



# Tae Kwon Karate Newsletter



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**Message to Students & Instructors:** During practice, always do it with an indomitable spirit so when in a real situation, you will naturally be prepared.

*Master Camilo Centeno*

## Monthly Tip:

Controlled breathing acts not only on resistance and speed but can also control the body by receiving a blow and increasing the power of a blow directed at the opponent.

## Training Schedule

Good planning reduces risks and increases the probability of success in any undertaking. Well-planned programs properly carried out can be likened to catching fish with a net while poorly planned programs can be compared to catching fish with one's bare hands. An inefficient and wasteful exercise.

## Programa de entrenamiento

Una buena planificación reduce los riesgos y aumenta la probabilidad de éxito en cualquier emprendimiento. Los programas bien planificados y bien llevados a cabo pueden vincularse a la captura de peces con una red, mientras que los programas mal planificados pueden compararse con la captura de peces con las manos desnudas. Un ejercicio ineficiente y derrochador.

**Congratulations to our students who were promoted last January 2024.**

### COLOR BELTS:

#### **8th Kup:**

Luis Rangel  
Roland Stain-Anderson  
Theo Barton

#### **7th Kup:**

Thea Yeager

### **The next Promotion Test will be on**

Friday, March 1st, 2024. 6:00 PM  
At: Tae Kwon Karate Center School.  
3503 N Mississippi Ave.  
Portland, OR. 97227

### **COMING SOON.....**

#### **Open Spring tournament on May 18th, 2024**

Make sure you 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.

