



JUNE 3rd 2023

BLACK BELT PROMOTIONS

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



Master Shelby Tooze, 7th Dan

“It's been a long journey. I have to attribute that to the support from Ron, my instructors, my black belts, black belt peers, and my students. Apparently, it takes a Taekwon-do village to raise a Chil Dan black belt. Together we've expanded the kid's classes and have classes in Wood Village and John Day. I find each degree brings a new journey that I look forward to taking with all of you. “



Ms. Lisa DiTomasso, 3rd Dan

“I started my TKD journey about fifteen years ago at OHSU. I've had many ups and downs throughout the years, but always come back to the practice. TKD has helped me grow physically, mentally and be a better person overall. I owe all of my gratitude to my many wonderful instructors throughout the years who have encouraged and supported me to get to where I am today. I especially am thankful for Master Hawes who has been with me as a student or instructor since the beginning.”



Ms. Jenny Stinnett, 1st Dan

" I started taewondo in 2019 my husband introduced me to the class. I have really succeed in taewondo it has really boosted my confidence, and makes feel better about myself. I would like to thank my Husband Stephen, my teacher mrs.coombs, and best friend Joy and family and friends. They were there to give me encouragement and support me! That is what made me a better student. "



Ms. Laurie Montgomery, 1st Dan

"I joined taekwondo once my young daughter promoted out of Little Kicks and we could start taking the adult classes together. I have enjoyed taking classes together. Taekwondo has helped me maintain my physical fitness levels and has given me strength and confidence to overcome various challenges in life. I appreciate all the Black Belts (and even lower-ranked students) who have helped me achieve my goals. Especially Mrs. Coombs, our instructor, Mr. Seal, and now Mr. Stinnet, the newest Black Belt at our school. Everyone ahead of me in this martial arts discipline has served as an inspiration and example of all I too can achieve. "



Mr. Alan Hickerman, 1st Dan

“I am a rising senior at Trinity Academy here in Portland. I’ve been doing Tae Kwon Do since I was about 8 at Charles Jordan Community Center under my instructor, Mr. Pedro Toledo Jr. My other interests include playing the violin, which I have done since age 5, woodworking, and weightlifting. Tae Kwon Do has brought so much discipline and self-control to all these activities, and to my school career as well. I am very thankful to Mr. Toledo and all the countless hours we spent working together. I am also very thankful to Master Brown, Master Secord, and Master Vo, whose classes tremendously helped me prepare for my test. Finally, I want to thank anyone and everyone who sparred with me, did their forms alongside me, or just said “hi” in the lobby. You *all* helped me get here. Thank you! “



Miss Midori Montgomery, Jr 1st Dan

“I’m twelve years old and I live in John Day, Oregon. I started taking taekwondo in 2018 and have been doing it (off and on) for about 5 years now. Taekwondo has helped me become more polite, and courteous. I’d like to thank my instructor, Mrs. Combs, for being the one to teach me. Also, my mom, for taking classes with me. I really enjoy Taekwondo and I hope to keep doing it in the years to come. “



Mr. Ronan Bedard, Jr 1st Dan

“I am 11 years old. I am in fifth grade and go to Ainsworth Elementary School in Portland, Oregon. I have been doing TaeKwon-Do for 6 years and take classes at the studio in Sellwood and the SW Community Center. I have wanted to earn my Black Belt since the day I started TaeKwon-Do. That is the main reason I persevered and earned higher ranks. I would like to thank my family, TaeKwon-Do friends, and Instructors for the tremendous support throughout my journey.”



Mr. Aiden Benedick, Jr 1st Dan

“I have been doing Tae Kwon Do for 4 ½ years. I feel very accomplished about earning my black belt. I’ve learned a lot in those years about myself and about how others can affect your life. I would like to thank my parents for their support, Mr. and Mrs. Master Brown for guiding me through Tae Kwon Do, and Mr. Garcia teaching me in First Kicks class. For the next group of people earning their black belt, I encourage them to persevere, have courage and work as hard as you possibly can for the months leading up to your promotion.”



Mr. Kellen Hawes, Jr 1st Dan

“I’m 10, and I started in 2018 just when I turned 5. I live in Portland, Oregon with my mom Master Mandy Hawes my dad Master Todd Hawes and my brother Koby. My other interests outside of Tae Kwon Do are sports including soccer, basketball, and football.

I would like to thank Masters Todd and Mandy Hawes for being great parents,

Masters Cynthia and Aaron Brown for helping me on the forms that I struggle on, Master Vo for helping me anytime, Master Rhode, Mrs. Osgood, and Ms. Whelan for helping me in Monday classes and Master Tindall for helping me in Saturday classes. Thank you so much for helping me achieve this goal. I’ll also give a special thanks to all my friends for encouraging me to persevere and never give up on my Tae Kwon Do journey.”



Miss Ally Gottfreson, Jr 1st Dan

“I am 10 years old. I have been doing Taekwondo for almost 5 years now and I have learned a lot, for example I learned all of three step sparring when I was a purple belt online. I would like to thank my instructors for supporting me through my journey to my black belt and beyond. I would also like to thank my parents for bringing me to classes, supporting me, and teaching me. I have also used the 5 tenets of taekwondo outside the gym, for example I use courtesy at school by listening to my teacher and classmates. I look forward to continuing my journey with taekwondo.”

Dedicated to: Progress, Peace & Love

