

Taekwondo Is a Family Affair

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Earning a black belt in taekwondo can be a long, hard journey, but it's one that a Churchill Meadows family is proud to say they did together.

Dave Sarin and his wife, Neha, accomplished the feat recently along with their sons, Nikhil and Sachin, at ACE Taekwondo in Meadowvale.

None of them took up taekwondo with the intention of reaching the pinnacle of the martial art. In fact, the parents took up the craft a few months after their children did.



Staff photo by Iain...

"The biggest thing for us was having a venue where we could be physically active," said Dave, 46. "Watching them at first, we weren't sure whether or not we could do it, but we gave it a try. I really like the fact that we've all had something in common here."

"We felt we should get involved rather than just sitting around," added Neha, 44. "We just fell in love with it the more we did it and here we are."

The Sarins enrolled their children in classes at the Churchill Meadows Community Centre five years ago. Nikhil, 15, and Sachin, 11, admit they didn't like it originally, but it grew on them and the rest, as they say, is history.

"I originally got forced into it," Nikhil said with a laugh. "My parents thought I should learn to defend myself if the need arises. The first day, I didn't like it, but I just kept going and now I really enjoy it."

"When my parents told me they were signing me up, I said okay, I'll try it," added Sachin. "I didn't even know what it was, but in the end, I found it kind of fun because I like running around and being active."

The family trains three or four times a week with Master Viresh Mistry, who Neha credits for all of their success.

"He was able to teach Sachin since he was six years old and he's able to teach us in our 40s at the same time," she said. "That's not an easy thing. If it wasn't for Master Viresh, there's no way we'd all be here collectively."

Several other ACE Taekwondo earned black belts along with the Sarins. Among those are Brandon Ngo, Kaitlyn Bryan, Jersey Vermeire and Zubair Othman.