

# SPORTS

## TAEKWON-DO

### Edmiston back where he belongs

By Cory Smith, Sentinel-Review

Wednesday, March 16, 2011 12:00:00 EDT AM



After two years, Don Edmiston is back at Friendly City Taekwondo. The third-degree black belt owned the club from 2002 to 2009 and returned in January.

Don Edmiston is back where he belongs.

The former Friendly City Taekwondo instructor is once again running the club he sold more than two years ago when a back injury forced him to the sidelines.

"It was good to get back," he said. "I missed doing it for sure."

Edmiston reclaimed the Springbank Plaza facility in January and has already attracted 30 students. His objective is not only to teach them to be better martial artists, but to also instill taekwondo's five tenets: courtesy, integrity, perseverance, self control and indomitable spirit.

"There's not a lot of discipline out there and we want to change that," Edmiston said. "Society has changed and now it's (about) giving them a safe place to come and learn respect and self control to make better decisions in life."

The club will boast five instructors with black belts. Edmiston is a third-degree black belt who's been involved in the sport for 16 years, the last 10 as a teacher.

He previously owned Friendly City Taekwondo for seven years, before injuries forced him out in 2009. He produced 12 black belts during that time.

Edmiston said the club can handle 48 students - split between adults and children - in order to properly run two classes a night for two nights a week.

"It's a better quality of teaching for sure, twice a week," he said. "What's the sense of having 50 classes and not having them full? If there's only two or three people a class then you're not getting anything from it."

Registration is for a three-month period and costs \$165 per person. Classes run each Tuesday and Thursday, from 7 p.m. to 8 p.m. for kids age 5-12, and 8 p.m. to 9 p.m. for adults 13 and older.

Edmiston said students will compete in about four tournaments a year.

"They're one of my favourites," he said. "I was quite lucky to medal in lots of tournaments."

For more information, contact Edmiston at 519-788-0640, or e-mail at [friendlycitytkd@ymail.com](mailto:friendlycitytkd@ymail.com).

Edmiston said he hopes to have the club website [www.friendlycitytkd.com](http://www.friendlycitytkd.com) running within a couple of weeks.

[corysmith@bowesnet.com](mailto:corysmith@bowesnet.com)