

SPORTS

TAEKWON-DO

Local club brings home 16 medals

By [Greg Colgan](#), Sentinel-Review

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Nine students from Friendly City Taekwon-Do brought home 16 medals and trophy for the Most Supportive School after they competed at the 2014 Colour Belt Classic in Orleans April 5, 2014. The school won four first-place medals and saw one of their teams come second in patterns. Front row: (from left) Cole Shearer, Carlina Green, Jessica Bodera and Jacob Bodera Back row: (from left) Head instructor Don Edmiston, Noah Young, Anthony Butyn, Corwin Butyn and Jolene Byl Absent: Nicole Vanderweerd GREG COLGAN/QMI Agency/Sentinel-Review

Practice may be where students put in the work to continually improve, but tournaments are where they go to show their talent.

And for nine students from Friendly City Taekwon-Do, the practice has more than paid off after they brought back 16 medals, including four first-place finishes, and the trophy for Most Supportive School from the 2014 Colour Belt Classic in Orleans April 5.

Friendly City head instructor Don Edmiston said tournaments help to establish belief in their skills against competition.

"It builds confidence. A lot of people were nervous because it was their first tournament, and you go against people you've never seen," Edmiston, a third-degree black belt, said. "You can do well (at the club) sparring and patterns because you're comfortable in your zone.

"When you go to tournaments the stress is way higher. People are better, stronger, bigger, so I always tell them to be smart and relaxed," he added.

The nerves may have been there before the start, but by the end they were non-existent. Instead, students were wondering when the next one was.

"They want to get right in there and go again. I've got a few asking, 'when's the next one?', Edmiston said. "It helps (to be in tournaments) and it helps build better students."

Among the surprises were the results for team patterns.

The nine students were broken into teams of three and was the first team event for all of them.

"It's something new we decided to try and for them to go to the finals in patterns is amazing," Edmiston said of the team of Noah Young, Cole Shearer and Jacob Boderer that finished second out of 15.

"My instructor from Ottawa, who's a sixth-degree (black belt), couldn't believe it," he added, with one other team advancing to the quarter-finals. "For them to do it was great. I was thrilled. I couldn't have been more proud."

RESULTS

Jolene Byl - third in sparring and third in patterns

Nicole Vanderweerd - third in sparring

Jacob Boderer - third in sparring

Noah Young - third in patterns and first in sparring

Carlina Green - third in patterns and first in sparring

Jessica Boderer - third in sparring and third in patterns

Anthony Butyn - third in patterns and first in sparring

Cole Shearer - first in sparring

Corwin Butyn - third in sparring

Noah Young, Cole Shearer and Jacob Boderer finished second in patterns as a team