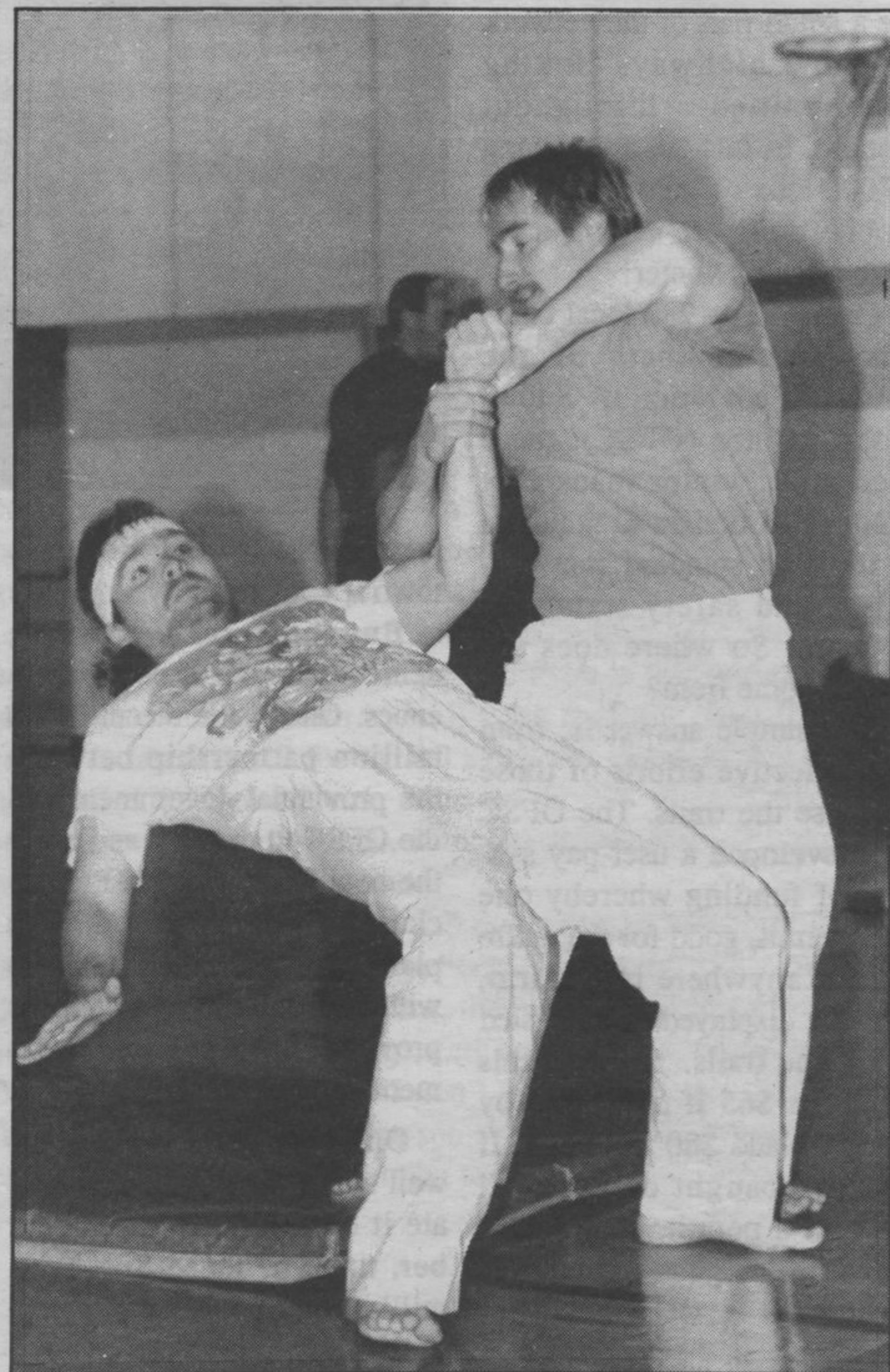
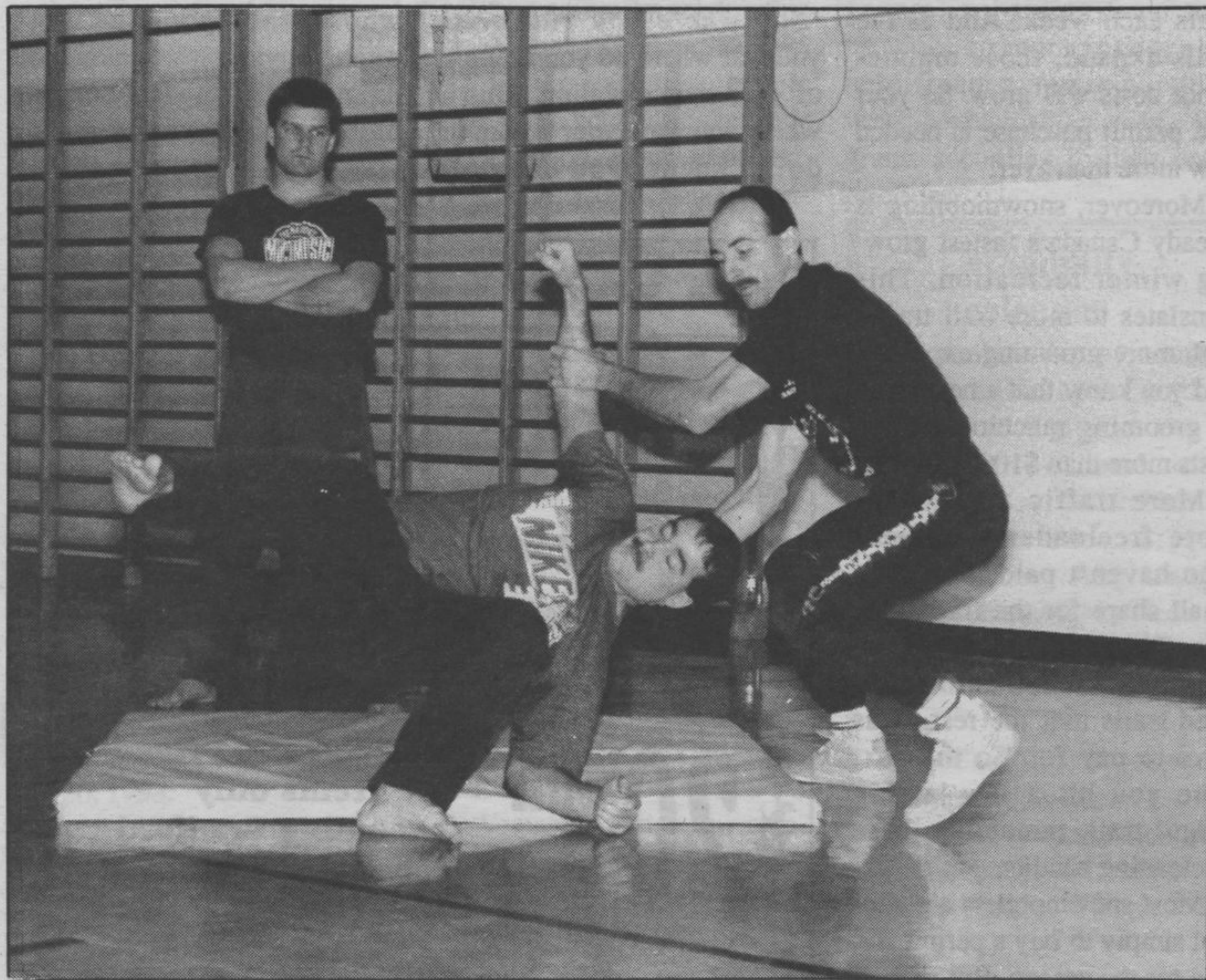


Thunder Bay instructor visits Tae Kwon Do class



Mitz Banderia, a martial arts instructor from Thunder Bay, was at St. Martin School in Terrace Bay Saturday, Nov. 21. Banderia was here to teach black belt Jim Pope's advanced Tae Kwon Do class the art of Kali, which is the Phillipino art of stickfighting. He also taught Maury Tai—a martial art from Thailand that is the original form of kick boxing. At a recent tournament in Duluth, Minn., Jim's team earned a first, third, and two fourth places finishes. Fifteen local competitors are heading to Thunder Bay this week for another tournament.



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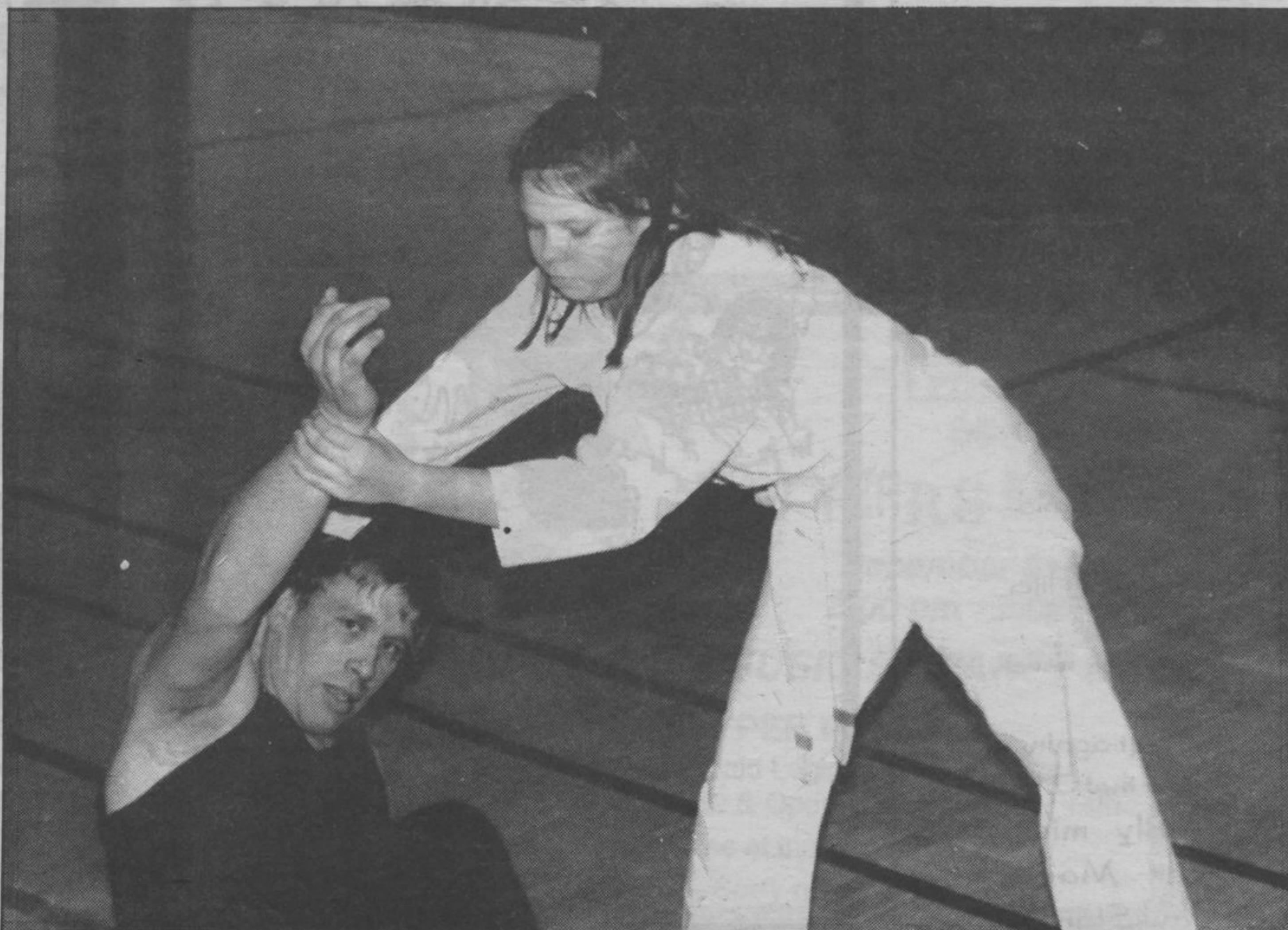
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