



# Tae Kwon Karate Newsletter



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**Message to Students & Instructors:** Taekwondo is good for adults because it is an enjoyable way to exercise, you can meet other adults who enjoy Taekwondo, and it is a great chance to participate in a sport with your kids.

*Master Camilo Centeno*

## Monthly Tip:

Take things slowly, stretch properly, and visualize before doing.

## The Open Spring Tournament

Saturday, May 18th, 2024

### Location:

**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 February 2024.

### COLOR BELTS:

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

Jesse Morgado

Daniel Morgado

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

Friday, April 5th, 2024. 6:00 PM

At: Tae Kwon Karate Center School.

3503 N Mississippi Ave.

Portland, OR. 97227

### **Black Belt Promotion Test**

April 6th, 2024. 10:00 AM

WOODSTOCK COMMUNITY CENTER

5905 SE 43<sup>RD</sup> Ave.

Portland, OR. 97206

Candidates must bring the paperwork to their instructor.

