

ACE wins big in Toronto

By: Iain Colpitts, May 01, 2012 – 8.24pm

No matter what competition they take part in, students from Meadowvale's ACE Tae Kwon Do go into it with a winning attitude. And in most cases, they leave as winners.

Head Instructor Viresh Mistry feels that's a result of outstanding preparation and passion towards their craft.

"Whatever the kids put in is what they get out," said Mistry, a four-time British national champion with 27 years of experience.

"One of the kids asked me if one of our competitions was going to be difficult and I said if you train hard, it's not difficult. We push for the best for them and obviously it's good for morale too."



Students from the club, most of whom range in age from six to 16 years old, often win medals at provincial and national competitions, as well as prominent tournaments such as the Toronto and Niagara Opens, which draw competitors from all over North America.

Most recently, the club sent 12 athletes to the Sport Taekwondo Open in Toronto on April 21 and collected 19 trophies (12 firsts, five seconds and two thirds).

Among the club's top performers were Jonalton Jude-Hamilton, 11, Helen Zhang, 15, Evander Leon-Budahazy, 6, and Alejandro Budahazy, 9. They each placed first in their age groups in both the patterns and sparring events.

Zhang, who had never competed in a tournament before the Sport Taekwondo Open, credited Mistry for her rapid development since she began training six months ago.

"He pushes us a lot," she said. "He'll have us practice with older or bigger kids to get rid of the fear so that when we compete against people our own size or skill level, we have the confidence to do well."

While Jude-Hamilton thinks winning trophies are nice, he likes taekwondo because of the character traits he's learned through the sport.

"I like it because it looks cool and I took it because I wanted to do some sort of martial art," he said. "I've learned to develop courage, power, speed and a lot of techniques."

Other ACE winners at the Sport Taekwondo Open were:

- Jose Tapia, 8 - Second in patterns, third in sparring
- Yarron Jesuartnam, 9 - First in patterns, second in sparring
- Jennifer Li, 12 - First in sparring, third in patterns
- Natalia Stanczak, 15 - First in sparring, second in patterns
- Yoosuf Bakhtair, 9 - Second in sparring
- Aminah Bakhtair, 11 - Second in sparring
- Kaitlyn Bryan, 11 - First in sparring