



# Family News

OCTOBER 2019

## IMPORTANT DATES:

**OCTOBER**

MON  
14

Columbus Day  
School is CLOSED

## TESTING SCHEDULE:

Pre-Test: October 2 - 10

Test: (Fri) October 11

Make Up Test: (Fri) October 18

(all students will test during the same time as regular class. Testing for advanced belts (brown and up) will begin at 4:45 pm. Please remember to bring your testing paper, testing fee, and sparring gear (purple belts and up).

Happy  
Halloween

10/31(Thu)

The school is **CLOSED**.

Have a fun and safe  
Trick or Treating!



## West America After Care

now accommodates the 1:40 pm pickup  
for Edna Maguire Kindergarteners daily!

Make sure to apply early to guarantee a spot.



Upon arrival at WAAC, students will have time to unwind and enjoy a healthy snack. Students will complete their homework and have reading time with the tutoring team. After, students can play board games, do arts and crafts, or have outdoor supervised play.

Tae Kwon Do classes occur at their scheduled time (for those who are enrolled) and students are walked over before their class to get changed.

\*You do not need to be a part of the Tae Kwon Do program to join the aftercare program.\*

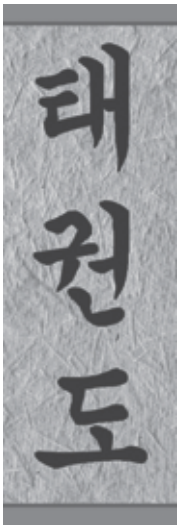
After Care is available 1-5 days a week.

E-mail [westamericaaftercare@gmail.com](mailto:westamericaaftercare@gmail.com)

or visit [www.westamericaaftercare.com](http://www.westamericaaftercare.com) for details and quick online registration!

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# A Brief History of Tae Kwon Do

The name Taekwondo is derived from the Korean word "Tae" meaning feet, "Kwon" meaning hands and "Do" meaning way of. So, literally Taekwondo means "the way of the hands and feet".

The name Taekwondo, however, has only been used since 1955 while the arts' roots began 2,300 years ago in Korea. Known as a martial art and way of life, the evolution of Taekwondo was a direct result of the happenings in Korea long ago, and knowledge of the history is an important step in understanding Taekwondo.

## Early Korea:

Korean history began when in 2333 B.C. the legendary national founder, Tangun, founded "Old Korea" at Asadal. Communal life was gradually transformed into tribal communities, and then tribal leagues and finally took the form of a state. It is known that the people of this time were hunters and had some means of protection as well as livelihood.

## The Three Kingdoms:

During the 6th century A.D. what we now call the Korean peninsula was divided into three kingdoms; Koguryo, Paekje and Silla.

Koguryo (37 B.C.- 668 A.D.)- Koguryo was the largest kingdom. It occupied the southern section of Manchuria and the northern section of the Korean peninsula. Paekje was situated along the Han River and in southwestern Korea. Silla was the last, and smallest of the kingdoms and located on the southeastern tip of the Korean peninsula. Archaeological findings during these times such as the mural paintings on the royal tombs during the Koguryo period, stone sculptures at pagodas during the Silla period and documents written in the Paekje period, show techniques and fighting stances that were probably the first forms of Taekwondo.

The three kingdoms were at war with each other and constantly fought for new ground on the peninsula. Silla, being the smallest and weakest militarily began to have a difficult time protecting itself against the other kingdoms and so

took an action which would turn out to be a key point in Korean history.

## HwaRang:

The 24th king of Silla, Chin Heung, formed a group of warriors, which were called the HwaRang. The HwaRang were trained in weapons such as the sword, spear and bow. They devoted their lives to these martial skills in the hopes that they could save Silla. The HwaRang also studied an unarmed form of combat called SooBak. SooBak was a primitive form of foot fighting, using some hand, but mostly foot techniques. The HwaRang took SooBak and added things to it to create a more fighting art. The techniques



**2019 ALL CALIFORNIA TAEKWONDO CHAMPIONSHIP**

Special School Awards  
Custom Medal Awards

Online Registration  
All Competitors - Check In Starts at 1:30 pm

Sparring, Sparring Forms, Board Breaking, Creative Forms

**DOOR PRIZES** Saturday, November 2, 2019

**FOR SPECTATORS!** Jesse Bethel High School Gymnasium  
1800 Ascot Parkway, Vallejo, CA 94591  
Phone: (707) 336-8767  
Email: info@jessethel.com  
Admission: \$3.00

## UPCOMING TOURNAMENT: All California Taekwondo Championship



Saturday, November 2, 2019  
Jesse Bethel High School Gymnasium  
1800 Ascot Parkway, Vallejo, CA 94591  
<http://bit.ly/2MMrr1J>

of SooBak were created to be used in fighting along with the other weapons of the HwaRang to make the warriors able to defeat their enemies. But, Chin Heung needed something more than just competent soldiers; he needed something to unify the HwaRang and create the mental conditioning to lead the kingdom to victory. So, he asked Won Kang, a Buddhist monk and scholar, to take charge of the HwaRang training. Won Kang did so and not only created fine warriors, but actually a way of thought for the HwaRang. Won Kang came up with a code of ethics that the HwaRang warriors followed. HwaRang became the HwaRangDo, which meant "way of the flower of manhood." The HwaRangDo became known for their bravery and fighting skill and soon supplied the leadership to defeat both the Paekje and Koguryo kingdoms and unify Korea in to one country known then as Koryo.

**Unifying of Taekwondo:**

Within Korea there were five major martial art academies or Kwans. They were called Mooduk Kwan, Jido Kwan, Changmu Kwan, Chungdo Kwan, and Songmu Kwan. Within these schools lie a variety of styles such as KongSooDo, Tae Kyon, SooBakDo, TangSooDo, KwonPup, etc. The way of teaching and employing many of the techniques varied as much as the schools and in 1946 an attempt was made to unify Dojangs (training halls) and stan-

darize instructional methods. Some of the leaders wanted to uphold the martial art character of the schools while others wished to create a combat sport. These meetings met with no success.

In 1955 a board of instructors, historians and prominent society members sat down to coordinate all



Modern day taekwondo governing body Kukkiwon Headquarter in Seoul, Korea

the schools and select a name for the hopefully unified art. In April 1955 a new name was from a group of names by the board, it was Taekwondo.

*Courtesy of Ronald A. Southwick*



Taekwondo debuted as an official event in the 2000 Sydney Olympics.

## The Five W's of Life

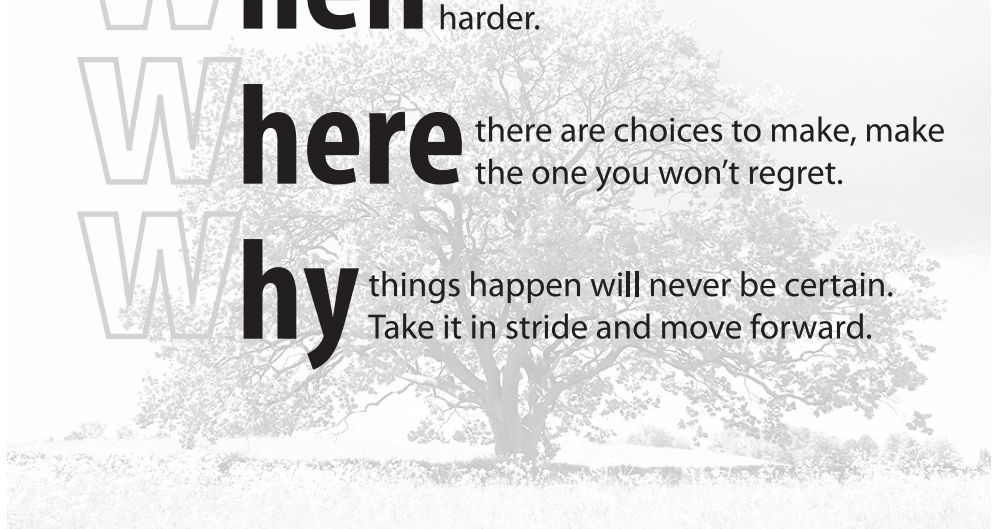
**Who** you are is what makes you special. Do not change for anyone.

**What** lies ahead will always be a mystery. Do not be afraid to explore.

**When** life pushes you over, you push back harder.

**Where** there are choices to make, make the one you won't regret.

**Why** things happen will never be certain. Take it in stride and move forward.

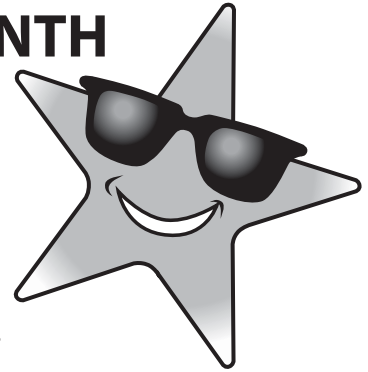


# SEPTEMBER STUDENTS OF THE MONTH

**Way to Go!**



BLUE BELT  
Abigail Lee



WHITE BELT  
Rufus Beevor



BROWN BELT  
Grace Davis



YELLOW BELT  
Tallin Gupta



RED BELT  
Natalie Schaffer

**You Are  
A Star!**



ORANGE BELT  
Masha Gologorskaya



SKUNK BELT  
Colin Grey

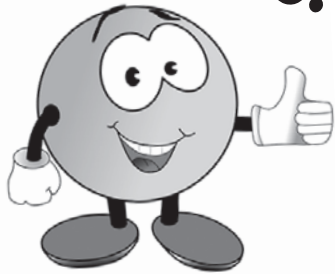
**Good Job!**



PURPLE BELT  
Teddy Klaassen



BLACK BELT  
Ryan Bell



GREEN BELT  
Caiden Barteau



ADULT  
Sophia Harkins