

S P R I N G 2 0 1 6

Nanaimo Tae Kwon Do Club News & Updates



Board of Directors 2015-2016

President – Miranda Short

Co-president – Angelika Valchar

Treasurer – Rachel Mason

Secretary – Arlene Firomski
Therese Maughan

Directors – James Whyte
Carl Butterworth
Josef Valchar
Kim Robinson

Message from the President

Welcome to the Nanaimo Tae Kwon Do Club and its first spring newsletter for 2016. We are very excited to have new board of directors and they are working very hard to create a welcoming and inclusive environment at the club. We are in the process of updating policies, forms and procedures to make it more professional and functional. We are a friendly bunch and we would love to hear from you.

We want to encourage you to introduce yourself and ask any questions you may have at the office, via email, website or facebook.

Save the Date!

Bottle Drive

Month of April

Whole month of April is dedicated to fundraising.

Summer Notices

May 31

Last day to submit your notices if you plan to be away for the summer.

Belt Test

June 12

Belt grading and family potluck at Costin Hall in Lantzville.





Spring Bottle Drive April 1-30, 2016

Dear members,

The board has decided to put all members into a challenge and create a healthy competition in a fun atmosphere...

children members
VS.
adult members...

Which team can raise more funds?

The goal is that each team to fundraise **\$1000.00!**

Even though this may seem a daunting task if each member raises \$40.00 in the whole month of April we will meet our goal without any difficulties.

Please make sure to obtain a receipt that you can bring to the office or scan it and email it to us at nanaimotaekwondo@telus.net. If you ever experience that the bottle depot is unable to find Nanaimo Taekwondo Account you can accept cash and bring it to the office. Please review your receipt donation directly at the bottle depot assuring the correct amount of funds was recorded.

Top three contributors will receive club T-shirts!

Also the losing team will have to treat the winning team.

You can start planning, pair up with classmates, start collecting now, browse your neighborhoods and deliver the bottles at either:

1805 FREMONT Rd. or 2375 HAYES Rd.

HAVE FUN and RECYCLE!!!

Did you Know?

Taekwondo is a Korean martial art and national sport of South Korea. Taekwondo is the world's most popular martial art in terms of number of practitioners.

태 권 도	TAE KWON DO	means "Foot", "Leg", or "to step on" means "Fist" or "Fight" means "Way" or "Discipline"
-------------	-------------------	--

The Origins of Taekwondo

Three Kingdoms

The origin of Taekwondo traces back to the three kingdoms of Koguryo (37 BC-668 AD), Paekche (18 BC-600 AD), and Silla (57 BC-936 AD). Mural paintings on the royal tombs of the Koguryo dynasty, the stone sculptures of pagodas of temples of the Silla period, and documents written in the Paekche dynasty showed fighting stances, skills, and formalized movements similar to today's Taekwondo styles and forms.

All three kingdoms indulged in growing national strength with trained warriors. Therefore, the Korean history tells that there were military personalities among the well-known prominent national leaders of the three kingdoms, which proves the military tendency of ruling hierarchy.

Although Taekwondo first appeared in the Koguryo kingdom, it is the Silla's Hwarang warriors that are credited with the growth and spread of Taekwondo throughout Korea. Silla was the smallest of the three kingdoms and was always under attack by Japanese pirates. Silla got help from King Gwanggaeto and his soldiers from the Koguryo kingdom to drive out the pirates. During this time a few select Sillan warriors were given training in Taek Kyon by the early masters from Koguryo.

A Unified Style of Korean Martial Arts

The Taek Kyon trained warriors became known as the Hwarang. The Hwarang set up a military academy for the sons of royalty in Silla called Hwarang-do, which means "the way of flowering manhood." The guiding principles of the Hwarang warriors were loyalty, filial duty, trustworthiness, valor, and justice. The makeup of the Hwarang-do education was based on the Five Codes of Human Conduct written by a Buddhist scholar, fundamental education, Taek Kyon and social skills. Taek Kyon was spread throughout Korea because the Hwarang traveled all around the peninsula to learn about the other regions and people.

The modern period of Taekwondo began with the liberation of Korea in 1945 after World War II. Korea wanted to eliminate Japanese influences (in martial arts) and began to unite the various martial arts schools and styles into a single style and national sport. In 1965, the name Taekwondo was chosen to represent this unified style of Korean martial arts.

The Kukkiwon and Modern Taekwondo

Kukkiwon

The present Kukkiwon was finished in 1972 and was used as the central gymnasium as well as the site of various Taekwondo competitions. A year later on May 28, 1973 the World Taekwondo Federation (WTF) came into existence. The first World Taekwondo Championships were also held in 1973. In 1980 the World Taekwondo Federation was granted recognition by the International Olympic Committee (IOC). Then the adoption of Taekwondo as an official event was followed by the World Games in 1981, the Pan-American games in 1986, and finally by the 2000 Olympics held in Australia.

