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## Gold Medal performance for Nicole

By Kate Gilderdale
Stouffville This Month

Nine-year-old Nicole Thompson of Stouffville, a first degree black belt in Tae Kwon Do, earned the gold medal in the Team C Bantam weight category at the Ontario Junior Provincial Championships, which took place May 5 in Colborne, Ont.

She was one of the first to join Master Myung's Tae Kwon Do Academy in Stouffville, and her 21-17 win at the provincial championships qualifies her for a place on the Ontario Team. She will compete in the Canadian Junior Nationals in Winnipeg in June.

"Nicole has been involved for over three years," said her mother, Ann Aaviku. "My husband, Dave, had been looking for a martial arts program for himself, so when the club came to town he was interested. We have two daughters and talked about getting them both involved as a life skill, so Dave and Nicole started at the same time."

Because Nicole wanted to go with her dad, they took the adult class together. At first, Ann would come to the club as a spectator, but now the whole family participates. "We really enjoy it and it gives the girls a little bit of exposure to an activity or sport from a different culture, as well as giving them self-defence skills," she said.

The club, which was a big hit at last year's Strawberry Festival, will be back again with a demonstration at this year's festival.



Nicole Thompson of Stouffville, who holds a first degree black belt in Tae Kwon Do, earned the gold medal at the Ontario Junior Provincial Championships in Colborne. Nicole, a member of Stouffville's Master Myungs Tae Kwon do Academy, is seen here with master instructor Seo Ho Chang.



