



# Tae Kwon Karate Newsletter



Volume 13 Issue3 March 2023

## Message to Students & Instructors:

Ask for forgiveness from someone you have hurt.

*Master Camilo Centeno*

## Monthly Tip:

The pattern should be performed in a rhythmic movement with an absence of stiffness.

## The Oath – El Juramento

The Student Oath is as much a part of Tae Kwon Do training as warming up and stretching, patterns, sparring, and all the other facets of the art that the student is encouraged (and required) to gain a good understanding of as they make their way through the grades.

El juramento del estudiante es una parte tan importante del entrenamiento de Tae Kwon Do como el calentamiento y el estiramiento, las formas, el combate y todas las demás facetas del arte de las que se alienta (y se requiere) al estudiante a obtener una buena comprensión a medida que avanzan en los grados.

## Congratulations to our students who were promoted last February 2023.

### 9th Kup:

Elowyn Sutton  
Flow Joy  
Ricky Sutton

### 7th Kup:

Vivien Halperin  
Coren Halperin  
Andrew Whitethorn

### 8th Kup:

Beatriz Trinidad  
Gabriel Bañuelos

### 6th Kup:

Julio Anicua

### 4th Kup:

Sadie Herout

## The next Promotion Test will be

Friday, April 7th, 2023. 6:00 PM At:  
Tae Kwon Karate Center School.  
3503 N Mississippi Ave.  
Portland, Or. 97227

## Black Belt Test on April 8<sup>th</sup>, 2023

