



Sparks Tae Kwon Do Constance Bay

1994 -2004

Charles Henderson awarded Second Dan

It is with great pleasure that I announce Mr. Charles Henderson received his Second Dan in October.



Many of you know Charles as our head assistant, Kyosonim Henderson. Charles started training with me as a white belt in 1995 and tested for his First Dan, black belt, in December 2000. He was one of the first students to join the club in Constance Bay and the first student to be awarded a black belt from our club.

Charles has coached for many years and provided judging at numerous tournaments. His commitment to Tae Kwon Do has been essential for us to meet the needs of our ever-growing membership and to build our club into the school it is today.

Congratulations and best wishes, Charles, as you begin training for your Third Dan.

Sabuhmnim, Ron Sparks

Events



November 20

- ☉ Test at Winning Circle
 - ☉ Women's self-defence course
- West Carleton School of Performing Arts

November 27

- ☉ Tournament
- St. Isidore's, Kanata
No classes

December 11

- ☉ Family Christmas party
- AMC Theatre, Kanata

December 18

- ☉ Test at Winning Circle

New classes!

We will be offering additional classes on Thursday evenings from 6:30 – 9:30 in the near future. A new schedule will be distributed soon.

Access to the community centre three times a week gives us the time we need to start a Dragon team for competitions and demonstrations. We will also offer specialty classes such as self-defence and advanced training in patterns, sparring and technique, first aid and coaching workshops. Watch for more announcements.

Farewell

Shawna Toonstra and Donovan Bougoin are moving to southern Ontario. We will miss their smiling faces and their enthusiasm but wish them all the best in their new home. Good luck with your career move, Shawna.

Promotions

Congratulations to the following students who tested recently:

Donovan Bourgoïn – Yellow belt
Charlee Heath – Yellow belt
Michael Heath – Yellow belt
Ryan Heath – Yellow belt
Troy Heath – Yellow belt
Jeremy Kingsbury – Yellow belt
Molly McCoy – Yellow belt
Shawna Toonstra – Yellow belt
Sarah Spears – Green stripe
Stephanie Torok – Blue stripe
Joel Cockerill – Blue belt
Madeline Hille – Black stripe I
Kyle Boeyen – Black stripe II
Jason Byers – Black stripe II
Charles Henderson – Second Dan

Competitions

Winning Circle is hosting a tournament for students from Sparks Tae Kwon Do and the Kanata and Manotick branches of Winning Circle on Saturday, November 27. All students are expected to attend; therefore, there will be no classes held on tournament day.

It is essential to gain tournament experience on the path to your black belt. You should have participated in about ten tournaments by the time you present yourself for your black belt examination.

Tournaments help develop confidence and give you an opportunity to spar with new competitors. Good luck to all!

Women's Self-Defence

Sabuhmnim will teach a women's self defence-course to students at the West Carleton School of Performing Arts, on November 20.

New members

We would like to extend a big welcome to the new members that joined us recently:

Melissa Demers
Kasha Gogolek
Aaron Lund
Thomas Murray
Meghan Pelley
Justin Pelley
Liam Pelley
Allison Shield
Brayden ten Holder
Rolland ten Holder
Collin Warnock



Welcome back Helen Cowtan, and congratulations to Helen and Peter on the birth of their son, Christopher.

Prizes for members

Our club is growing; thank you to everyone who has encouraged new members to join. With the addition of Thursday night classes, we can continue to welcome more members.

Please invite friends, family and neighbours to try classes with us. Each time you bring a friend who signs a year's membership, you receive a free month of classes, and you will be eligible to win a prize in the annual draw for sparring gear and free memberships.