



The News Mississauga SPORTS

ACE Taekwondo Dominates at Provincials

By: Iain Colpitts

April 22, 2010 10:49 AM - The Mississauga-based ACE Taekwondo Academy has been around only since January, but Master Viresh Mistry is already producing championship-calibre athletes at an impressive rate.

Last weekend (April 10-11), 13 of Mistry's students participated in the 2010 Ontario Open Taekwondo Championships at the Mississauga Valley Community Centre. They walked out with a combined 21 medals including 11 gold, five silver and five bronze.

Sparring champions included Jim Art Polong, Zubair Othman, Brandon Ngo, Ethan Zhang, Jennifer Li, Jessica Bacold and Nikhil Sarin.

Jessie Polong won a silver medal while Jason Bacold and Hankyeol Bae won bronze.

The students also competed in the forms exercise, where Bae, Sachin Sarin, Jason Bacold and Jessica Bacold won gold.

Li, Jim Art Polong, Jessie Polong and James Bacold won silver medals while Othman, Zhang and Stephanie Polong brought home bronze.

Overall, ACE Taekwondo finished with the most wins in the coloured belt division. The academy is located at 11-2283 Argentia Rd. near Derry Rd. W. and the Erin Mills Pkwy.

For more information, visit www.acetkd.ca.



Winners. ACE Taekwondo members pose with their awards from the Ontario Open Taekwondo Championships. From left, pictured are (back row) instructor Cedric Carluen, Nikhil Sarin, Brandon Ngo, Master Viresh Mistry and instructor David Lasala. In the front row (from left) are students Hankyeol Bae, Sachin Sarin and Zubair Othman. *Photo supplied*