



# SEPTEMBER 7TH 2024 BLACK BELT PROMOTIONS

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



# Ms. Laurel Coombs, 4th Dan

"I am so thankful for Great Grandmaster Kim and all those who chose to carry on his legacy. with special gratitude to Master Brown, Master Tooze, Master Williams, Master Bossen. Master Secord, Ms. Holme, Mr. Good, and Mr. Otis for all they have taught me, and for the support and encouragement through everything over the years. It would take pages to list all of my colleagues that I am grateful to. You push me, compete with me, and make me better. I appreciate you all. Thank you also to my amazing husband and three sons for sitting through innumerable classes, tournaments, parades, demonstrations and tests patiently even if I can't talk you into joining. Thank you to my students who inspire me to keep going and do more. I would not be who I am today without you all."



# Ms. Ann Holm, 4th Dan

"I started taking Taekwondo classes at East Portland Community Center with my daughters in 1999. During all that time and through many changes the program has remained strong because of the commitment of the outstanding instructors. i am grateful to them and the martial artists of all ranks that have helped me over the years. When confronted with a challenge I can hear Great Grand Master Kim say, "You can do!"

I have been retired from a career with the City of Portland for almost six years but am still enjoying teaching the kids' classes at EPCC. "



#### Ms. Lucie Flood, 3rd Dan

"I can't believe that I am the same teenager that spent her youth stuck in a corset to fix her severe scoliosis! The doctors' grim prognosis was a life in a wheelchair by the age of 40. Instead, I skied, climbed, taught yoga, and have been practicing and teaching taekwondo for the last 10 years. Not only did I defy what seemed for me impossible physically, I also became stronger and more resilient mentally and emotionally. I am forever indebted to my kids, friends, teachers and students who supported me in my dreams and at times in my madness."



# Mr. Don Rogers, 2<sup>nd</sup> Dan

"Growing up in the 70s, Taekwondo was a big thing (it was the era of Bruce Lee), so I was always interested. However, somehow, I never took it up as child. I finally started taking classes in 2017, after getting tired of watching my sons from the sidelines at the Southwest Community Center. It was an immediately rewarding experience, and right from the start I felt confident I would stick with it. 5 years later my sons and I tested together for our Black Belts, and now we are testing for our 2<sup>nd</sup> degrees. Sharing the experience of learning a martial art with my sons has been very rewarding, and I cherish the time we spend together. I also value the community and all the lessons, guidance and support it offers us. Taekwondo keeps us physically fit but also enriches our sprit. So, as I reach this milestone, I want to express my gratitude to the entire Kim's Taekwondo community.



# Mr. Zachary Rogers, 2<sup>nd</sup> Dan

"Eight years ago I started Taekwon-Do because of a friend, little did I know I would still be here, and with a second degree Black Belt! When I started at the SWCC, I remember countless classes where an assistant instructor would spend their own time helping us lower ranks out with our own forms. Without all those people, I wouldn't be where I am today. Now, as someone helping teach at the studio, I think it's amazing that I can continue this cycle of teaching. I would also like to thank all the instructors as well, and especially Mrs. Master Brown for giving me the wonderful opportunity to help teach. "



### Mr. Salem Silkie, 2<sup>nd</sup> Dan

"I've been doing Taekwondo for more than 6 years now, and I'm grateful for all that time I've spent. It's made me healthier, stronger, and a better teacher as well as a better student. A vear or two ago I became an assistant instructor for First Kicks, and I had to learn how to teach martial arts to people. It's been hard at times, but I'm glad I kept going with it. I feel like it's given me the most important experiences out of all of what I've done with Kim's Taekwondo. I want to thank Master Brown for giving me the opportunity to teach there. Additionally, I am eternally grateful to my parents for driving me to and from classes and tournaments for years. Finally, I'm thankful for all the black belts and instructors who've taught me everything I know about martial arts, who are too numerous to name here."



## Mr. Maxwell Eagle, 1st Dan

"I've been doing Taekwondo wince September 7, 2016. My two close friends Salem and Alder Silkie have been doing Taekwondo alongside me for most of my time and I owe everything to their constant love and support. Outside of Taekwondo, I enjoy hiking, playing tennis, board games, and playing the piano. While the list of my thank-you's goes without end, but I would specifically like to acknowledge the guidance that Mister Jeremy Gray has given me. Mr. Gray helped show me the creative side of Taekwondo and that martial arts aren't just black and white. "



## Mr. Cole Rogers, 2<sup>nd</sup> Dan

"I have Been doing taekwondo for around 8 years. During this time I have learned a lot, I have become a martial artist and improved myself in many ways. By applying the 5 tenets of taekwondo to other parts of my life I have been able to succeed in those places as well. I could not have achieved much without my family and instructors though, because they always helped me and encouraged me to do my best. Just recently I have also been leading classes with my bsdarother, which has forced me to really think about what we do in class, which has deepened my understanding of taekwondo."



## Miss Piper Gordon, Jr 2<sup>nd</sup>, Dan

I am 13 years old and have been doing Taekwondo for 8 years. Taekwondo has helped me learn the meanings of the five tenets of Taekwondo, Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. And thanks to all the instructors and classmates, I have now learned combinations, sparring, forms, coordination, and have improved selfcontrol. My sister and I joined together and have helped each other out when we were having trouble with forms. I would like to thank my mom and dad for taking me to Taekwondo, my sister Sasha for always being there, and all the instructors and classmates that have helped me through the years."

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