July 2012

Number 27

Dates to Remember!!

Coloured Belt Test July 21<sup>st</sup>

World Cup Tournament Toronto July 23-29<sup>th</sup>

Club Closed 4<sup>th</sup> of August long weekend

Club closed Labour Day weekend

Club closed
last week of
Aug for
Community FundRaiser for
Community
Centre
expansion



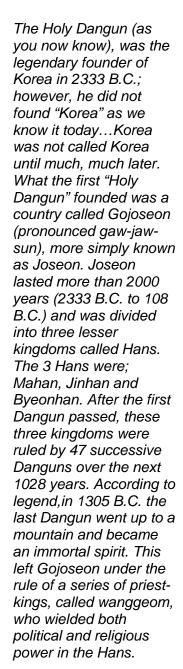






## Dangun and Gojoseon

by Shane Mason



In 1122 B.C. an exiled Chinese noble by the name of Gija settled in Byeonhan. Chinese Emperor Wuwang, declared that Gija was now king of Byeonhan; however to the Emperor's surprise Gija refused to acknowledge Emperor Wuwang as his ruler, instead he acknowledged the authority of the local wanggeom. Gija then declared Byeonhan as a distinct "country" (Byeonjoseon) separate from the other Hans, although they continued to co-exist peacefully.



Nearly 900 years later (in 238 B.C.) the governments of Jinhan and Mahan collapsed. The fall of Jinhan and Mahan meant that the rule of the wanggeoms was over in those regions, leaving Byeonioseon as the only remnant from Gojoseon. Approximately 40 years later (in 194 B.C.) a man named Wiman came to Byeonjoseon with 1000 soldiers. To appease the invaders, King Junwang of Joseon gave land to



Wiman; however, a short year later Wiman rebelled against the king and drove him out of the country. Immediately, Wiman declared himself as the new king of Joseon which was renamed Wimanjoseon in his honour.

In time, the throne of Wimanjoseon eventually passed to Wiman's grandson (Ugeo), who in 109 B.C. received a message from then Chinese Emperor Wudi, demanding that Ugeo acknowledge the Chinese Emperor as his ultimate ruler. Ugeo rejected this suggestion and sent the messenger and his entourage back to China. Unfortunately on his way back to China the messenger decided to send one of his officers to assassinate a noted Joseon General named Jang. Ugeo responded to this "insult" by raising an army, which overtook and killed the Chinese Emperor's messenger. The death of the messenger so displeased the Emperor that he decided to wage war on Wimanjoseon. Overcome by superior forces, Wimanjoseon eventually fell. The era of Gojoseon came to an end.

## Black Belt Test

On Saturday 09 June 2012, Master Sparks, assisted by Kiyosinim Sparks and Kiyosinim Brost conducted a black belt test for Janet McKeen-Peterkin, Shane Mason and Cameron Russell. The day started with physical fitness testing, a 10 km run for the boys and Janet did a 15 km bike ride in about 32 minutes!!

The participants then did pushups, crunches and leg raises to exhaustion...Shane completed 300 crunches on his first round of crunches with a final total over 600!!. Following that, Cameron proved he was the sprint master during the wind sprints exercise.

It was clear that all the candidates had been training hard in preparation for their test. After a brief rest and changing into their

doboks, the candidates were put through all technique from white belt all the way to black belt. This included sparring, self-defense and board breaking. All candidates did very well and faced each challenge with very positive attitudes. At the end of the test, Master Sparks presented them each with their Black Belt.

Congratulations to our new Kiyosinims!

Tuesday Evening		Thursday Evening
6:15 PM	Little Dragons Children 7 and under	Little Dragons Children 7 and under
7:00 PM	Juniors - Children 8 -12 White belt to Green Belt	Juniors - Children 8 -12 White belt to Green Belt
7:45 PM	Intermediate - Children 8-12 Blue Belt and up	Intermediate - Children 8-12 Blue Belt and up
8:30 PM	Senior - Ages 13 to Adult All Levels	Senior - Ages 13 to Adult All Levels

Saturday Morning Schedule		
9:00 AM	Little Dragons Children 7 and under	
9:30 AM	Patterns Class White Belt to Green Belt - All Ages	
10:15 AM	Sparring Skills Class Children 12 and under - Adults will NOT be sparring in this class	
11:00 AM	Patterns Class Blue Stripe to Black Belt - All Ages	
11:45 AM9	Sparring Skills Class Ages 13 to Adult - Children under 13 will NOT be sparring in this class	

Little Dragons will not be permitted in later classes on Saturday Mornings. You MUST attend the classes appropriate to your Belt level and age.