



Newskicker



WWW.SUNDANCETAEKWONDO.COM

March 2010

Calendar

March 27th, 2010

Colour belt testing

**Applications due on March 20th

April 2-3, 2010

Western Canadian Championships

Hosted by: STFI

Location: Regina, Saskatchewan

www.ctfi.org

Note: Please put your name on the list at the dojang if you are considering attending this event. It is time to start making travel arrangements. This is sure to be another exciting road trip!

May 1, 2010

British Columbia Provincial Championships

Hosted by: Sundance Martial Arts Ltd.

Location: Vernon Secondary School

www.sundancetaekwondo.com

May 2, 2010

Umpire Certification Course

Hosted by: ITF of BC

Location: Sandman Hotel, Vernon, B.C.

Cost: \$75

Open to: 16 and older, 4th gup and higher

Note: Younger participants are also invited to attend but will receive a participation certificate as they are still too young to be certified nationally.

May 28, 2010

Technical Seminar with Master C. Norman

Hosted by: Thompson Valley TKD

Location: Kamloops, BC

CANCELLED October 14th to 17th, 2010

World Cup - Las Vegas Convention Center.

November 12 & 13, 2010

Canadian National Championships

Hosted by: ITF of BC

Location: Vancouver, BC

www.itfofbc.org

Provincials Update

With the 2010 Provincial Championships at VSS fast approaching, preparations are in full swing. A big thank you to all of the members, parents and friends of the club who have already volunteered to help out on tournament day. It will take the entire club's combined effort to make this a memorable event for the competitors and spectators.

Order of Events – Saturday May 1

8:00 am – Volunteers arrive on site for final preparations

8:30 am - Red and Black Belt meeting

9:00 am – Black Belt competition begins (come and cheer on our black belts as they go for Gold!)

11:30 am – Opening ceremonies (all members must be on the floor in uniform at this time)

12:00 – Colour Belt Competition begins

5:30 – Tournament Ends

7:00 – Dinner (open to all competitors and their families)

If you have any questions regarding the tournament please ask Mr. White outside of regular class times. We would like to see all students participate. The cost of competing is \$45.00, but those who collected pledges for the kick-a-thon will receive some funds towards that fee. Registration forms are now available at the club.

Still unsure about tournaments?

Come out and try and **Inter-Club Friendship Tournament** to see what it's all about. The next one is tentatively scheduled in **Kelowna on April 16th**, more info to follow. Students and parents can also talk to some of the other students about competing to get a better idea.

Uniform Upgrades

Those members who wish to upgrade their uniforms may do so. We now offer several different lines of uniform.

Our standard ITF SPORT ONE uniform is our most economical option for members at \$55.00.

Senior belts and competitors should consider upgrading to a TOP TEN or TOP PRO uniform. Both of these brands are of very high quality and are built to last. Both brands are available through the club at different costs. Please see Mr. White for details. Orders for uniform upgrades usually take 2-3 weeks for delivery.

Please note that official ITF uniforms are required for all sanctioned events (provincials, westerns and nationals). Your ICTF uniform is not acceptable for competition in the ITF.

Sparring Equipment

This is a reminder that **sparring gear is required training equipment once a student reaches yellow belt**. Sparring gear is available through the club at a package discount rate. Ask your instructors for details. We carry only the best in sparring gear with the Macho line. Mouth guards are also required.

We offer two high quality brands of sparring gear. Colour belts have a choice between both.

Macho Brand can be purchased through the club for \$129.00 for the entire set (including head gear). There is also TOP TEN leather equipment for the high usage competitors and black belts.

Mouth Guard Reminder

Please be advised that a mouth guard is required for all sparring in and out of the club. Members who do not have a mouth guard will not be permitted to participate in sparring. If you require a mouth guard, you can get one through the club for \$4.00.

R.I.P. Grand Master Tran Trieu Quan

1952 – 2010

From the International Taekwon-Do Federation website (www.tkd-itf.org).....

It is with great sadness that the ITF inform you all of the tragic death of our President Grand Master TrầnTriêu Quân, 9th Degree Black Belt, following the recent earthquake in Haiti. Grand Master Tran was considered one of the finest Taekwon-Do instructors in the world. We have lost a truly great leader in not only our Canadian community, but also internationally as well.

We have just received information from the Trần family regarding the discovery of Grand Master Trần from the rubble of the Hotel Montana in Port-au-Prince, Haiti. His body was found under several tons of debris. His death was confirmed by an official of the Embassy of Canada in Haiti. His identity was confirmed by the Disaster Victim Identification assessment team working in Haiti with the Consular Affairs Bureau of Foreign Affairs Canada.

Our thoughts go to the Trần family. We wish to extend our most sincere condolences to them.

Success!

Congratulations to all who participated in the Inter-Club Friendship Tournament on Kamloops on March 13th. This was a great learning experience for all of the students. Approximately 40 students participated from 4 different clubs. 14 Sundance members were also in attendance. Our members showed great sportsmanship and once again did our club proud. Our black belts also took a turn judging matches which gave them some great experience.

The next friendship tournament is tentatively scheduled for April 16th in Kelowna. This will be a great warm-up for provincials.

Thank you to Mr. Rob Gill for organizing this wonderful event.

Why Compete?

Competing in local and regional competitions is a very important part of Taekwon-Do training. If classes are the practices, then tournaments are the games. Every student should try at least one tournament. There are several different levels of competition, including friendship tournaments. These provide students with a great opportunity to learn about competition in a non-competitive, friendly environment. Students are able to test their skills against other opponents in both patterns and free sparring. Black belts 14 and older can also break boards in competition. This is a great way for students to learn and get motivated and meet some great new friends too!

A typical Taekwon-do tournament is one day in length, usually starting at about 9:00 am and finishing, if all goes well, at 5:00. Competitions usually start with the youngest age and lowest belt. Tournaments in Western Canada generally range in size from 75 to 400 competitors with the local tournaments being on the lower end of the scale. There are plenty of experienced black belts competing in all sizes of events. This is very exciting to watch and is usually a good motivator for students as well. The B.C. Provincials and Lower Mainland Friendship Tournament are the two tournaments sanctioned in B.C. and occur annually. These are great tournaments to get your feet wet usually between 150 and 200 competitors in many different divisions. At most tournaments all participants usually receive a certificate of participation that they can display at home with pride.

Tournaments are also not all about winning. Students will make friends and have memories that will last a lifetime. They are about performing to your personal best and then working to reach new levels in development. Tournaments sanctioned by the ITF or its bodies are all very professional and run by officials with many years of experience. Tournaments are also safe because the rules of the International Taekwon-Do Federation prohibit any head contact for younger children. A student is also always competing with other students of the same age group gender and experience level. At smaller tournaments divisions are sometimes combined to make it more fun! In larger competitions weight classes are also introduced as a way to make the competition more safe and fair. For more information on the rules contact Mr. White.

Requirements

Equipment: Official ITF Dobok, sparring gear, mouth guard and groin protector.

Costs: Entry fees are usually anywhere between \$25 and \$60 depending on the event and how many categories you wish to enter. Travel and accommodation very much depend on the location of an event. Usually the tournament host has arranged for discounts on hotel accommodation. Sharing the rooms drives that cost down even further (sometimes as low as \$40 each for the entire trip!). Carpooling usually means that you just pay a portion of the gas money. Fundraising efforts also help with this cost.

Fundraising Bulletin

With the success of the kick-a-thon now behind us it is time to start thinking about other ways to fundraise for our athletes and new equipment. A big thank you to Tracy Bell, who has graciously taken on the roll of treasurer for our fundraising efforts. If you have any ideas for fundraising, please contact Mr. White or Tracy Bell to get the ball rolling.

DID YOU KNOW???

General Choi was not only the founder of Taekwon-Do and the ITF, but also held the rank of Major-General in the Korean army. He obtained that rank in 1954, the year before Taekwon-Do was named.

For more information on General Choi, you can read his biography at:

http://www.tkd-itf.org/pub_web/ver_eng/founder.html

