

Rai's Taekwon-Do shines on international stage

Rai's Taekwon-Do students may have been making their world championship debut this summer, but they sure didn't look like newcomers to international competition.

Owner/operator Master Parm Rai took eight members of the local club to Brighton, England, where they amassed 17 medals — reaching the podium in five different disciplines at the International Taekwon-Do Federation showcase.

Leading the way was 14- to-15-year-old junior girls standout Parminder Rai, who highlighted her trip with a golden performance in International Open patterns (forms). Her age-class efforts in patterns and sparring were both good enough for bronze.

Three Rai's Taekwon-Do members collected three bronze medals each.

Mark Phelps took third in 13-year-old junior boys patterns, sparring and power breaking, while Tamara Ei-Aydi and Mia Balis claimed bronze in sparring, team patterns



Rai Taekwon-Do's Master Rai (centre) stands with students (from left) Ayad El-Aydi, Tamara El-Aydi, Parminder Rai, Suminder Rai, Sean Lander, Mark Phelps and Mia Balis as they display their world championship medals. Missing from photo is Stephen Ramkalawan. *Supplied photo*

and team special technique in the 12-17 girls ranks.

Here's a look at how Rai's other representatives fared:

- Stephen Ramkalawan (adult men's team division — gold in team special technique, bronze in sparring)
- Suminder Rai (adult ladies 18-34

years old — silver in sparring and bronze in International Open patterns)

- Sean Lander (12-13 year old junior boys — bronze in sparring)
- Ayad El-Aydi and seven-year-old brother Adam — a black stripe who competed in England but wasn't

technically on the black belt national squad — did not medal, but showed strongly in tough divisions. "My students performed exceptionally well," said Master Rai, whose students will look to build on their recent experience and work towards qualifying for the 2018 world

championships in Argentina. "To compete at a world championships and win (or medal) at your first major championship is very hard as all the athletes there are the best in their respective countries. It is an absolute honour for me to teach these students."

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