

## Issue no. 01

### KICKSTART MANITOBA



*Welcome to "Kickstart Manitoba: Your Monthly Taekwondo Digest." As President of Taekwondo Manitoba, I'm thrilled to connect our community through stories, updates, and opportunities that highlight our dedication to the sport and our values. Together, we'll celebrate achievements, stay informed on events, and support each other in embodying the excellence and integrity of Taekwondo.*

*Kim BedonaPadua*

### CONGRATULATIONS MEDAL WINNER

Congratulations to **Paige Krahn** on her outstanding achievement as the winner of the Manitoba Open medal design competition! Paige's vision for the medal, combining simplicity with uniqueness, perfectly encapsulates the spirit of the Manitoba Open and its significance in expanding our local Taekwondo community. Her thoughtful inclusion of the provincial outline and values that our fighters embody, along with the Maple Leaf to mark Winnipeg's place on the map, truly resonates. Paige's design not only honors the fearless and hardworking ethos of our fighters, as inspired by her experiences at the Canada Open, but also sets a high standard for showcasing Manitoba's talent on the world stage. Well done, Paige! Your creativity and insight are sure to inspire many honorable and fearless fighters through the Manitoba Open.



### ANNOUNCING NEW COACHING CHAIR

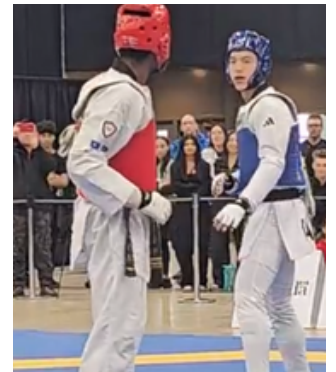
Taekwondo Manitoba is thrilled to announce the appointment of Ron Padua as the new Coaching Chair for Taekwondo Manitoba. With 20 years of coaching experience in various sports and a background in Taekwondo since 2014, which includes participation in tournaments like the BC Open and Toronto Open, as well as attendance at Nationals and WT events, Ron exemplifies dedication to athlete development and coaching excellence. His holistic approach to training, emphasizing physical, mental, and tactical growth, aligns perfectly with our mission. Under Ron's guidance, rooted in continuous learning and a commitment to safety and sportsmanship, we anticipate a transformative impact on our athletes and the broader Taekwondo community in Manitoba. Welcome aboard, Ron!

### RESULTS SENIOR NATIONALS

Tae-Ku Park clinched his third consecutive senior kyorugi lightweight national title, defeating Aurele Tcheh NDE and qualifying for the Pan American Championships in Rio. .

His brother, Braven, narrowly missed the bantam division title but remains focused on Olympic qualification in Santo Domingo. Skylar Park, already headed to the Paris Olympics, cheered on her siblings. Meanwhile, Hannah Driedger withdrew due to injury, Austin Wiebe placed fifth in men's poomsae, and Kelly McKenna was recognized as Best Female Pomsae Referee. Over 50 volunteers ensured the event's success, with the youth, cadet, and junior nationals on the horizon for July.

*Read more on the [Winnipeg Free Press](#)*





## Open Director Position

Extended application

We are seeking dedicated individuals with experience in social media, website management, communications, event/project management, or board administration.

These roles are pivotal in advancing the mission of Taekwondo Manitoba, promoting the sport, and enhancing our community engagement. Ideal candidates will have a strong commitment to Taekwondo, possess relevant skills in the aforementioned areas, and be eager to contribute to the strategic direction and growth of our organization.

- applicants must be a member of a club and registered with Taekwondo Manitoba



Did you know? Sport Manitoba Coaching is committed to facilitating the growth and development of coaches and officials at the community level, aiming to lessen the hurdles for their training and evaluation. Reach out to [coaching@sportmanitoba.ca](mailto:coaching@sportmanitoba.ca).

### Eligible Professional Development:

- National Coach Certification Program (NCCP) sport-specific courses and coach evaluations (if the coach covers full costs).
- Officials training & evaluations approved by the Provincial Sport Organization (PSO).
- Professional development sponsored or approved by Sport Manitoba Coaching, PSO, or National Sport Organization (NSO).
- First Aid Training.

### Eligible Expenses Include:

- Mileage (\$0.45/km for travel over 40km), accommodations (if necessary), meals within the province, and course/evaluation fees (specific conditions apply).

**Eligibility Requirements:** All Manitoba coaches must have active Respect in Sport certification and be a PSO member to receive a coach assistance grant. Visit <http://www.sportmanitoba.ca/coaching/respect-sport> to complete Respect in Sport or locate your certification number.

### Assistance Available:

- A 50/50 cost share up to \$1,000 per year per sport for individual coaches/officials.

**Application Process:** Submit your application at least 2 weeks before your event or course through the provided Google form, including a proposed budget. A post-event report is required for funding release, with payments taking up to 6 weeks.



## EVENTS

Saturday March 16 - Victory Cup UTSS  
Louis Riel Arts & Tech 5 De Bourmont Ave

Sunday March 24 - Club Owners Taste of Asia Meeting

Sunday April 7th TKD MB Coaching Level 1  
12 pm to 3 pm Unit 50 - 2866 Pembina Hwy

Saturday April 13 - Warrior Games - Tam's Alliance  
Duckworth Center - 400 Spence Street

Saturday April 28 - Coaches Certification - Sport Manitoba Building

Saturday May 11 - Manitoba Open & MB Provincials Red River Exhibition Hall - 3977 Portage Ave

Sunday May 26 - TKD MB Coaching Level 1  
12 pm to 3 pm Unit 50 - 2866 Pembina Hwy

Saturday June 1 - UTSS

Saturday June 15 - Kick's for Cause - Tam's Alliance

## CLUB OWNER TASTE OF ASIA MEETING

Taekwondo Manitoba is embarking on a strategic journey with a consulting firm to shape our future.

We invite club owners and a guest to join us on March 24th at the Sport Manitoba building for a stakeholder session. Your input will guide our 4-year strategic plan.

We're offering mileage reimbursement for travelers out of Winnipeg and providing a "Taste of Asia" lunch.

Please share any dietary restrictions when RSVPing by March 21st. [president@taekwondomanitoba.net](mailto:president@taekwondomanitoba.net)

This session is a step towards a vibrant taekwondo community in Manitoba.



***"In the shared warmth of a meal, we find the essence of togetherness—where the harmony of flavors fosters mindshare, laughter weaves through conversations, and the seeds of friendship grow. As ancient Asian wisdom teaches us, it's around the table that the heart speaks and communities are nurtured"***

## Share your thoughts

We value your insights and are eager to hear from you. This platform is designed for our valued members to freely ask questions, share suggestions, and provide feedback that will help us grow and improve. Whether it's about training, events, management, or any other aspect of our community, your voice is crucial in shaping the future of Taekwondo in Manitoba.

[www.bit.ly/tkdmbv](http://www.bit.ly/tkdmbv)

