



Newsletter #11
October 2007

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October 30
Hallowe'en Party

December 8
Christmas Party

Hallowe'en Party

This year our Hallowe'en party will be held on Tuesday 30 October. Students of all ranks and ages are welcome to come from 6:30 – 8:30 p.m. (there will be no class).

Please wear your Hallowe'en costume. There will be games, prizes, treats and pumpkin carving.



Test Results

Congratulations to the many students who were promoted to their next Gup rank in September and October.

Annual Christmas Party

Our annual Christmas party will be held on Saturday 8 December at Kanata AMC. There will be no classes that Saturday.

Please join us at the movie theatre at 10 am. There will be food and drinks, games, prizes and a visit from Santa Claus before we watch the movie.

Tickets are \$10.00 each and can be purchased from Sabuhmnim or Mrs. Sabuhmnim (Judy Sparks). You are welcome to bring friends and your whole family.

Tournament News

Over a dozen students from Sparks Taekwon-Do participated in the North American Championships in Aylmer, Quebec on Saturday 13, October.

Congratulations to everyone. Students met very challenging opponents and performed very well. Some of our students won gold medal in sparring and patterns.

How Hard Are You Training?

You want to get into better shape. Are using your training time the best possible way to improve your fitness level?

To improve your cardiovascular fitness, you need to do aerobic activities that use the whole body, such as sparring, running, walking, dancing, skiing or cycling, 3 – 5 times a week, for at least 30 minutes each time.

And you need to work between 60 to 90% of your maximum heart rate during those 30 minute sessions.

To measure your heart rate, take your pulse at your neck or wrist with two fingers (do not use your thumb) just after you exercise. Count the number of beats for 10 seconds and multiply by 6 for the beats per minute (BPM).

Your maximum heart rate is 220 BPM minus your age. If you are 14 years old, your maximum heart rate is $220-14=206$. You cannot work at your maximum heart rate for very long. You want to work between 60-90% of your maximum.

Here's how you work out the best range to work in.

Lower limit =
 $(220 - \text{age}) \times .6$
If you are 14:
 $(220-14) \times .6 = 123$ BPM

Upper limit =
 $(220 - \text{age}) \times .9$
If you are 14:
 $(220-14) \times .9 = 185$ BPM

If you take your pulse after you exercise, and your BPM is lower than the lower rate, you need to work harder. If your pulse is over the upper limit, you need to reduce the intensity of your workout.

If you continue to do cardio



workouts at this intensity level, your cardio will improve. But don't push it. Listen to your body, and ease up if you start to overexert yourself.

Signs of overexertion include:

- Paleness
- Clammy skin
- Headaches
- Dizziness

- Light headedness
- Fainting
- Nausea
- Excessive breathlessness

Always breathe during exercise. That's one of the main reasons to do kyops. Holding your breath during exercise can make you dizzy and put extra pressure around the heart.

Breathe deeply from the diaphragm to stop side aches.

Take the breath test. When you are working out, you should be able to say two or three words comfortably. If you cannot respond, "Yes, sir" to Sabuhmnim during a workout, you may be pushing yourself too hard.

One of the best ways to improve your sparring is to increase your cardiovascular capability. The results do not come immediately. You need to work continuously, and safely. When you improve your cardio ability, you can tire your opponent in the sparring ring - and win your match!

New Members

We are happy to welcome the new club members who joined this fall.

It is encouraging to see so many eager faces at class each week.

Self-Defence Classes

Minwaashin Lodge, the Aboriginal Women's Support Centre, asked us to return this fall to teach more self-defence classes.



Anne Mokros and Tania Dopler will be hosting two self-defence classes for parents and children in October and November. They will teach a six-week self-defence class to women in November and December.

How is Your Korean?

Here are some Korean words you may hear used in the Dojang:

Ready = Joon bi
Start = Shi jak
Stop = Guman
Left = Cirro
Right = Wirro
Thank you =
Kam Sa Ham Nida
You are welcome =
Chan Man Ey-o

