



# Olympic Tae Kwon Do Times



May 2002

## Upcoming Events

### May

- 1<sup>st</sup> Grand opening of Murray Hill school
- 11<sup>th</sup> Parents Night out
- 18<sup>th</sup> pictures will be taken starting at 10:00am. More information will be given out in class.

### June

- 5-7<sup>th</sup> Colored Belt testing
- 14<sup>th</sup> Pot luck and belt ceremony at 5:30pm
- 29<sup>th</sup> Make-up Belt testing (10:00am)

### July

- Summer Camp! (More information will come at a later time)
- Week 1: 8<sup>th</sup>-12<sup>th</sup> & Week 2: 15<sup>th</sup>-19<sup>th</sup>  
4<sup>th</sup>-6<sup>th</sup> closed for Forth of July

## Contact Information

### *Portland Location*

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Portland OR, 97229

### *Lake Oswego Location*

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Address:

3 Monroe Parkway Suite K  
Lake Oswego, OR 97035

## Tae Kwon Do Basics

### Directions

- 1.Front—Ahp
- 2.Back—Dwi
- 3.Right—Ohreum
- 4.Left—Wen

### Miscellaneous

- 1.Attack with hand—chigi
- 2.Punch—Jiroegi
- 3.Semi-contact sparring—pan ja uu
- 4.Full contact sparring--gyorugi

## Tae Kwon Do Rules

1. Respect your parents
2. Always Do your best in school
3. Believe in yourself

*If you would like to submit an article or have any questions/comments please email Rea and Leanna at [newsletter@olympic\\_taekwondo.com](mailto:newsletter@olympic_taekwondo.com)*





# New Kicks



## Welcome Master Park!

Many of us have already met Master Park, but for those of us who haven't, Master Park just joined us from Korea, and is currently teaching at our studio for the next few months. However, A NEW branch of Olympic Tae Kwon Do will be opening soon in the Cedar Hills district. Master Park will be moving to that location, where he will reside and be teaching future members of OTKD.

## KOREA TRIP 2003

That is right! There will be a trip to South Korea, the homeland of Taekwondo. This is a great opportunity for those who are interested in touring South Korea for ten days with Master Kim. The trip will be ten days long and will include the following:

- Training at the University Master Kim attended
- Visiting Kukkiwon (World Tae Kwon Do headquarters)
- Trip to Lotte World (Korean Disneyland)
- Visiting the historic Kyungju City
- Relaxing on the beautiful beaches of Jeju Island
- Trying Lots of NEW FOOD
- Learning about the Korean Culture
- And...staying in five star hotels

The trip will cost approx. \$2100 per person. However, to make this a more achievable goal, if you decide you want to join in on this fun next year sign up in Lisa Picketts office and pay \$100 per month until we leave. If you are interested or have more questions regarding the trip please talk with Lisa Pickett.



When I first walked into the Tae Kwon Do do-jang, I was scared to join. This was back when the do-jang was located next to the public library—I was only 9 years old. Of course, most 9 years olds don't consider breaking boards fun.

I finally agreed to sign up for the three-week trial. I'll never forget how excited I was when I first walked into class. Of course, I fell in love with Tae Kwon Do, so to speak, and I liked Master Kim immediately. He has a way of making his students feel special and important and I felt comfortable in his classes from the start. So, my mom signed me up for one year and I was on my way.

It was two months until the next belt test, and I learned my form surprisingly fast. I had no idea at the time why we were learning the forms, and I was even more confused after learning the self-defense and one step sparring. However, all of this was eventually explained to me. Not only would we need to perform all these things at the test in order to pass, but also we were learning valuable skills for actual sparring and for self-defense, should we ever need it.

I made it to my first belt test. I was doing fine—until it came to the board. It took me nine tries to break that board, but it finally broke. I was very happy with myself! I was also happy – okay, let's just admit it – shocked, at how much encouragement I received from the other testers AND PARENTS! Everyone in the room wanted me to succeed as much as I did! After I received my yellow stripe, I decided that I wanted to get to black stripe, and stop there.

Fast forward - The time came when I would test for my brown stripe. I had been sick for the past two months with pneumonia, and decided that I would need to train harder, since I only had one month left before the test. So I started to take the morning classes as well as the afternoon classes. I am home schooled, so this was not a problem. During my time taking those classes, I met some amazing people who inspired me to possibly go farther than black stripe. It had never crossed my mind that I might test for my black belt someday. But now that it had occurred to me, I wanted it more than anything else.

I had made it to brown belt, but still I wanted something more. Although I was happy with being such a high belt, it didn't feel like enough.

Sadly, I no longer had time to go to the morning classes. There was a lot to be done at home, things like school. I didn't see two of my best friends from the morning classes until 6 months later. But I threw myself into my Tae Kwon Do career to try and forget about how much I missed them.

