



**JUNE 8th 2024**

**BLACK BELT PROMOTIONS**

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



### ***Master Mandy Hawes, 6th Dan***

“I started Kim’s Taekwon Do 24 years ago at OHSU in Portland. It was a great stress reliever during dental school, and since then I’ve stepped up as the lead instructor for the Kim’s Taekwon Do class there, alongside my husband, Master Todd Hawes. Our sons, Mr. Kellen Hawes and Koby Hawes, have also joined in on the Taekwon Do adventure, and we all take class and/or teach in the Sellwood studio as well. I’ve learned so much along the way, not just about kicking and punching, but also about self-discipline and community. My heartfelt thanks to everyone that has helped me get to where I am today, including but not at all limited to Great Grand Master Kim, Masters Brown, Master Vo, Master Secord, Master Bossen, Ms. DiTommaso, Ms. Zheng, Ms. Pacentine, Ms. Osgood, Mr. Pillsbury, Mr. Neufeld and all the Saturday class black belts, and of course my family, whose endless support allows me to kick and punch throughout the week.”



### ***JR Sasha Gordon, 2<sup>nd</sup> Dan***

“I have been doing Taekwondo for eight years. I also do Girl Scouts, swim team, track and field, club soccer, and play the piano. I am in seventh grade and attend Winterhaven (K-8) STEAM Focus school. Becoming a (Jr) 2nd degree black belt is a big accomplishment, and a lot of people have helped me to get where I am today. I would like to thank my mom for taking me to my practices, coming to my promotions, and helping me with the technical issues when Taekwondo went online as well as overall supporting my journey with Taekwondo. Mom joined Taekwondo a few months after Covid hit, and it was always nice to be able to do my online Taekwondo classes with her, as well as practice how to help someone with their form and give good advice. Thank you. I would also like to thank my dad for taking me to the tournaments, signing me up for Taekwondo, and taking me to my practices. I would like to thank Master Brown, Mr. Master Brown, Master Vo, and Master Secord for teaching me and always giving me their best.”



**Jeff Gramlich, 1<sup>st</sup> Dan**

“In 2018, alongside my wife Yvette, I embarked on a journey at Kim's Taekwondo. William had been in 'first kicks' for a couple years. Fast forward 5 years and, I'm promoting to black belt. Kim's has really taught me persistence through perseverance will lead to accomplishment. A life-long lesson I will cherish. The Kim's family has been a solid rock for me. Thanks to the Masters Brown, Master Rohde, Master Pillsbury, Vo, Hawes, Secord. a whole lot of ya'll down through the Black belts and colored belt ranks. Your input was vital to me achieving my goal. Long live Kim's Taekwondo! “



**Marcus Reed, 1<sup>st</sup> Dan**

“I encouraged my son Felix to try Taekwon-Do so that he could fulfill my childhood dream of learning a martial art. I never imagined that four years later we'd be getting our black belts together. This journey has been challenging, especially having started our training two months before a global pandemic, but the rewards have far outweighed the challenges. My training has taught me a new level of self-discipline, physical ability, and mental strength, and has provided a wonderful, shared experience with my son. I am so grateful to Mrs. and Mr. Master Brown, and Masters Secord, Rohde, and Hawes, who have trained us from the beginning to all of the instructors and fellow students who have motivated and inspired us along the way, and to my wife Christine for her patience and support. “



***Michael Stasiuk, 1<sup>st</sup> Dan***

I started taekwondo in August 2020. I had just moved to Portland and needed some way to stay active through quarantine. I am so grateful I decided to join. It became a very valuable physical and mental outlet. I am proud of how much I have learned and accomplished. I am grateful to all my wonderful teachers for guiding me and to my parents for supporting me the whole time. I attended the Wednesday first kicks class with Master Hawes and Master Brown. I look forward to learning new things and to improving my skills in the future. “



***Mingus Mangle, 1<sup>st</sup> Dan***

“ I am 15 years old, and a sophomore at Cleveland High School. I have been a student at Kim’s Taekwondo since Fall of 2020, and beginning Taekwondo during the COVID-19 lockdown was certainly not an easy thing, but it challenged me and gave me a sense of routine to my otherwise sporadic weeks of schooling from home. That is one of the things I have come to appreciate most about Taekwondo, the stability of it. No matter what is going on in your life, it is an opportunity to set that all aside for an hour, move your body, and clear your mind. I would like to give my thanks to all of the support I have received from Masters Brown, Master Rohde, my parents, and all of the other instructors and students at Kim’s Taekwondo. “



***Judah Shapiro, 1<sup>st</sup> Dan***

“I joined Taekwondo in 2020, along with my siblings Ezra and Ivy. The journey to becoming a black belt has taken me nearly four years. Along the way, I have learned perseverance and integrity along with other Taekwondo tenets. I am happy that I have gotten this far in Taekwondo and am excited to become a black belt. I would like to thank my relatives; Taekwondo classmates; Mrs. Coombs, my instructor; and any masters/instructors who have helped me along this journey. I am grateful for your support.”



***Keagan Novak, 1<sup>st</sup> Dan***

“I am 15 years old. I was raised in Saint Helens Oregon. My taekwondo journey started when a friend introduced me to the dojo in Saint Helens. With the help of my parents, instructors and training through this 4 year period made it possible for me to achieve this goal.”



***Ezra Shapiro, JR 1<sup>st</sup> Dan***

“I am 14 years old. I was born on February 4th, 2010, in Boca Raton, FL. I mostly grew up in Portland, OR, and moved to John Day OR in 2020. Me and my siblings Have been in Kim’s Taekwondo for almost four years. My favorite parts of Taekwondo are forms and board breaking. Doing Taekwondo has helped me get stronger and made me a better person. Thank you to my TKD instructor Ms. Coombs, my parents, and my siblings for helping me get better at Taekwondo.”



***Felix Reed, JR 1<sup>st</sup> Dan***

“I am 12 years old and I began Taekwondo with my dad over 4 years ago. Very soon after we joined, the pandemic began. It was difficult at first being a white belt in virtual classes, but we persisted. Throughout my journey Taekwondo-Do has taught me many life skills that have helped me out. It has been an amazing journey and my dad, and I will finally be fulfilling the dream that we both had since we started. I would like to thank Master Brown, Mr. Master Brown, Master Secord, Master Rhode, and Master Hawes for helping me throughout my training.”

***Dedicated to: Progress, Peace & Love***
