



## EVENTS

	JAN. 24, 2009	NORTH PENN YMCA TOURNAMENT	<a href="http://www.nptkd.com/martialarts/home.asp">http://www.nptkd.com/martialarts/home.asp</a>
	FEB. 21, 2009	SHADOWKICKS INTER-SCHOOL TOURNAMENT	<a href="http://www.shadowkicks.com/newsevents.html">http://www.shadowkicks.com/newsevents.html</a>
	Feb.27 - March 1st	Instructors Course in Canada	<a href="http://www.oulundsenstk.com/#2008Events">http://www.oulundsenstk.com/#2008Events</a>
	Apr. 3,4,5, 2009	2009 ITF Unity Championship	<a href="http://wt-tkd.com/Home">http://wt-tkd.com/Home</a>

## FUNDAMENTAL MOVEMENT

The sweeping kick is an effective weapon to disturb the opponent's balance. Usually the technique is aimed at the ankle of the opponent. The side of the foot-sole and the back of the heel are the attacking tools.



## PATTERN OF THE MONTH

### MOON-MOO

문무

Movements - 61

Ready Posture - PARALLEL READY STANCE

#### Pattern Meaning

Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea "where my soul shall forever defend my land against the Japanese." It is said that the Sok Gul Am (Stone cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The 61 movements in this pattern symbolize the last two figures of 661 A.D. when Moon Moo came to the throne.

What is the correct way to write TKD-ITF?

- a. Tae Kwon Do
- b. Taekwondo
- c. Taekwon-Do

ANSWER-C

### TRIVIA

Chuck Norris has an honorary 8th Dan Black Belt in Taekwon-Do. His first and primary style is Tang Soo Do (also called Chung Do Kwan), which he began his study of when he was stationed in Inchon, Korea with the US Air Force. He failed his black belt test twice before succeeding on his third attempt. He was a six-time World Karate Champion long before the idea of protective equipment ever came about. During his first tournament, Master Norris fought Grand Master Sereff for the overall title. Master Norris won by one point.