

April 2012

Number 26

Newsletter



The Legend of Dangun

by Shane Mason

Dates to Remember!!!

**28 April 12
Colour Belt
Test**

**05 May 12
Friendship
tournament
Aylmer**

In Taekwon Do there is a definition for every pattern. The yellow belt pattern is Dangun, and its definition is: "The holy Dangun was the legendary founder of Korea in 2333 BC." However, this definition doesn't really explain who Dangun really was. Luckily there is an old Korean legend that tells the story of Dangun. It goes like this:

There once was a heavenly prince named Hwang-Ung, who asked his father, (the heavenly King) to give him the beautiful place that is now what we call Korea. The King granted his son's wish and sent Hwang-Ung down to Korea with 3000 followers and 363 ministers and officials to rule over the followers.

When Hwang-Ung descended from heaven, he landed under a sandalwood tree. Under that tree sat a bear and a tiger. Upon seeing the heavenly prince, the tiger and the bear desperately asked him to make them human. The Prince then considered their

wish. He gave each of them twenty bulbs of garlic and a bundle of mugwort. Hwang-Ung then told them that if they stayed in a cave with only these supplies for one hundred days, then they would emerge from the cave, human. The bear and the tiger then entered the cave with the garlic and the mugwort and began their challenge.

After a few days the tiger became bored of sitting in the cave all day and tired of eating only garlic and mugwort; the tiger left the cave. The bear, however, persevered through what the tiger

did not. After only twenty-one days the bear was granted her wish and was transformed into a beautiful woman named Ung-Yo. Hwang-Ung (seeing Ung-Yo's beauty) married her.

Ung-Yo later gave birth to a son and named him Dangun. After a few years Dangun was crowned king. He became the first human king of Korea and started the first Korean dynasty in 2333 BC. To this day, the people of Korea still regard Dangun as a spiritual figure and the first ancestor of the Korean peoples.



Demo Team at Chartwell Kanata

Sparks Taekwon Do Demo Team did their first public demo at Chartwell Kanata Senior's residence on Sunday 15 April. The members of the demo team received a lot of applause and appreciation for their sharp technique and skills. Some moms were on hand to take pictures so check the website to see some action shots. Well done to all team members!!

Carolyn Sandor-Weston
Shane Mason
Zoe DeMontgomery
Hannah Weston
Ella Stewart
Neil Parti
Mike Holy



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 AM	Sparring Skills Class Ages 13 to Adult - Children under 13 will NOT be sparring in this class	
<p>Little Dragons will not be permitted in later classes on Saturday Mornings. You MUST attend the classes appropriate to your Belt level and age.</p>		