

SPORTS

TAEKWON-DO

Noah Young of Friendly City Taekwon-Do will be part of Team Canada at the 2015 International Taekwon-Do Federation's World Championships in Italy

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

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Noah Young, right, seen here with Friendly City Taekwon-Do head instructor Don Edmiston, far left, and Li Moy Chen, will take part in the 2014 International Taekwon-Do Federation World Championships in Jesolo, Italy May 27 to 31 as part of Team Canada. Young, 14 and a Grade 10 student at Ecole secondaire Catholic Notre-Dame, was chosen after he participated in the 2014 Canadian National Championship. GREG COLGAN/QMI Agency/Sentinel-Review

There's few goals athletes try to attain that are greater than representing Canada.

Most spend an entire career trying do so, but for Noah Young he'll have his chance when he takes part at the 2015 International Taekwon-Do Federation's World Championships May 27 to 31 in Jesolo, Italy.

Young, 14, will be 15 years old when he participates with Team Canada's Jr. boys age 14 to 17 squad and have an opportunity of a lifetime when he meets the best international competition there is.

"I was really surprised," Young said of being chosen. "A couple of the guys from the Nova Scotia team were telling me that (the instructors) were paying attention to me and I had an idea of maybe being selected, but I was very surprised when I heard my name called."

He'll be one of 10 male juniors on a team with 10 female juniors and 20 female and male adults with six coaches.

At Canadian Taekwon-Do Federation International championship in Regina, Sask. Nov. 7 to 8.

Young was one of 17 kids in Pool B and he went three rounds in patterns. The second day, he took part in sparring, going up against a 17-year-old that had previously been to the world championships twice and held his own. He was later asked to join the Nova Scotia junior team as a substitute, since Ontario lacked the numbers to form their own team, where he caught the eye of Master Laquerre who started asking about him.

After Laquerre talked with Edmiston and Young's mother Li Moy Chen about Young attending world's, he only had to hear his name called when the team announcements were announced at the end of nationals.

"I thought it was sick," Young said of being named to Team Canada. "I kind of had a hard time thinking because I was so happy. It really took me by surprise. I thought that I'll have to train a lot harder and this is a big responsibility and opportunity in my life. I'm still a bit speechless."

For Young, it's been a busy month. He only achieved his black belt status in late-October, a few weeks before he attended nationals with a lead up of two months of training to prepare. Any thoughts of relaxing until June were dashed when he was named to the team, but Young said that's okay by him.

"Noah was brand new. He didn't even have his black belt card yet," Friendly City Taekwon-Do head instructor Don Edmiston said. "When I told (Master Laquerre) he had only been a black belt for two weeks, he was surprised. They wanted him for breaking techniques since Noah can jump quite high."

While he was chosen for special breaking, Young will also train in patterns, sparring and power breaking and take part in two to three team training sessions before May under the guidance of Nicholas Tran, Chelsea Stone and Steven Legrow. He also train regularly at Friendly City Taekwon-Do.

"There's a large amount of experience by these instructors. They're some of the best in the world. The thing with Noah, when he learns something he's done," Edmiston said. "He takes it and it's part of his regimen. He'll bring so much back (to the club) when he returns. This is huge for the school. He'll bring the school to another level and he can help every other student."

Although the competition is still another six months away, there's no doubt he'll continually improve every step of the way for they journey he's about to go on.

"I'll get a taste of world level competition." Young said of participating in the world championships. "I can watch everyone and in two years from now if I get to go again I'll know what's coming and everything I see will be a learning experience."