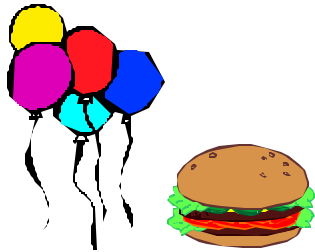




Sparks Tae Kwon Do Constance Bay

You're invited!

Please join us for an end of summer party at Master Sparks' house:



Saturday 13 September 2003
3:00 – 7:00 p.m.



Students and their families are welcome. The club will provide hamburgers, hotdogs, drinks and dessert. Bring other snacks or goodies if you wish. The rain date is Saturday 20 September 2003.

Our second successful demonstration

Thanks to all students who participated in our demonstration on June 21; it was a great success. We received many compliments from parents and friends who were impressed by everyone's ability to skillfully perform kicks, punches, patterns and board breaking.

Sabuhmnim kindly offered everyone cake and drinks after the performance. Thank you to Ivo Mokros and Janice Boeyen for taking photographs at the demonstration.

Join us on the web

With great delight, Sabuhmnim announced his son Russell had surprised him with a very special Father's Day gift this year. Russell has created a web site for our school. Please visit it at www.sparkstkd.com.

We would like to post photographs from demonstrations, classes, tournaments and special events. Please sign a waiver form, permitting us to post your photograph on the web site. Forms will be available at classes from Sabuhmnim.



New showcase display

The community centre has graciously given us use of the showcase on the main floor, across from the canteen. We will use the showcase to display medals, trophies, photos, news and events, and will update it regularly.

Thank you Carrie Plescia for designing and setting up the display.

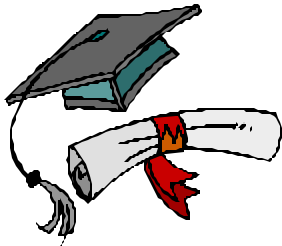
Win prizes

The majority of new members join in September, as school starts and summer ends. Please help us build our membership this year by encouraging your friends and neighbours to try a class. For each new member you refer, who takes a year's membership, you will receive a 1-month

extension to your membership, and your name will be put into an end-of-year draw for valuable prizes, such as: a free year's membership, sparring gear and Ottawa Senators' hockey tickets.

Promotions

Congratulations to the following students who tested recently and advanced to a new rank.



Jason Byers -	red belt
David Cann -	green belt
Joel Cockerill -	green belt
Brianna Cowtan -	green belt
Dayna Cowtan -	green belt
Helen Cowtan -	green belt
Ian Evans -	blue stripe
Ryan Evans -	blue stripe
Peter Gogolek -	green belt
Derek Hille -	red stripe
Maddie Hille -	red stripe
Tristan Lemaire -	yellow stripe
Jacob Meeks -	green stripe
Mitchell Rolland-	green belt
Katie Owens -	blue belt
Lisa Peake -	black stripe I
Jordan Plescia -	blue belt
Benjie Pomfret -	blue belt
Stephanie Torok -	yellow belt
Pam Watson -	yellow stripe

Welcome new members

The club is pleased to announce and welcome six new students who joined our club this summer:

Angela Smith, Ralph Frank, Kelsey Smith, Peter Frank, Jacob Head and Devon Scott

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-defence 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.

In the next issue: 1995 - 1988: Why three separate federations evolved in Tae Kwon Do.

Farewell Andrew Watters

With sadness we said farewell to Andrew Watters in June before he moved to Texas. We will keep in touch with him and look forward to his return in 3 years time. Andrew has been a dedicated student with us for over 3 years, earning his Black Stripe I.

Do we have your email address?

If you would like to receive urgent news items and the newsletter by email, please send your name and email address to moka@annotations.ca.