



Olympic Tae Kwon Do Times



September 2002

Upcoming Events

September

6-7th Second Dan Black Belt Testing
in Vancouver Washington.
25-27th Colored Belt Testing

October

4th Belt Ceremony/Pot Luck
5th Make Up Belt Testing
19th Break-A-Thon – Portland Studio
31st Halloween Party – Portland
Studio

Contact Information

Portland Location

Phone: (503) 531-3500
Address:
18335 NW West Union Rd Suite H
Portland OR, 97229

Lake Oswego Location

Phone: (503) 534-3029
Address:
3 Monroe Parkway Suite K
Lake Oswego, OR 97035

Murray Hill Location

Phone: (503) 524-4550
Address:
14657 S.W Teal Blvd
Beaverton OR, 97007

Tae Kwon Do Basics

Tae Kwon Do Rules

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

Belt Testing Schedule

September 25th

4:30-6:30pm Level 1 Ages 8-12
7:00-8:30pm Level 1 Adult and
Family

September 26th

4:30-6:30pm Level 2 & 3 Ages 8-12
7:00-8:30pm Level 2 & 3 Adult and
Family

September 27th

4:00-5:30pm All Levels Ages 4-7
6:00-7:30pm White Belts

*If you would like to submit an article or
have any questions/comments please
email Rea and Leanna at:*

newsletter@olympic-taekwondo.com

Or bckim@olympic-taekwondo.com





Korea Trip 2003



Do you want to be a part of a trip of a lifetime? Well, next summer you will have the opportunity to Visit South Korea with Master Kim and your fellow classmates. Every student and their families are invited on this fun-filled 10 day trip around South Korea.

The 10 day trip includes:

- Training at the University Master Kim attended
- Visiting the Kukkiwon (Tae Kwon Do headquarters)
- Trip to Lotto World (Korean Disneyland)
- Visiting the historic Kyungju City
- Relax on the beautiful Jeju Island
- Trying lots of new food
- Learning about the Korean culture
- Five Star Hotels



If you are interested in attending this great opportunity please sign up in the office!
More information to come....

DON'T WANT TO PAY ALL AT ONCE!?!: Now, you can make monthly payments of \$100/month.

For those of you who are interested in attending the upcoming Korea Trip there is a new payment option. If you sign up now in the office, you are able to pay \$100 per month until the trip. This will help spread the cost of the trip over many months, avoiding a large sum of money to be due all at once. You may start paying at any time. For further information please talk with Lisa or Master Kim.



A parent's view...

Testing is always harder on the parents! 😊

By Stacy Stricker

As I put together belt-testing forms for our new Murray Hill students, I'm reminded of my girl's first belt tests and the anxiety that accompanied those tests. Not so much their anxiety, but mine! Many parents have come to me and asked what the test is all about. What can they expect? Will the kids really do OK? And will they really break a board? I can tell parents that when your child is taking that very first belt test for their Yellow Stripe, it will always be one of the hardest tests to watch and yet the one test you will always remember. Watching your child do their form, one-step sparring and self-defense and then breaking that board... and seeing them succeed at it all. The look on their face when they do break the board... and knowing that they now know that "They can do it." It is the best feeling a parent can experience.

Looking back, I have to smile because I remember how many questions I had when Sarah, who was 7 at the time, was taking that first belt test. I remember that she wanted to take Tae Kwon Do because "*it looks like fun*" and I was all for it because it looked like I could give her some real life skills. Sarah had fun taking the test and had a great testing experience that began her quest that lead her to her Black Belt. I get an even bigger smile when I think about Stephanie, who was only 4 years old at the time that she took her first test just one year after Sarah... and then that lump-in-the-pit-of-your-stomach feeling comes back. She was so little (only 28 pounds at the time) and yet so determined. She did her form, one-step sparring and self-defense like a pro (of 4 years!), but then came the board. ***That dreaded board!*** She was so determined and yet she couldn't break it with the front kick or the axe kick... she tried and she tried. Finally Master Kim put that board, straddled between two other boards, on the ground and had her stomp the board in half. ***SUCCESS!*** And that is probably the most important thing I can say about each and every belt test. The Masters will work with each student to ensure that when they are invited to test they are in the best possible position to succeed.

Both my girls walked away from their first belt test feeling like they had won an Olympic Gold Medal, just like Master Kim, but most importantly they had now possessed the foundation for where we are today... self-confidence and individually strong people that believe that they can try anything. They may not always succeed at first, but that if they won't give up, success will follow. Like my girls, every testing student will walk away feeling that they can try anything and strive for anything that their hearts desire... and yes, even succeed, but only if they work hard for their goal.

So, here I am, almost 5 years later... I'm facing a 2nd Dan Black Belt test in the future for Sarah and another 1st Dan Black Belt test, this time for Stephanie. I can now look back and smile about all the belt tests that we have been through (22 color belts and one Black Belt), but believe me... they are all hard in their own right. And just like the lump-in-the-pit-of-my-stomach feeling I got on their first tests, I believe I will get it with every test from now on... but I will also know that my girls believe that they can do it... and I know that that they can do it too because they have been so successful with every test they've taken... I have confidence in them through it all... But still... could you please bring me some chamomile tea, relaxation and meditation tapes and other relaxing things for their next tests...

Believe me, I WILL NEED THEM! 😊