

Media Announcement

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**DONG'S SCHOOL HOLDS ANNUAL TOURNAMENT
TO BENEFIT CHILDREN'S HOSPITAL FOUNDATION**

Richmond, VA – The 38th Anniversary Dong's Martial Arts Tournament is scheduled for November 7, 2009 from 10:30 a.m. to 1:30 p.m. at LC Bird High School, 10301 Courthouse Road. As a benefit for Children's Hospital Foundation, this annual event is a celebration of the true spirit of martial arts - the willingness to help others as well as yourself. Founded by Grand Master Seung Dong, the Dong's Martial Arts Tournament will feature participants of all ages competing in different categories related to Tae Kwon Do and Pro Tae Kwon Do—forms and free sparring.

Advance tickets are \$5 and may be purchased at any of the four Dong's Martial Arts School locations: **West End**, 747-6166, 8109 West Broad Street; **Midlothian**, 794-0877, 14421 Sommerville Court; **Harbor Point**, 745-3303, 13612 Hull Street Road; and **Chesterfield**, 706-6669, 6929 Commons Plaza. For more information, contact the Headquarters Branch at (804) 747-6166 or go to www.dongs.com.

Grand Master Dong has reached the highest degree in martial arts—the ninth degree black belt—and won “King of the World Speed Champions” in the first-ever Grand Master Tournament and won a second Grand Master title in Swordsmanship in 2005. Grand Master Dong is a world-renown martial arts instructor who has published books and filmed videos on the subject. He has also been named a favorite role model for children. He and his instructors teach the ancient arts of self-defense: Tae Kwon Do, Kum Do, Hap Ki Do and Um Yang Do. The tournament will involve students from Virginia and out-of-state branches of Dong's school.

This is the 13th Dong's Martial Arts School tournament for the benefit of Children's Hospital Foundation. The competition has raised over to \$220,000 for the hospital to date.

Children's Hospital Foundation raises funds for Children's Hospital of Richmond, a resource and provider of specialized medical and therapeutic services customized to meet the specific needs of children and their families. The hospital began as a small clinic in 1917 and now serves more than 7,000 children each year, providing inpatient, day patient and outpatient services for a wide variety of medical conditions. As a result, the hospital relies on support from the community to continue its mission.