



Tae Kwon Karate Newsletter



Volume 13 Issue 7 July 2023

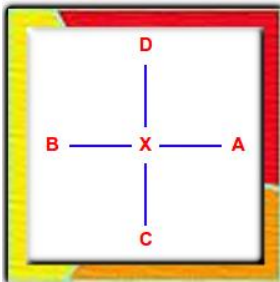
Message to Students & Instructors:

Taekwon-Do is a long and sometimes difficult journey.

Master Camilo Centeno

Monthly Tip:

Set your workout program for taekwondo and remember, if you practice you learn, If you have any questions ask you instructor.



Hyungs

All the Hyungs are performed under the assumption the student is facing toward "D". There are a total of 24 Hyungs in Taekwon-Do. The reason for 24 Hyungs: The life of a human being, perhaps 100 years, can be considered a day when compared with eternity. Therefore, we mortals are no more than simple travelers who pass by the eternal years of an eon in a day.

Formas

Todos los Formas se realizan bajo la suposición que el estudiante está mirando hacia "D". Hay un total de 24 formas en Taekwon-Do. La razón de 24 Formas: La vida de un ser humano, tal vez sea 100 años, puede considerarse como un día en comparación con la eternidad. Por lo tanto, nosotros los mortales no somos más que simples viajeros que pasan por los años eternos de un eón en un día.

Congratulations to those who were promoted last June 2023.

COLOR BELTS:

9th Kup:

Anna Plumb
Carmen Moore
Quin Parker
Samuel Sword

8th Kup:

Elowyn Sutton
Ricky Sutton
Sofia Karpinska-Pieretti
4th Kup:
Julio Anicua

3rd Kup:

Isaac Ambers-Hite
Lanette Ambers
Sean Ambers-Hite
Quincy Ambers-Hite

2nd Kup:

Sadie Herout

1st Kup:

Miller Chan

The next Black Belt Test:

Saturday, August 5th, 2023. 10:00 am at:

Woodstock Community Center

5905 SE 43rd Ave, Portland, OR. 97206

Color Belt test:

Friday, August 4th, 2023. 6:00 pm At:

Tae Kwon Karate Center School.

3503 N Mississippi Ave.

Portland, Or. 97227

The tournament is coming on October

14th, Saturday from 4:00 pm to 8:00 pm.

Let's get ready!

