

### **DURING A MARATHON:**

- SOME STRETCHING BEFORE THE MARATHON HELPS YOUR MUSCLES!
- DON'T USE NEW CLOTHES OR SHOES IN SUCH LONG DISTANCES.
- WHILE RUNNING, TRY TO MAINTAIN A CONSTANT SPEED.



- DRINK A LOT OF WATER WHILE YOU ARE RUNNING.

- YOU MUST COMPLETE THE MARATHON WITHIN 6 HOURS ( IF YOU'RE AN AMATEUR RUNNER AND STILL MANAGE WITHIN 4 HOURS ... WELL DONE! )



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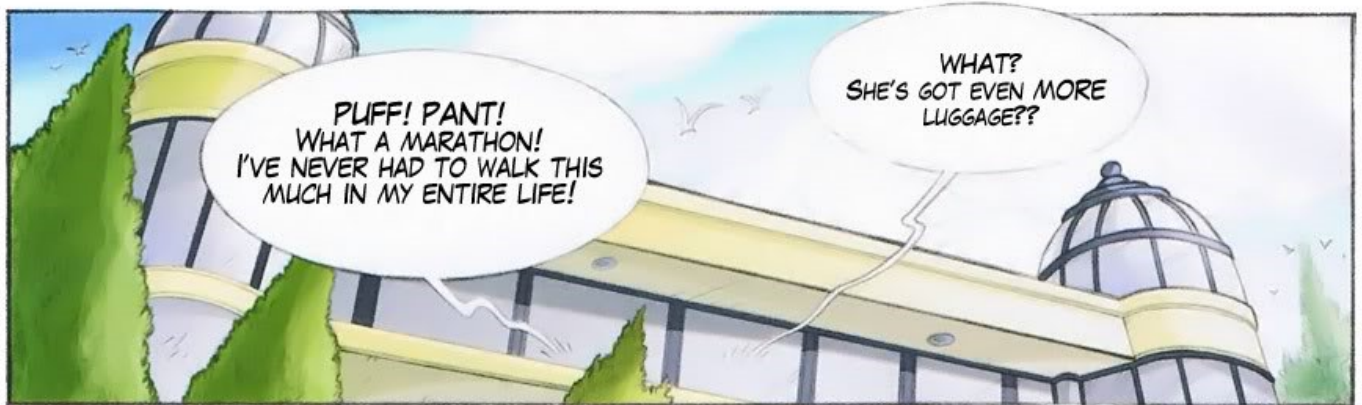


### **AFTER A MARATHON:**

- BEING TIRED IS ONLY NATURAL. IT USUALLY TAKES THE ATHLETES A WEEK TO FULLY RECOVER!







PUFF! PANT!  
WHAT A MARATHON!  
I'VE NEVER HAD TO WALK THIS  
MUCH IN MY ENTIRE LIFE!

WHAT?  
SHE'S GOT EVEN MORE  
LUGGAGE??



HEH, YOUR NEW FRIEND  
DOESN'T TRAVEL LIGHT!

HEY!  
DON'T CALL  
HER THAT!

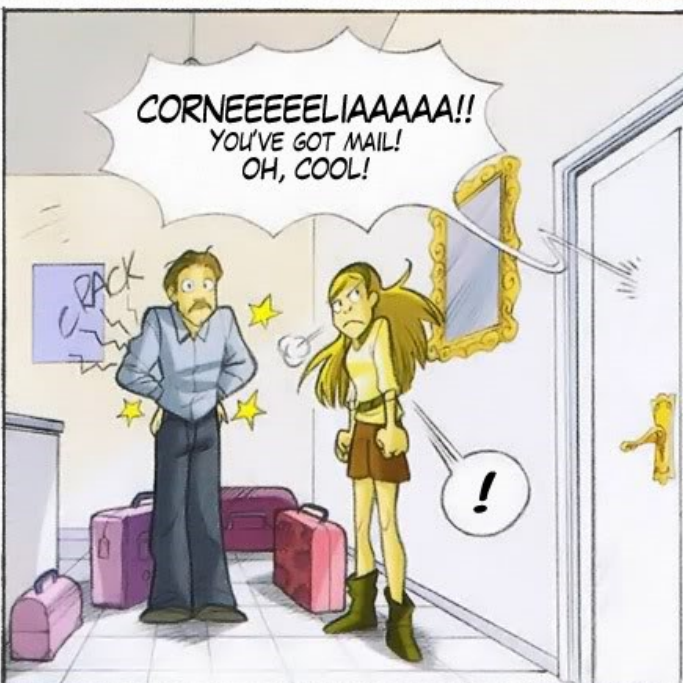


SHE'S INVADING  
MY ROOM!



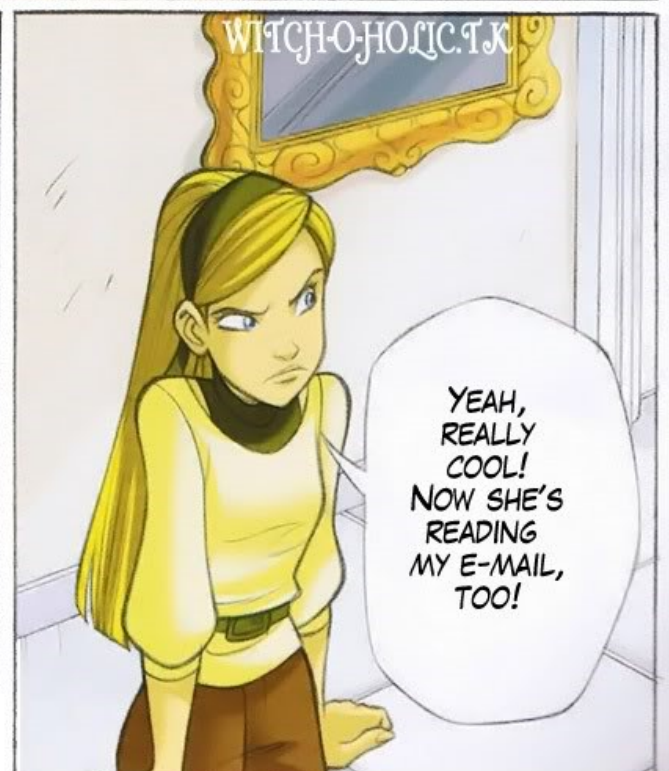
SHE BROUGHT LIKE  
EVERY CUP SHE EVER WON ...  
AND AS IF THAT'S NOT  
ENOUGH. SHE'S GOT LIKE  
**AN INFINITE  
WARDROBE!**

HMM ...  
THAT REMINDS  
ME OF SOMEONE  
ELSE ...



**CORNEEEEEELIAAAAA!!**  
YOU'VE GOT MAIL!  
OH, COOL!

!



YEAH,  
REALLY  
COOL!  
NOW SHE'S  
READING  
MY E-MAIL,  
TOO!

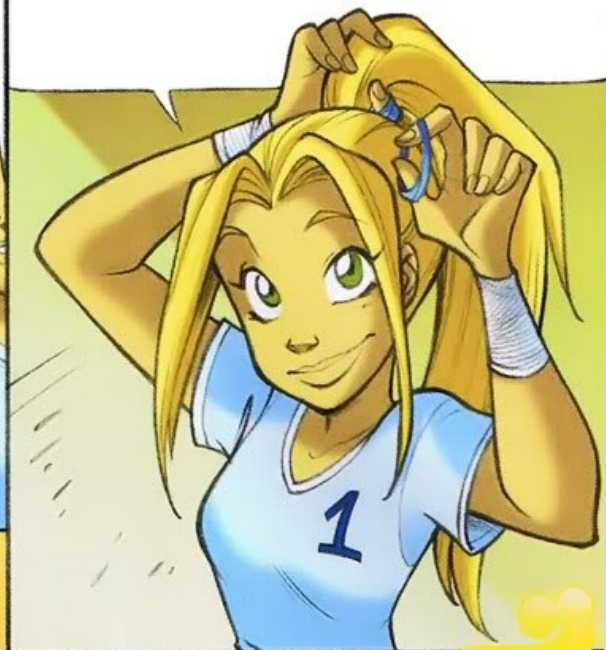






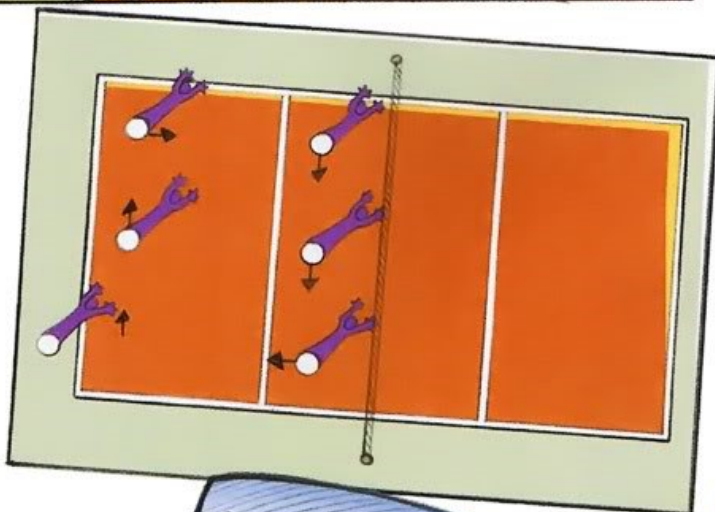


WE PLAY VOLLEYBALL IN  
A RECTANGULAR FIELD OF 18x9 METERS.  
THE FIELD IS DIVIDED INTO TWO  
PARTS BY A NET!



THE BALL WEIGHS  
260-280 GRAMS,  
AND IS ABOUT 65-68  
CENTIMETERS!

EVERY TEAM IS MADE UP BY 12 PLAYERS.  
BUT ONLY 6 CAN STAY IN THE FIELD  
AT THE SAME TIME!







EACH GAME SPLITS INTO SETS. A TEAM WINS A SET WHEN IT REACHES 15 POINTS... BUT THEY MUST HAVE AT LEAST 2 POINTS MORE THAN THE OPPOSITE TEAM.

EACH PLAYER WITHIN A TEAM HAS TO MAKE ONE SERVE, SO THE WHOLE TEAM ROTATES IN THE FIELD EVERY TIME A POINT IS MADE.

WHEN THE BALL FALLS INTO THE OPPOSITE FIELD, THE TEAM GETS ONE POINT. YOU CAN ONLY GET POINTS WHEN YOUR OWN TEAM IS SERVES. YOU MUST TRY TO GET TO SERVE AS MUCH AS POSSIBLE!

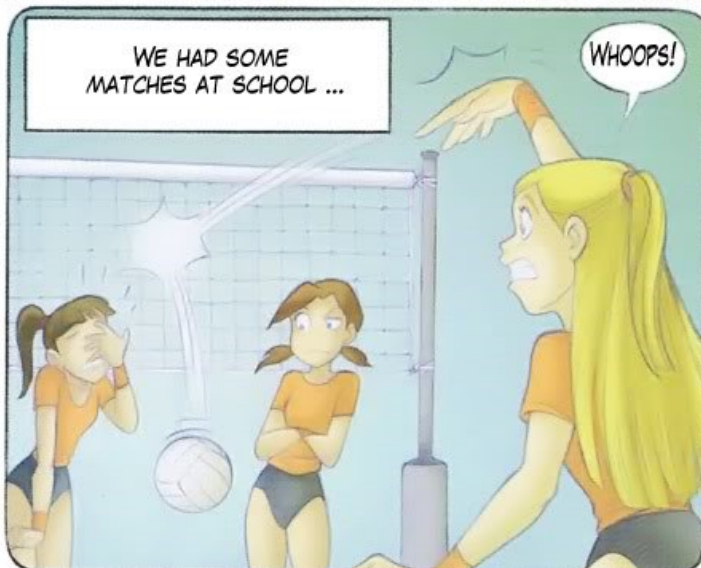


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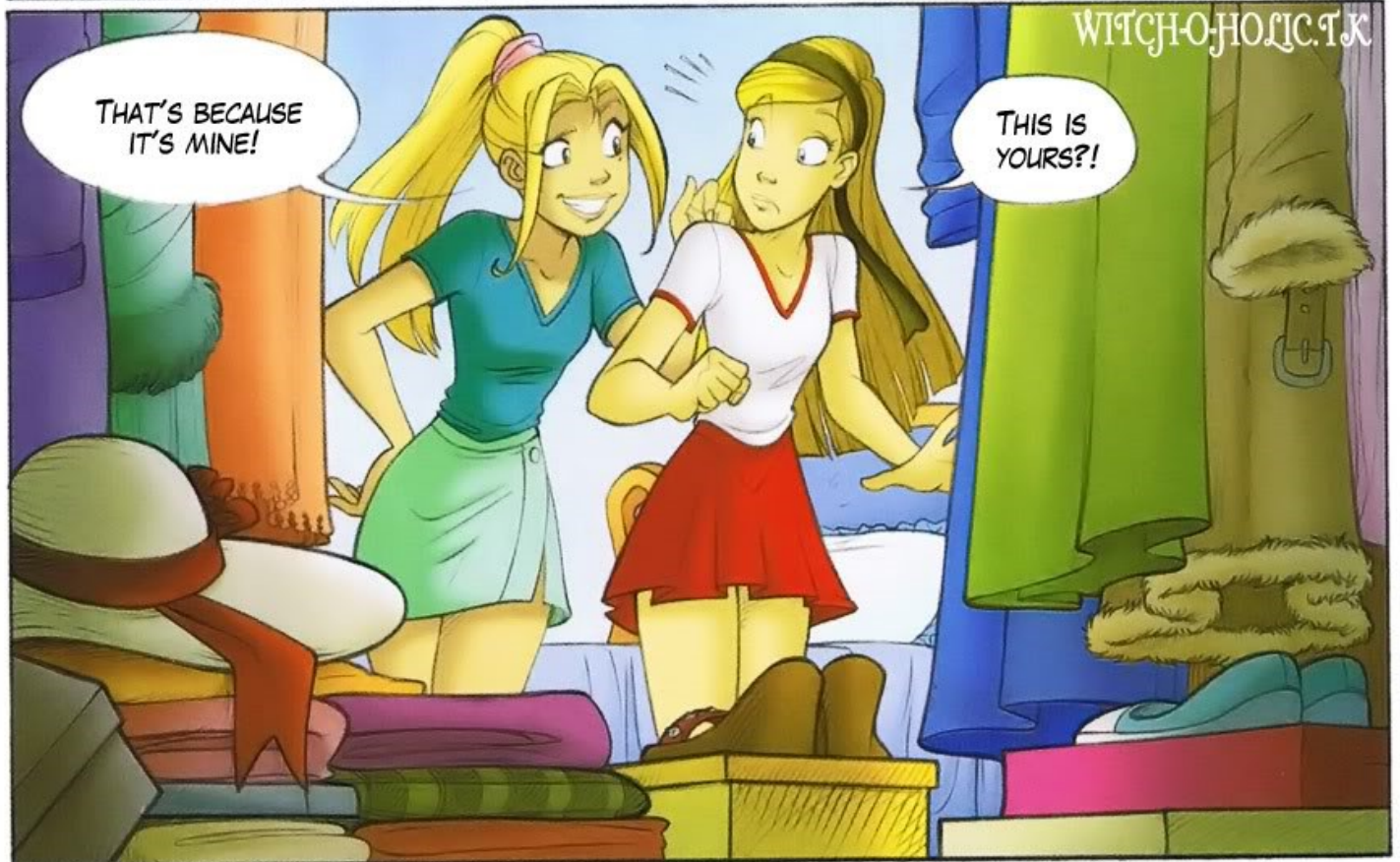
### DID YOU KNOW ... ?

- ... THAT VOLLEYBALL WAS INVENTED IN THE USA IN THE LATE 1800S BY WILLIAM J. MORGAN? HE WAS THE DIRECTOR OF A LEISURE CENTRE, GOT INSPIRED BY TENNIS AND CREATED THIS GREAT GAME SO THAT THE ATHLETES WERE KEPT BUSY EVEN DURING WINTER.
- ... THAT THE FIRST NAME FOR THIS SPORT WAS "MINONETTE"? THE FIRST MATCH TOOK PLACE IN 1895!
- ... THAT IN 1904, "MINONETTE" CHANGED ITS NAME INTO "VOLLEYBALL"? THIS NAME COMES FROM THE ENGLISH VERB "TO VOLLEY", AS YOU VOLLEY THE BALL BACK AND FORTH OVER THE NET.
- ... THAT VOLLEYBALL WASN'T REALLY POPULAR IN SPORTS CENTRES? BUT IT WAS GREATLY APPRECIATED ON THE BEACHES! IT QUICKLY BEGAN TO RISE IN POPULARITY AS "BEACH VOLLEYBALL".
- ... THAT VOLLEYBALL WAS FIRST HELD AS AN OLYMPIC SPORT IN TOKYO, 1964?















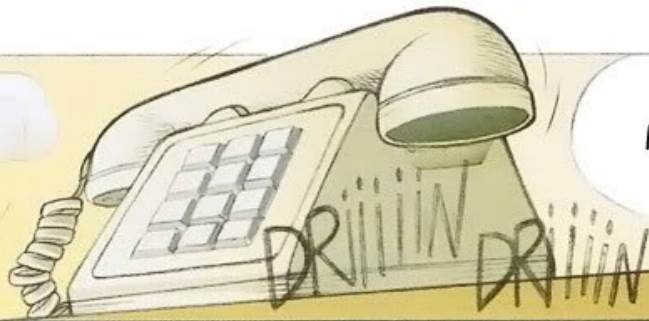




" ... I KNOW A GREAT RESTAURANT! "

TELEPHOOOOONE!  
WILL SOMEONE TAKE THAT?

I'M ON IT!



SILVER DRAGON, GOOD  
MORNING! HAY LIN  
SPEAKING!

WOW, HOW  
PROFESSIONAL!  
I THOUGHT  
YOU WERE  
ATTENDING  
YOUR GUESTS  
...

CORNELIA ...  
I'M SO GLAD TO  
HEAR A FAMILIAR  
VOICE ...  
THE RESTAURANT  
IS REALLY CROWDED  
TODAY ...  
AND THE ORDERS  
JUST KEEP COMING!



EVEN YANG  
HELPS OUT!



YOU HAVE GOT TO SEE THIS!  
HE'S REALLY GOOD!  
WAITING THE TABLES AND  
TAKING ORDERS ...





ONE ALMOND CHICKEN AND  
ONE CANTONESE RICE  
AT TABLE 6!

THANK YOU, YANG, BUT  
YOU CAN REST FOR A WHILE,  
YOU MUST BE TIRED ...

ARE YOU  
KIDDING? I'M JUST  
WARMING UP!

AND I ALSO CALLED FOR  
SOME BACK-UP!

LIAO CHANG, AT  
YOUR SERVICE!

HAY LIN,  
LET ME INTRODUCE  
YOU TO MY BEST  
FRIEND ...

... ALSO HIS  
BITTER RIVAL IN  
TAEKWONDO!

BECAUSE COMPETITION ...

ABOVE ALL, SPORT  
IS FRIENDSHIP,  
RIGHT?

... DOESN'T EXCLUDE  
FRIENDSHIP!

HEY! THAT WILL BE A PERFECT  
SLOGAN FOR THE BANNER!



## TAEKWONDO:

THE WORD COMES FROM

KOREAN: TAE = TO KICK

KWON = PUNCH

DO = ART

IT'S AN  
ANCIENT, KOREAN  
WAY OF FIGHTING. ☺

DOBOK  
(THE TRADITIONAL,  
WHITE UNIFORM)

## TAEKWONDO *is*

DIFFERENT FROM OTHER  
MARTIAL ARTS, BECAUSE OF  
THE DYNAMICS AND THE VAST  
USAGE OF LEG TECHNIQUES.

THE ATHLETES FACE EACH OTHER IN A SQUARE  
OF 12 METER SIDES, WITH ONE JUDGE  
AND 3 CORNER REFEREES.



**FIGHTS ARE 3 TIMES  
3 MINUTES LONG,  
WITH A 60 SECOND  
BREAK.**

**YOU CAN USE KICKS  
TO YOUR OPPONENT'S  
CHEST OR FACE,  
BUT PUNCHES ARE  
ONLY ALLOWED  
TO THE CHEST!**

**YOU WIN A FIGHT  
EITHER BY POINTS,  
SURRENDER, K.O.,  
DISQUALIFICATION  
OR FROM THE  
JUDGES' DECISION.**

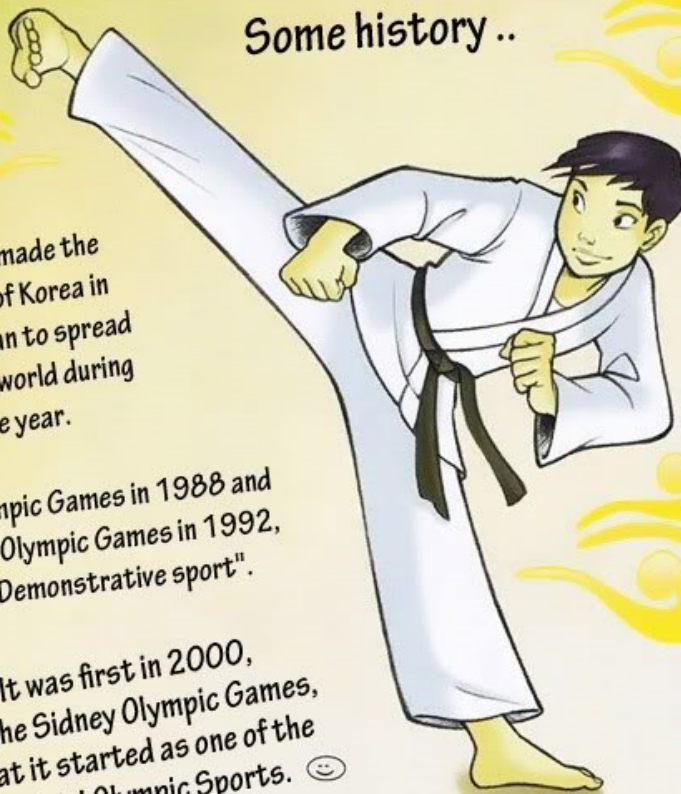


**Some history ..**

Taekwondo was made the  
National Sport of Korea in  
1960 and it began to spread  
throughout the world during  
that same year.

At the Seoul Olympic Games in 1988 and  
at the Barcelona Olympic Games in 1992,  
it was just a "Demonstrative sport".

It was first in 2000,  
at the Sidney Olympic Games,  
that it started as one of the  
Official Olympic Sports. 😊





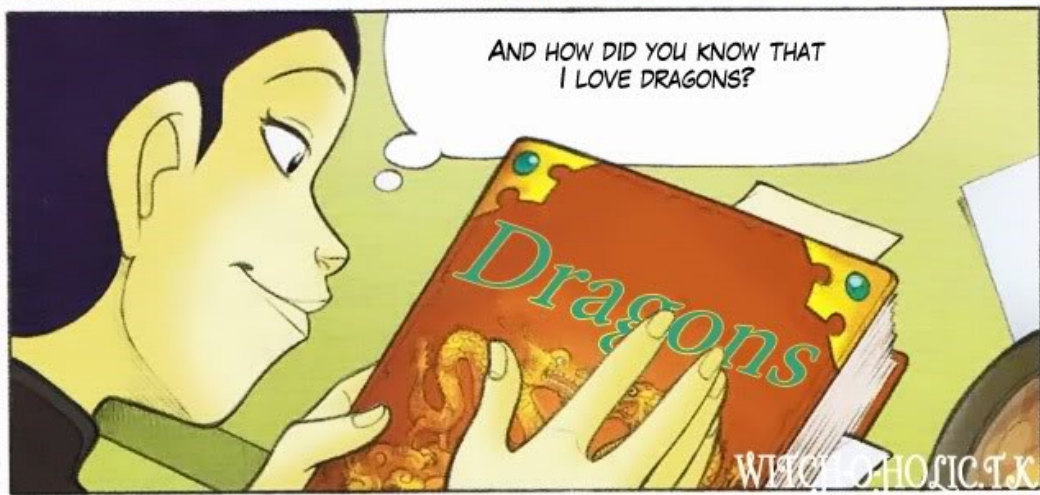
DEAR YANG ...  
YOUR ARRIVAL WAS  
A BIG SURPRISE.



YOUR SPORT WAS A SURPRISE,  
YOUR KINDNESS WAS A SURPRISE,  
YOUR GIFT WAS A SURPRISE ...



AND HOW DID YOU KNOW THAT  
I LOVE DRAGONS?



EVER SINCE YOU  
GAVE ME THIS BOOK,  
I JUST CAN'T STOP  
DRAWING THEM ...



... EVERYWHERE!

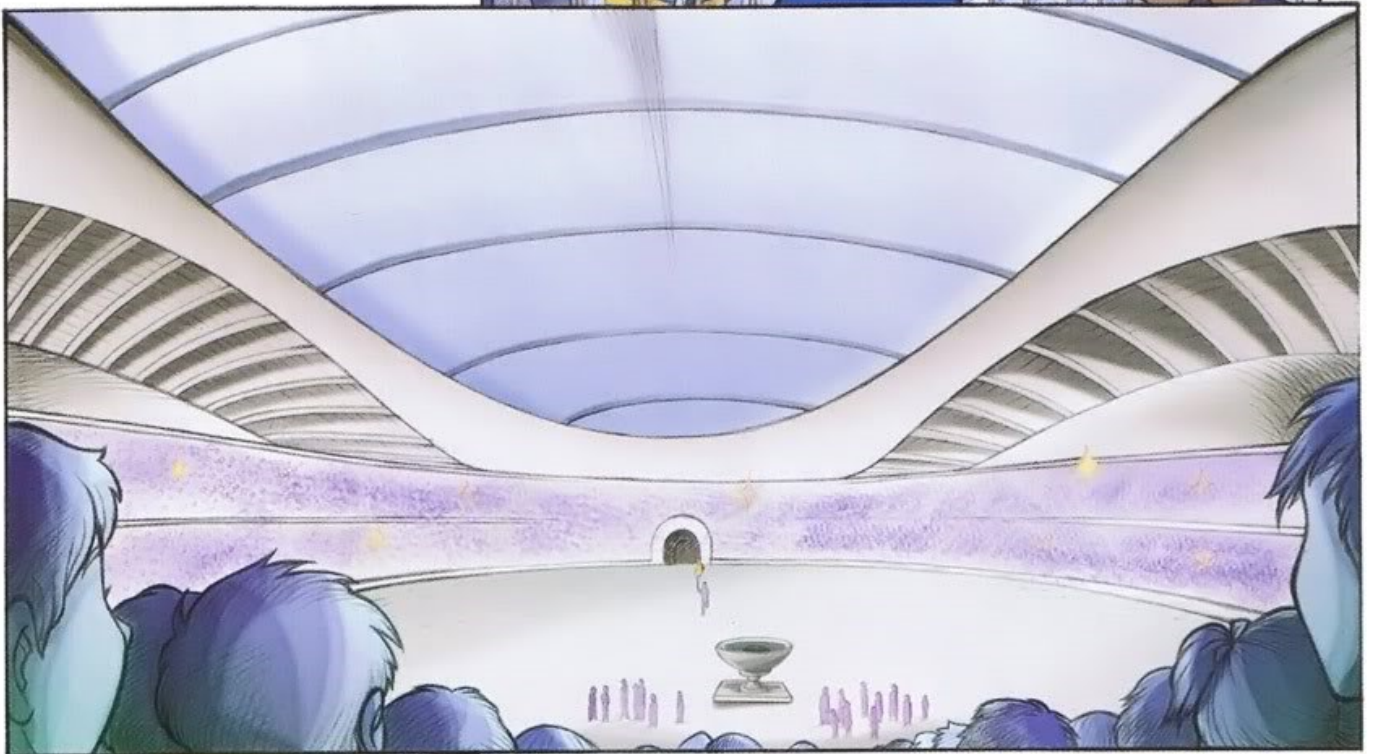








THE MAGIC OF A FLAME  
CAN BURN FOREVER.





THAT'S IT, GIRLS!  
NOW THE OLYMPIC FLAME  
IS BURNING ...

AND A WAVE OF EMOTIONS  
IS SPREADING WITHIN  
EVERY PERSON ...

THERE ARE PEOPLE  
HERE FROM EVERY CORNER  
OF THE EARTH ...

MAYBE THAT'S WHY  
I CAN FEEL SO MUCH PURE  
ENERGY IN THE ARENA ...

CAN YOU  
FEEL IT TOO?  
THERE'S SOMETHING  
SPECIAL IN THE  
AIR ...

WITCHOLOGY.TK



LET THE TEEN  
OLYMPIC GAMES IN  
HEATHERFIELD BEGIN!

SPORT IS ENTERTAINMENT

SPORT IS CREATIVITY





Sport is nature

Sport is fashion

Sport is friendship





DID YOU SEE  
THAT COLOURED  
DRAGON?  
I WONDER WHO  
DECIDED TO USE SO  
MANY COLOURS ...



THAT'S STRANGE ...  
I THINK I WOULD HAVE  
CHOSEN ONLY RED,  
OR JUST GREEN,  
BUT ...

... THIS IS REALLY  
SPECIAL, DON'T YOU  
THINK?



IT LOOKS MAGICAL!



HAY LIN! YOU'RE THE  
ONLY ONE MISSING!  
HURRY UP!



OH ...

HERE I AM!



WITCH-O-HOLIC.TK



Heatherfield teen olympics  
opening night party 08/08 ☺