



Tae Kwon Karate Newsletter



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Message to Students & Instructors: We can change the plan, but never the goal.
Podemos cambiar de plan, pero nunca la meta.

Master Camilo Centeno

Monthly Tip:

Take things slowly, and visualize before doing it. Practice forms at home.

Open Spring Tournament

Saturday, May 18th, 2024

Location: Immigrant & Refugee
Community Organization, **IRCO**
10323 NE Glisan St.
Portland, OR. 97220
From 12:00 Noon to 4:00 pm

Make sure you pre-register. Get ready and reserve this day.

This tournament will include Forms (Hyungs), Sparring, Breaking, and Team Competitions. Competitors will be awarded for 1st, 2nd, and 3rd places. Information will be given to you by your instructors.

All students must participate in three tournaments before getting a black belt level.

Congratulations to our students who were promoted last April 2024.

Color Belts:

9th Kup:

Angel Hammon
Aleah Dew
Benjamin Titus
Kailen LeWard
Dermot Schoenfeld

8th Kup:

Carmen Moore-
Matheny
Megan Webber
Tyler Webber
Tilde Thomas
Ming Thomas

7th Kup:

Lauretta Lancaster
Leo McKillip
Lincoln Barrett
Roland Stain-Anderson

6th Kup:

Daniel Morgado
Jesse Morgado

NEW BLACK BELTS

1st Dan:

Isaac Ambers-Hite
Quincy Ambers-Hite
Sean Ambers-Hite
Olivia Rolon Gonzalez
Rayne Zaughsome
Lanette Ambers

2nd Dan:

Stephanie Elizabeth
Hughes

Next Promotion Test will be

Friday, June 7th, 2024. 6:00 PM

At the Tae Kwon Karate Center School.
3503 N Mississippi Ave.
Portland, OR. 97227

