



**JANUARY 11TH 2025
BLACK BELT PROMOTIONS**

Please join us in congratulating the following students for their successful advancement to their next belt level.



Master Ngan Vo, 6th Dan

“I am very grateful for all of my instructors and the friends who I have made in TKD. When Great Grand Master Kim passed away, I am thankful that so many of us were able to gather together to celebrate his life and the legacy he left to all of us. In addition, I am constantly reminded—before, during, and after the COVID-19 pandemic—of the dedication and generosity of Master Cynthia Brown and Master Aaron Brown and our TKD family. Thank you, Masters Brown. Thank you also to my family and loved ones who are my foundation.”



Master. Teresa Osgood, 5th Dan

“My Taekwondo journey started in Mtn. Home, Idaho in 1990 under Master Fred Perez. I achieved my 1st Degree Black Belt in high school. After a long break, I continued my Taekwondo journey here in Oregon in 2010 under Master Cynthia Brown. I love how all different ages and abilities can workout together and learn Taekwondo at their own pace, and am so grateful that I was able to watch my children enjoy Taekwondo alongside me and both achieve their 2nd degree black belts. I currently teach a beginner and family class at the Sellwood studio, which is such a rewarding experience. I would like to thank my husband Tom and my children Travis and Taylor, along with my Parents who have been there since the beginning, for all their love and support. A big thank you to Master Brown for all her support and guidance. I also want to thank all of my Taekwondo family for all their support including, but not limited to, Master Vo, Master Hawes, Master Rohde, Ms. Whelan, and Ms. Bates.”



Mr. Mike Barnes, 4th Dan

“I began my Taekwon-Do journey in 2010, alongside my daughter, Mrs. Amber Barnes. At the time, I had no idea how far this path would take me. Today, I have the privilege of teaching classes in Scappoose, alongside my daughter. It has been an incredibly rewarding experience, both learning and teaching with such a dedicated group of people. I am grateful to Master Tindall and the entire Taekwon-Do family for their support and guidance throughout this journey. I look forward to continuing my Taekwon-Do path and helping others along the way.”



Ms. Amber Barnes, 4th Dan

“I started my Taekwondo journey nearly 15 years ago, alongside my dad, Mr. Mike Barnes. Looking back, I realize just how deeply Taekwondo has influenced my life and shaped the person I am today. As a child, I never fully understood the significance Taekwondo would have for me, nor how fortunate I was to have my dad by my side throughout the journey. Today, I teach classes in Scappoose with my dad, supported by the guidance of my instructor, Master Tindall. I am incredibly grateful for my Taekwondo family and for Master Tindall, whose unwavering support, wisdom, and love have been a constant throughout the years.”



Ms. Jessica Shelton, 3rd Dan

“I am a 51-year-old physical therapist at providence Sports Care Center. Originally from Atlanta, Georgia, I spent my primary school years in Texas and Florida before attending the University of Florida, where I earned a Bachelor of Science in Physical Therapy. I have been married to my best friend, Jeffrey Shelton, for 28 years, and together, we have a 17-year-old daughter, Sammi Shelton.

I have been practicing Taekwondo since 2014, and I am both excited and grateful to be testing for my 3rd-degree black belt. A heartfelt thank you to all of my instructors, especially Cynthia Brown and Matt Pillsbury, for their time, guidance, and expertise. I also want to express my appreciation to my First Kicks students, who consistently show up, work hard, and bring a smile to my face. Most importantly, I am deeply thankful to my husband and daughter for their unwavering love and support in everything I do.”



Ms. Kelly Bates, 3rd Dan

“I have been in Taekwon Do for 9 years now. I enjoyed participating in class with my 2 kids, Owen and Charlie. This has been an amazing journey. I can't believe I'm testing for my 3rd degree already! I'm definitely here to stay. I also enjoy being an assistant instructor at the kids class on Tuesdays. I want to thank both Master Browns, Master Vo, Master Hawes, and Master Secord for help in preparing for this test.”



Ms. Leslie Gillis, 1st Dan

“In 2019 I joined Kim’s Taekwondo as a way to bond with my son, who is now a second-degree black belt. I have had a longer journey than most, but I persevered through challenges to reach my goal of black belt. I have grown so much along the way in both my physical abilities and in my confidence. There are so many people who have helped me get here, including the Masters Brown, Master Vo, Ms. Osgood, Master Hawes, and all the other black belts at Southwest Community Center and Sellwood studio who took the time to help me learn and fine tune my forms. I look forward to continuing my progress and giving back by helping others to achieve their goals. “



Mr. Max Insalaco, JR 1st Dan

“I started taekwondo just under five years ago in February of 2019 as a gift for my eighth birthday. I honestly was just going because I thought it would be cool. Then I started to find out what taekwondo was all about and that it isn't about fighting as much as it is about defending yourself, and that there's as much of a mental workout as there is a physical one. I would like to thank Master Vo, Ms. Shelton, Mr. Umflat, Mr. Master Brown, and Mrs. Master Brown for all of the coaching that's gotten me to this point. I would also like to thank all of the people outside of taekwondo who have encouraged me, too, especially my mom and dad for driving me to all my classes and tournaments. ”

Dedicated to: Progress, Peace & Love