

ENCOUNTER OF PROMOTERS SCHOOLS OF HEALTH PUBLISHES IN THE  
SANTA CRUZ OF TENERIFE MUNICIPAL SPORTS HALL.  
DELTA OF NUTRITION PROJECT.

Inside the acts that have programmed the General Address of Public Health of the Sanitary Office and Culture Education and Sports Office of the Government of Canarias, in connection with the Delta Project of Nutritional Education, it took place in the Municipal Sports Hall of Santa Cruz from Tenerife, the "Encounter of Schools Promoters of Health."

Into the activities dedicated to promote health since the beginning, the participants could enjoy of different games, Taichi, counts stories, and ITF Taekwon-do.

Cuenta Cuentos



The members of the Sport Club BUA of Traditional Taekwon-do, belonging to the International Taekwon-Do Federation of Spain (FITE) Adrián Ramírez Cedrés and Alfredo of Bonis Baena, offered an exhibition in the Friday morning.

The participation of the Diego Bua's students was based, in its first part, in explaining to small groups of kids all Taekwon-do matters, and performed a small exhibition that consisted on the execution of Hwa-Rang, Choong-Moo and Toi – Gye pattern. Lastly they kicked and punched against specific material to show the application of different techniques.





The second part was developed in the Central Hall, where Mr. Alfredo De Bonis explained some particular aspects in the execution of Taekwon-do exercises.

The exhibition began with the execution of Hwa-Rang, followed by sparring (jaju-matsogui), and breaking techniques. The kids enjoyed very much this moment.

Lastly, the partners explained the kids that TaeKwon-Do it is a martial art dedicated to self defense that teach a way of life and it is not for use the violence against anybody.

