

October 2010  
Number 20

**Dates to  
Remember!!!**

**23 Oct 2010  
Colour Belt  
Test**

**28 Oct 2010  
Sparks  
Halloween  
Party  
Get your  
costume  
ready!**

**20 Nov 2010  
Master Fu  
Friendship  
Tournament  
Aylmer**



# Newsletter



## From 3 Kingdoms to 3 Federations

The Silla, Koguryo and Yi dynasties each ruled Korea until the Hwa-rang youth group unified them into the single land of Korea. Tae Kwon Do derives from the fighting and self-defense techniques created when these kingdoms ruled, as far back as 37 BC.

In 1945, at the end of the Second World War, Korea was liberated from Japanese rule. There was large interest in promoting sports, arts and culture that were specific or native to Korea.

After the war, a group of Korean martial artists defined a set of standards and teaching methods based on martial arts techniques that were specifically Korean. In 1955, they completed their discussions and announced the official Korean martial art of Tae Kwon Do. It is the official sport in Korea today. Tae Kwon Do was formed by unifying different styles and techniques specific to Korea; however, differences of opinion persisted after its creation in 1955.

In the 1960s, some Tae Kwon Do martial artists wanted to promote the martial art internationally and teach it outside Korea. Others wanted to maintain knowledge of Tae Kwon Do exclusively in Korea.



The first President of the Korean Tae Kwon Do Association, General Choi Hong Hi, left in 1966 to found the International Tae Kwon Do Federation (ITF). The ITF was the first group to spread knowledge of Tae Kwon Do across the globe.

In 1971, Dr. Un Yong Kim was elected President of the Korean Tae Kwon Do Association. Two years later he organized the World Tae Kwon Do Federation (WTF). Dr. Kim was instrumental in building the Kukkiwon (or Institute for a National Sport in Korean) in Seoul. The Kukkiwon is the main training center for the Korean Tae Kwon Do Association. He has

lobbied for a centralized, worldwide registry of black belts and also successfully worked to have Tae Kwon Do included as an Olympic sport. Tae Kwon Do was introduced to the Olympics as a demo sport at the 1988 Seoul Olympics.

At the same time, Grand Master Park Jung Tae was nominated to lead a one-year mission to resolve the mounting tension between the two federations. In 1988, Grand Master Park broke from the two federations to form the Global Tae Kwon Do Federation (GTF).



Tae Kwon Do has evolved from martial arts practiced by the three Kingdoms of Korea, to three Federations, each practiced and recognized throughout the world. Sparks Tae Kwon Do is a member of the GTF. Grand Master Park led the GTF until his death in 2002. His widow, Mrs. Linda Park is the current President of the GTF.

## Korean Words used in Taekwon Do

Taekwon Do is a Korean martial art and as martial artists, we have a responsibility to learn more than just kicks, blocks and strikes. At our school we use some basic Korean words. Other schools teach everything using the Korean terminology. As soon as you start as a white belt, you are expected to learn a few basic commands in Korean and also how to count to ten. Here are some terms to get you going... but don't stop there!



Dobok – Uniform  
 Ti – Belt  
 Dojang – gym or practice area  
 Charyot – attention  
 Kyun ye – bow  
 Sahboonim – Instructor or Master  
 Kyosahnim – Assistant Instructor  
 Choon bi – ready  
 Shiuh - relax  
 Seijak – Begin  
 Gomahn – Stop  
 Dwirodora – turn around  
 Bahro – return to start position  
 Chagi – Kick  
 Jirugi – Punch  
 Makgi – Block  
**Kahm sa hamnida-** Thank you  
 (we should say this at the end of every lesson)

## Sparring Gear & Other Equipment

Sparring is an important part of our curriculum where we get the opportunity to develop our skills. It is also a big part of any tournament participation. AND it is lot's of fun!!!

By the time you receive your green belt you should own your own set of sparring gear. Speak to Mrs. Sparks to order your gear .

### Prices for new equipment:

gloves \$40  
 boots \$40  
 helmets \$40  
 shin pads \$40

**Gear can also be purchased as a set for \$150.**

### Also Available:

T-Shirts — \$10  
 Ball Caps — \$18  
 Equipment Bags - \$35



*Now is a good time to invest in a set of sparring gear, gloves, boots, helmet and shin pads!*

### Class Times:

Tuesday Evenings		Thursday Evenings		Saturday Mornings	
6:15 PM	Little Dragons	6:15 PM	Little Dragons	9:00 AM	Little Dragons
7:00 PM	Juniors	7:00 PM	Juniors	9:45 AM	Juniors
7:45 PM	Intermediate	7:45 PM	Intermediate	10:30 AM	Intermediate
8:30 PM	Seniors	8:30 PM	Seniors	11:15 AM	Seniors
				12:00 PM	Advanced Skills Class

Note: Interested parents may attend the Little Dragon/Junior and Intermediate classes with their children; however, these earlier classes will be focused on the children's program. Those parent/members may also attend the Senior/Adult class for a "more intense" work-out and training.