' Market  
No classes

July 2  
Canada Day  
No classes

### From Sabuhmnim

This year brings many exciting changes to our club.

In February, I was invited to participate in a 1 week International Instructors' seminar. I am proud to report that, at that event, I was awarded my 4<sup>th</sup> Dan by the President of the GTF. I am now "officially" certified as an International Examiner and Instructor for the Global Tae Kwon Do Federation (GTF).

This is the eleventh year I have taught Tae Kwon Do in Constance Bay, and for the past several years, we have been affiliated with Winning Circle in Kanata. Mr. Ah-Yuen of Winning Circle recently left the GTF; however, I wanted to maintain membership with the Federation so I decided to discontinue our loose affiliation with Winning Circle and to operate Sparks Tae Kwon Do independently.

Students will have noticed some recent changes in our club with our new operating structure.

Sparks Tae Kwon Do now has a distinct new logo. We have new uniforms featuring our new logo, and we have supplied all students with patches to sew over the logos of their old uniforms.

In addition, we introduced an improved and up-dated curriculum for the school. There are now a total of 15 ranks between white and black belt. Some new material has been added, including three new patterns in honour of Grand Master Park; however, seasoned students will still recognize the kicks, punches and Hyung patterns the club has practised for many years.

With this enhanced curriculum, some students may need to learn new material that is now part of a lower rank than they have obtained. No student will lose any rank they have already been awarded and each student will be given the time to learn any material that has been introduced to the curriculum.

Going forward, we will be conducting all promotional testing in Constance Bay. Tests will usually be held the third Thursday of each month.

Thank you for your enthusiasm and support for our new, independent club. Have a good summer,

*Sabuhmnim*  
*Mr. Ron Sparks*

## **New Members**

Welcome new members

Collen Languay  
Anna Gurr-Languay  
Austen Languay

Diane Gaudreau  
Michael Gaudreau  
Julie Gaudreau  
Daniel Gaudreau

## **New Logo**

The new logo was designed specifically for Sparks Tae Kwon Do and has special significance to our club in Constance Bay while it respects the Korean roots of the martial art we practise.

In the Orient, the pine tree is a symbol of longevity and wisdom. It is a major aspect of the landscape in Constance Bay and in the Ottawa Valley with its history of logging and the lumber industry.

The stylized pine tree is surrounded by a circular pattern that resembles the yin and yan symbol of the Orient.

The Canadian flag is our national symbol.

The Korean characters on the left of the logo translate to "honour" and on the right mean "strength of spirit". These are two principle characteristics we strive for in our martial art.

## **Skills Seminar**

Master Fu has invited us to participate in a skills seminar in Aylmer, on Saturday 4 June. Everyone is encouraged to attend.

Senior black belts from all over Canada will be leading skills sessions. This will give you an opportunity to learn new sparring techniques, self defence, improve patterns and practise new kicking drills.

## **Demonstration Carp Market**

We have been invited to demonstrate our skills at the Carp Market again this year. We will perform a demonstration at 10:30 and 11:30 on Saturday, June 11.

Everyone is invited to attend. There will be no classes in Constance Bay on that Saturday.



## **Promotions**

During promotional tests conducted March 24<sup>th</sup> and May 19<sup>th</sup>, 38 of our Gup rank (coloured belt) students advanced to their next level. Congratulations to all.

## **Masters' Tournament**

Toronto March 19

Congratulations to the following students who participated in the tournament.

Kyle Boeyen  
Adam GrosLouis  
Sarah Mokros  
Stephanie Torok

## **Master Fu's Tournament**

Aylmer, April 9

Thanks and congratulations to everyone who participated.

Our club was recognized as the "most supportive guest school". We were represented by a total of 32 student-competitors.

## **General Choi Memorial Cup. ITF Invitational**

Ottawa, May 14

Congratulations to Adam GrosLouis and Nick Lyon who, on very short notice, proudly represented us at this event.

## **Reminder**

Classes are held throughout the summer but are cancelled Saturdays of long weekends.

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