

## Tae Kwon Do November 7<sup>th</sup> 2006

The 1st Whonnock Group would like to send a special thank-you to Jodi Tarzwell for teaching us the art of self-defence "Tae Kwon Do". In keeping with Remembrance Day we played games like Bombers, each wall has a name and we had to run to the one Jodi called out. When she called "Bombers" we had to lay on our backs and "Air raid" we would lay on our stomach. We all had a great time! Thank you Jodi!

