



Newsletter #6  
April 2006

[www.sparkstkd.com](http://www.sparkstkd.com)

### Calendar

April 20  
Coloured belt test

April 22  
Dragon Team try-out

April 29  
Dragon Team try-out

May 18  
Coloured belt test

May 27  
Wing Hon Fu Friendship  
Tournament  
Aylmer, Quebec

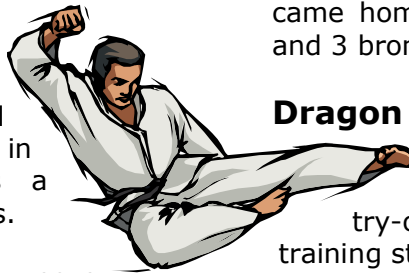
### Mr. Sparks Awarded Fifth Dan

On March 18, Mr. Sparks was presented with his 5<sup>th</sup> degree black belt by 8<sup>th</sup> Dan Master Fu and a council of 7 Masters at the training seminar in Aylmer.

Congratulations from the entire club!

### Training Seminar

The advanced training seminar held March 18 in Aylmer was a great success.



The weather was a little cooler than last year but a group of senior black belts still put us all through a rigorous, 7-hour workout.

Approximately 200 participants attended from 20 schools across Ontario and Quebec, including 19 students and instructors from Sparks Taekwon-Do.

We learned new kicking drills, self-defence techniques, including Russian combat-style grappling, kickboxing warm ups and sparring drills.

We are incorporating some of these drills in our own practices.

### Master of the Arts Tournament

On March 25, 3 of our black belts distinguished themselves among approximately 500 competitors at the Master of the Arts tournament at Humber College in Toronto.

Congratulations to Kyle Boeyen, Sarah Mokros and Coral Byers who came home with 3 silver and 3 bronze medals.

### Dragon Team

Dragon Team Demo Team try-outs and training started April 8, and will continue from noon to 1 p.m. on Saturday April 22 and 29.

We expect to have a Team selected by the end of May.

The Dragon Team will practise outside of class time and be prepared to perform patterns, sparring, self-defence and board breaks at demonstrations.

### New Members

Please give a warm welcome to our new members:

Sabrina Bashaw  
Sean Bashaw  
Tate Bashaw  
Tania Dopler  
Gregory McGuey

## Promotions

Congratulations to the 21 students who tested on March 9, and were promoted to their new ranks.

The next coloured belt tests are scheduled for April 20 and May 18.

## Tournaments

Master Fu's invitational Friendship tournament will be held on May 27 in Aylmer, Quebec. All students and instructors should plan to participate.

All students are expected to participate in local tournaments. Our school will be closed that weekend to let everyone attend.

Please pick up registration forms from Sabuhmnim.

## Summer Camp



One-week camp sessions will be offered this summer in conjunction with the West Carleton School of Performing Arts.

Sports camps that include TaeKwon-Do instruction are planned for the weeks of July 3 - 7, and August 14 - 18.

For registration details, see Sabuhmnim or contact WCSOPA at (613)299-6502 or email: [wcsopa@sympatico.ca](mailto:wcsopa@sympatico.ca)

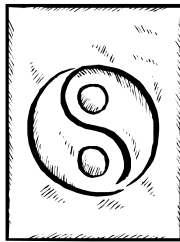
## Sparks Clothing

We will be offering clothing and gym bags with Sparks TaeKwon-Do logos soon. Please place orders with Mrs. Sparks.

## Sparkstk.com

Remember to visit our website for useful information, including: complete curriculum requirements for all coloured belts, upcoming events, schedules and previous newsletters.

## Confucius and TaeKwon-Do



Confucius was born in China in 551 BCE. He was a teacher, intellectual and public servant. His teachings focused on education and what he considered to be proper behaviour or conduct.

Confucius promoted compassion, loyalty, respect for elders, self-control and *li* - the customs we use to demonstrate these behaviours.

He also taught that rulers and leaders should learn self-discipline, govern by good example, and treat their subjects with compassion.

Confucius encouraged people to study; to find a

good teacher and imitate the teacher's words and deeds.

His teaching methods involved posing questions, using analogies, and waiting for students to find the answers for themselves.

*He who learns but does not think is lost. He who thinks but does not learn is in great danger.*

Many scholars studied the teachings of Confucius throughout Asia, including Korea, for centuries after his death.

Confucianism was introduced in Korea in the middle of the 11<sup>th</sup> century, and became strongest at the end of the Koryo dynasty in the 16th century.

The two leading Confucian scholars were Yi I, known as Yul-Gok and Yi Hwang, known as Toi-Gye.

A TaeKwon-Do pattern is named for each of these scholars in their honour. Yul-Gok is taught at the rank of first Blue Stripe. Toi-Gye is taught at the rank of first Red Stripe.

You can find the influence of Confucianism today in our tenets of courtesy and self-control, our oath to respect our instructors and seniors, and our *li*, or customs of bowing to the flags to show loyalty.