

November
2012

Number 29

Dates to
Remember!!!

Master Fu
Tournament
Aylmer Quebec
Saturday 24 Nov

Christmas Party
Saturday Dec 1st
O'Brien's Movie
Theatre, Arnprior
0900

Colour Belt Test
Saturday Dec 8th

Holiday Break
No Class 22 Dec
Return 03 Jan 13



Newsletter

The Hwarangdo

by Shane Mason



Prior to the unification of the three kingdoms in Korea, the little kingdom of Silla was constantly attacked on all its borders by the other two kingdoms as well

as Japan. In 576 AD, the 24th king of Silla, named Chin-Hung, created an elite group of warriors to protect the kingdom. This group of warriors was called the Hwa rangdo, meaning 'the way of the flowering manhood'. They were called this because the warriors were young boys, aged 12-18, who were usually from noble families.

As warriors, in order to protect their homeland, they would swim in turbulent rivers in the coldest months and run up rugged mountains to better train their bodies for combat and war. The Hwarang did not only train their bodies, but also their mind and their manners. To do this, they would study subjects such as dance and song, literature, art, sciences and military tactics.



The Hwarang were well known for their many skills, such as their amazing skill with a bow and lack of fear in battle, but they became most famous for their martial arts skills. They studied an art similar to modern day Taekwon-do called Soo Bak-Gi. The Hwarang perfected this art so well that soldiers fighting against them thought that their hands and feet actually became swords. There are even rumours of Hwarang warriors killing a man sitting on a horse with a single kick (that's about 8 or 9 feet high!).

Along with this martial art similar to Taekwon-do, they also had a code of conduct or moral code similar to our oath and tenets. The Buddhist monk and scholar Won Kang, created the oath, which consisted of 5

tenets and 9 virtues, based on Confucian principles. They were:

1. Be loyal your king.
2. Be obedient to your parents.
3. Be honourable to your friends.
4. Never retreat in battle.
5. Justice in killing (don't kill without good reason).

The 9 virtues were:

- humanity,
- justice,
- courtesy,
- wisdom,
- trust,
- goodness,
- virtue,
- loyalty,
- courage.

Some noted Hwarang included Kwan Chang who gave his life at the age of 16 after fighting bravely in battle. Another is General Kim Yoosin, who played a major role in the taking of the kingdom of Baekje and will be covered in the next article.

Spooky times at Sparks Taekwon Do



Sparks TKD Xmas Party



O'Briens Movie Theatre, Arnprior

Starting at 0900 Dec 1st, 2012

Movie: Rise of the Guardians!

Bring family and friends

See Mrs. Sparks for tickets. **\$5.00/ticket**

Tuesday Evening		Thursday Evening
6:15 PM	Little Dragons - Children 7 and under	Little Dragons - Children 7 and under
7:00 PM	Juniors - 8 -12 White to Green Belt	Juniors - 8-12 White belt to Green Belt
7:45 PM	Intermediate - 8-12 Blue Belt and up	Intermediate - 8-12 Blue Belt and up
8:30 PM	Senior - Ages 13 to Adult - All Levels	Senior - Ages 13 to Adult - All Levels
Saturday Morning Schedule		
9:00 AM	LITTLE DRAGONS - Children 7 and under	
9:30 AM	PATTERNS CLASS - White Belt to Green Belt - All Ages	
10:15 AM	SPARRING SKILLS CLASS - Children 12 and under	
11:00 AM	PATTERNS CLASS - Blue Stripe to Black Belt - All Ages	
11:45 AM	SPARRING SKILLS CLASS - Ages 13 to Adult	

Little Dragons will not be permitted in later classes on Saturday Mornings. You MUST attend the classes appropriate to your Belt level and age.