

Tae Kwon Do

Body, mind and spirit



Members of the North of Superior Tae Kwon Do Competition Team, front- L-R, Kevin Daniels, Ryan Tremblay, Adam Main, Danny Dirkson, middle, L-R, Teddy Glad, Jason Bleir, Devin Pearson, back, L-R, Nicol Macon, Jim Pope, Dion Bozec, not available, Jeff Pope and Instructor Joe Thippahwong.

by Rob Cotton
The News

The North of Superior Tae Kwon Do Competition team took a total of four firsts, two seconds and three thirds at the Thunder Country Open in Thunder Bay, Saturday, Nov. 17.

The team did well in both forms and sparring competitions.

The members of the team, Kevin Daniels, Ryn Tremblay, Adam Main, Danny Dirkson, Teddy Glad, Jason Bleir, Devin Pearson, Nicol Macon, Jim Pope, Jeff Pope and Dion Bozec, were instructed by Joe Thippahwong.

Tae Kwon Do is a Korean martial art that differs from Karate, a Japanese form.

Thippahwong said the ultimate goal of Tae Kwon Do is to discipline the mind through disciplining the body.

He said it can be especially helpful for children.

"At some stage in their life they have to experience the disci-

"It's a moral code that we live by and try to emphasize and instill into the students," Thippahwong said.

Tae Kwon Do emphasizes kicking. A literal translation; Tae means to kick; Kwon means to punch and Do means way.

The kick punch style or way, it's a discipline of the mind through the body.

The spirit yell is something most often associated with martial arts.

Thippahwong described several reasons for it

- It is used in an attack to startle an opponent

-It is a focus of all internal energy at the moment of impact.

When an individual throws a punch - just at the second he make impact - the spirit yell forces his body to concentrate

everything into that one specific technique

-It is a method of breath control. To do the physical work well an individual needs to learn to breathe properly

When students are doing the techniques, whether they be a punch, kick or block - making them yell makes them expel it, he continued.

"When they expel their breath at the moment of impact they've tightened their whole body - concentrated their whole body."

There are about 45 children and 20 adults being instructed in Terrace Bay.

pline so that they can develop within themselves," he explained.

Children that don't have that discipline within themselves could become become misfits, he said. Tae Kwon Do is one way to get them to discipline themselves.

There are five principles of Tae Kwon Do: Courtesy, Integrity, Self Control, Perseverance and Indomitable Spirit.

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Sea Cadets take the day

The Terrace Bay - Schreiber Sea Cadets, 302 Endurance, took first place in the Tri-Service Sports Day held recently in Nipigon.

The day features a variety of sports including volleyball and floor hockey. The events vary according to the host corps.

It also gives the cadets the opportunity to display their knowledge and expertise in drill with a drill competition, said Dave Smeltzer, S/Lt. with the 302 Endurance.

The sports day was organized as a way to bring the Air Cadets, Sea Cadets and Army Cadets of the area together.

The event is held twice a year, once in the fall and once in the spring, in a different town.

The corps with the most points in both Sports Days is awarded a trophy.

Last year 302 Endurance won the trophy and is well on its way to repeating that victory.

Smeltzer said 72 cadets, Army Cadets from Manitowadge, Air Cadets from Marathon, Sea Cadets from Terrace Bay, Schreiber and Nipigon, took part in the latest round.

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Thank You

I would like to extend a very special thank you to ambulance attendant, Dr. Wilkes, and all the nurses and staff of McCausland Hospital. To my coach Mr. Joubert and Mr. Black for their visit and all the boys who visited me. My mom and dad for the visits, my aunt, uncles and cousins.

Thanks again
Michel Jean

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REEVE AND COUNCIL
TOWNSHIP OF SCHREIBER
December 6, 1990