



Newsletter #3
November 2005

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Calendar

November 26
Tournament, Toronto

December 3
Christmas Party
Kanata AMC Theatre

December 10
Constance Bay
Santa Claus Parade

December 22
Last class in 2005

January 3
First class in 2006

From Sabuhmnim

Step sparring is a very effective training method that helps us develop self defence technique, skill, speed and precision. Step sparring trains the body and mind through repetition and focusing on the principles of *action/reaction*.

We start slowly with pre-set attacks which will allow the defender to practise and perfect blocks and counter-attacks. As the attacker and defender become more comfortable, speed and power increases.

The technique should be practised at close quarters so that strikes, blocks and counter-attacks are performed as if a real confrontation were underway.

For each drill, the person who will execute the defensive sequence starts in the ready (choom-bi) position. The attacker also starts in choom-bi but, with a loud ki-yap, drops back to left low block, walking stance (right foot back).

Upon receiving the ready signal (usually a ki-yap from the defender), the attacker steps forward and delivers the punch or kick called for by the defender. After the defender has completed his/her manoeuvre, including a loud ki-yap on

the finishing blow, both participants return to choom-bi stance.

With practice, these defensive reaction techniques become instinctive and we are able to perform them without hesitation when the opportunity arises in a free sparring match, or if the need arises in a self-defence situation.

Sabuhmnim
Mr. Ron Sparks

A Great Season



We would like to extend a warm welcome to the 25 new members who joined our club in the past few months.

Remember, you will receive a month's extension on your membership for each person you refer to the club who takes-out a one year membership. Your name will also be entered in a draw to win prizes.

We have had a wonderful fall. With so many new members joining us we have added extra classes to accommodate our new numbers.

Several of our students participated in the North American Tae Kwon-Do

Championships, hosted by Master Fu in Aylmer, Quebec in October.

Our Halloween party was a great success and lots of fun.

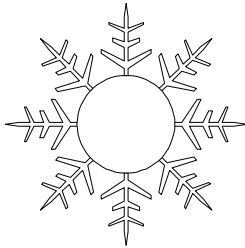
Tournament

Millennium TaeKwon-Do is hosting an Invitational Tournament in Toronto on November 26. Please see Sabuhmnim for details if you wish to compete.

Christmas Party

Our annual Family Christmas party will be held on December 3 at the Kanata AMC theatre. There will be games and treats before we watch the movie *Chicken Little*.

Bring a friend and your whole family. Tickets are available now from Sabuhmnim.



Santa Claus Parade

The annual Constance Bay Santa Claus parade will be held on Saturday, December 10.

Sparks TaeKwon-Do is entering a float in the parade. Please plan to participate with us!

Promotions

About 50 students have tested for their next rank this fall. Congratulations everyone! The following students tested on November 3:

Yellow Stripe I

Laura Ault
Issac Ault
Brandon Bedard
Matthew Bell
Kascia Gogolek
Jordan Lowden
Haley Lowden
Daniel Lowden
Thomas Murray
Daisy McCoy
Adrienne Sanzo
Hannah Weston
Calem Weston
Kathleen Young

Yellow Stripe II

Ian Grant
Dianne McConnell
Rowan McCoy
Cameron Russell
Carolyn Sandor-Weston
Mick Weston

Yellow Belt

Brayden ten Holder

Green stripe I

Karen Bisson
Garrett Bisson-Scott
Christopher Hoffman
Helen Piquard
Kim Russell

Green stripe II

Melissa Demers
Roland ten Holder
Meghan Pelley
Liam Pelley
Justin Pelley

Blue Stripe I

Jeremy Kingsbury
Charlee Heath
Michael Heath
Ryan Heath
Troy Heath
Molly McCoy

Blue Stripe II

Tim McCoy

Blue Belt

Peter Gogolek
Sarah Spears

Black Stripe II

Matthew Plescia



Black Belt Test

Special congratulations to the following students who successfully completed their black belt test this fall.

First Dan

Kyle Boeyen
Coral Byers
Jason Byers
Sarah Mokros

Second Dan

Adam GrosLouis
Jim Irwin
Anne Mokros

Third Dan

Andy Sparks
Russell Sparks

Holiday Closing

The club will close for Christmas holidays. The last class will be held on Thursday, December 22. The first class of the New Year will be Tuesday, January 3.
