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ACE Taekwondo To Celebrate Sports Day

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Meadowvale-based ACE Taekwondo will be staging free lessons next Saturday. The facility will be part of the inaugural CBC Sports Day in Canada, a national celebration of sport, from grassroots to high-performance levels, in communities across the country.

Partnered with ParticipACTION, the goal of Sports Day is to promote physical fitness through several special events all over Canada.

ACE Taekwondo's Master, Viresh Mistry is excited about promoting the Olympic sport.

"The only way it's going to grow in popularity is if people know about it," Mistry said. "This is a chance to show people true Taekwondo and it's a great opportunity to showcase the sport."

Mistry and students will run four classes between 1 p.m. and 4 p.m. The afternoon will begin with an open house at 12:30 p.m.

More information can be found by visiting www.cbc.ca/sports/sportsday/event.html?id=788



OLYMPIC TAEKWONDO

