

United World Taekwondo Association

Message From Our CEO

Hello Everyone,

Many of you have been with us for a very long time. Last year, we celebrated our 25 year anniversary. After reflecting on our journey, I have come to realize that many of our "major" goals have been achieved. We have successfully integrated ourselves into the Kukkiwon. This was one of my major goals. Bringing the Kukkiwon program and all of it's policies and credentials to our school operators, black belts and students was not easy.

Twenty five years of hard work, focus and dedication has created a strong foundation for our organization. I've been asked, "why" this was so important. To me it's simple, it allows the operators of the organization to provide each of you the "world's recognized" industry leading program, curriculum, certifications and credentials. This is a huge value proposition that differentiates our UWTA schools and black belts from all the others.

It has been my life's work to ensure each of you to have recognized rank and credibility in the Taekwondo world. This has now been accomplished and this year, we are working to have an assimilation and alignment event for those who didn't participate in the first special test event conducted by the Kukkiwon.

In closing, I will continue to drive our organization;

but, I need all of you to take

your personal journey serious, train hard and keep your mind open to learning new things and growing as a Taekwondo

artist. There are so many lessons in life and so much to be learned about Taekwondo. With our full access to the Kukkiwon and their licensing programs, I have found that "even for myself" I still have a lot to learn; but, now I have access to the Kukkiwon Academy and courses. I have challenged the seniors and instructors of the organization to open their eyes, mind and rekindle their Taekwondo learning spirit. Continuing education is critical and key to being able to provide the students of our organization a continuous learning journey.



STRONG BODIES & CLEAR MINDS

Yours in Taekwondo.

Clinton Robinson 9th Degree Black Belt Grand Master & CEO

What's Inside this Issue of **UWTA Magazine**

- **Message from Our CEO**
- 2017 UWTA Grand National Championships & Black Belt
- **Grand National Tournament**
- **Black Tie Dinner "Celebrating 25 Years"**
- 8 **2017 National Champ Results**
- 9 **New UWTA Masters**
- 10 **Master Jack Corrie**
- **UWTA History** 12
- **13** Pan American Kukkiwon Taekwondo Hanmadang
- 2018 National Championship Point Standings 14
- **Kukkiwon Taekwondo Stances** 16
- **UWTA Instructor Certification Course, Nov. 2017** 18
- 19 **UWTA Instructor Certification Course, Nov. 2018**
- 20 **UWTA Black Belt Examination Requirements Including**
 - **Additional Requirements**
- **UWTA Instructor Jacket** 22
- 23 **Master John Patton**
- 24 The Road to Reno
- 26 **Upcoming Events**
- **UWTA Student Spot Light: Lorenzo Ortega** 27





The UWTA Magazine is published quarterly and is free to all UWTA members.

Email:

uwtavicepresident@ comcast.net

Phone:

(916) 783-1199

UWTA Organization



Founder **Grand Master** Jong Hwan Lee



CFO **Grand Master** Clinton Robinson, Jr.



Executive Vice President Chief Master **Willie Rankins**



Secretary General Chief Master **lack Corrie**

2017 UWTA Grand National C



The UWTA Grand National Championships and Black Belt Testing event was a huge success. This year, we also celebrated our "25 year" anniversary with a Black Tie Dinner. Our annual event is held each year in Reno, Nevada at the El Dorado Casino and Hotel Convention Center.

Friday evenings excitement started off with over 250 black belts examining for higher rank. Directly after, we held our annual "Final Four" competition. With 65 divisions of sparring, poomsae and weapons, we named 65 New UWTA National Champions.

The next day, we held our tournament for all colored belts and black belts. The competition was tough in the black belt divisions as they worked to earn points toward the 2018 "Final Four" standings.

The evening began with our "Awards and Tea Ceremony". All

black belts who passed their exam were awarded their new belt, rank certificate and were anointed by Grand Master Jong Hwan Lee as he knighted each individual. The ceremony closed with a sharing of the "tea".

The evening and weekend concluded with

a special Black Tie Dinner with the Masters of the organization. Chief Masters Cedric Robinson and Daniel Lovas were awarded their "Chief Master" rings along with Grand Master Jin Young Kim, who received a Grand Master Ring.

The evening was glamorous with the men wearing tuxedos and the ladies dressed in fomrals. Dinner was excellent. During the event, Grand Master Robinson shared a special message about the "25 year journey" of the UWTA and some thoughts about the future.



Championships & Black Belt

Official Black Belt Examination

Friday evening, 275 black belts participated in our National Examination for higher rank. Our examiners were all "certified examiners" trained in how to score individuals at each of the black



helt levels. The **UWTA** examinations are a pass/fail event. Students must earn enough points from the judges to pass their exam.

The highlight of the evening was the examination of Master Daniel Lovas for the rank of 8th Degree Black Belt. Also examining for high



rank was Ms. Sabrina Sczlahook, who tested for 6th Degree.

Our testing policy only allows students to test to 1st and 2nd Dan at Regional testing events. All black belts wishing to examine for 3rd Dan or above can only do this at a National Testing event.



High Rank Examination Panel

Grand National Tournament



This year, our annual tournament had over 400 competitors, with all belt levels of students competing from white belt up into the higher black belt ranks. Having our event in Reno makes for a fun time for the families. Many families bring their children and enjoy a weekend of fun, excitement, good food and entertainment. Our host hotel is the Silver Legacy; but, right next door is the Circus-Circus hotel which has a large gaming area for the children to play games and enjoy pizza and other family oriented resteraunts. For the adults, there is lots of adult entertainment, great restraunts and of course gaming.

This year, our South America contingency brought a good size group to the event. They came early to train at our headquarters in Sacramento and traveled up to Reno where they competed and represented their Country in our event. Chief







Master Barrios, 8th Degree Black Belt is in charge of our operations in South America. He currently oversees UWTA Regions in Paraguay, Uruguay, Argentina and has plans to expand into Brazil.









Black Tie Dinner "Celebrating 25 yea

2017 marked the UWTA's "25 year" anniversary. We celebrated this anniversary with a special "Black Tie Dinner". The event was open to all students of the organization and the Masters all wore Tuxedo's and formal dresses. It was a fantastic event as we looked back over the past 25 years, shared memories and talked about where we are today and where we want to be moving forward as an organization. Grand Master Robinson gave a heart-warming speech about our journey and assured everyone they are in good hands as we head off for another 25 years.











2017 National Champ Results



The 2017 competition year was "tough" to say the least. Competitors have been honing their winning skills all year across our tournament circuit. Competitors who made it into the "Final Four" bracket made it there by traveling to the outside Regional Tournaments and racking up their points. It's no longer possible to simply compete within your own region and be assured of getting a slot in the bracket to compete for UWTA National Champion. Top competitors were seen up in Washington, Las Vegas, Bay Area and Sacramento Region competing. As the organization grows, so do the number of competitors in the divisions. But more importantly, what we are seeing is the "quality" of the competitor is climbing. We are also seeing many of our top competitors getting beat on the circuit. What seems to be happening is our competitors are "training" hard and putting in the work at their dojang and coming prepared. This makes for an exciting event and brings a lot of energy to both the regional and national tournaments.



Congratulations to our 2017 "National Champions"

I. Quinn, S. Barker, TJ Park, Z. Dong, O. Matthews, C. Southworth, R. Lindsay, L. Dempsey, B. Wong, R. Hughes, J. Godsey, M. Cooper, C. Bishop, S. Park, J. Godsey, D. Eugenio, F. Melendres, V. Loya, C. Suski, V. Patel, R. Nathanson, M. Brust, C. Bennett, B. Hall, L. Jaki, S. Turchan, M. Wong, I. Nigro, J. Valencia, A. Moger, E. White, A. Tymchyshyn, L. Schulz, M. Valencia, J. Pascual, S. Vedantam, C. Jansz, M. Weithington. A. Ruiz, G. Womack, S. Harada, Dillon Hern, E. Bogard, K. Cirincione, A. Eugenio, J. Carswell, T. Park, E. Daniels, K. Ismerio, K. Koons, A. Liboon, C. Balusu, J. Swan, J. Sparks, L. Ortega, J. Reinero, C. Sichler, W. Wong, B. Wade, N. Beard, A. Frega, J. Matsson, A. Tymchyshyn, A. Korpela, S. Reineke

New UWTA Masters

This year, Debbie Lovas and Bonnie Salvo were appointed to the position of "Master Instructor" of the UWTA. Appointed titles are awarded only by the Grand Master of the Organization. Debbie Lovas began her journey in Taekwondo in the mid 1980's as a student of Grand Master Robinson. As a black belt, she trained, competed and worked for Robinson's Taekwondo at the famous Watt Ave. school. Later she met Master Daniel Lovas and they married. Today, she actively teaches at their, Auburn Martial Arts Center in Auburn, CA. Master Debbie Lovas is also know for her skills as a successful MMA figher.

Bonnie Salvo began her journey in Taekwondo with Master Corrie at the Folsom Taekwondo Center also in the mid 1980's. Bonnie is an outstanding instructor and a tough competitor. Today, she actively teach Taekwondo and serves as the Chief of Instruction at the Folsom Taekwondo Center.

Both Master Debbie Lovas and Master Bonnie Salvo exemplify the character traits of a Master Instructor and were appointed to the position during a ceremony at the awards ceremony in Reno.



Master Debbie Lovas



Master Bonnie Salvo

Master Jack Corri

Chief Master Jack Corrie, has been actively practicing martial arts for 50 years. He boxed for the boys club in 1967-68, was first introduced to Taekwondo and Judo in 1968, joined Tang-SooDo in 1970 and began training in Taekwondo under Clinton Robinson Jr. in 1977-78-2018 (40 years). He began teaching Taekwondo in 1980, received instructor certification in 1982 from the ATA and has successfully owned and operated the Folsom Family Taekwondo Center in California since 1983 (35 years).

He currently serves as the Secretary General



and partner of the United World Taekwondo Association. The organization processes between 400-500 black belt applications with the Kukkiwon each year. As the Secretary General, he is responsible for the organizations finances, administration and operations. The UWTA conducts tourna-

ments, administers testing, conducts instructor camps and provides leadership to the member schools in all areas of operations. In this role he travels extensively with Grand Master Robinson to represent the UWTA at Taekwondo functions around the World.

He also serves as the Deputy Secretary General of the Pan-Am Korean Taekwondo MooDukKwan Association and on the Kukkiwon's Advisory Board - Technical member.

Today, the UWTA operates schools through-

out the United States, in several Countries in South America, Canada and Europe. As one of the owners, he is fulfilling a dream and commitment to Taekwondo and the furtherance of it as a way of live around the World.





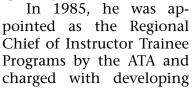
He currently hold the rank of 8th Dan (Date of Rank, October 7, 2011); was promoted by President Jae Kyu Chon of the Korea Taekwondo MooDukKwan Association and also hold Dan rank certificates and licenses from the Kukkiwon, U.S. Grand Masters Society and UWTA.

He received 1st Dan (1980), 2nd Dan (1981), 3rd Dan (1983), 4th Dan (1988) and 5th Dan (1991) from the Taekwondo Association American (ATA) under Grand Master Hang Ung

Lee as a student of Grand Master Clinton Robinson. He hold UWTA and MooDukKwan Taekwondo rank certificates from 6-8th Dan.

As a competitor, between 1978 and 1994 (16 years) he was a dominant competitor in local

California open tournament circuits, Police Olympics and ATA's National & World circuit; having won the title as the ATA's 1989 Champion" "National (Men's 4th Degree Division); placed 1st in five **ATA National Tournaments** (Forms & Sparring); won first place in 2 ATA Grand National Championship events as 5th Dan; and won 3 ATA/STF/WTTU World Championship events as 5th Dan (both forms and sparring).







new instructors and school owners. In 1989, he was named the ATA "Instructor of the Year" for his contributions to teaching ideas, concepts and development of students, instructors, school owners and management of regional ATA operations in California. In 1990, he was named Regional Vice President for the ATA covering the U.S. states of California, Washington, Oregon and Nevada.

In 1987, he traveled to Korea with the ATA and attended

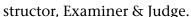
a two week training camp at Hai In Temple and



visited the Kukkiwon as a member of the ATA demonstration team. He also served as a body guard to Hang Ung Lee during this visit to Korea. In 1992, He was a member of the ATA demonstration team that

performed for the Commanding General of the Korean "Tiger Division" ROK at a military base in the Northern territory of South Korea.

In 2009, he participated in the Kukkiwon Foreign Instructor Course in in Seoul, Korea and attended Hamadan in Korea, 2010. In 2013, he assimilated into the Kukkiwon. In 2015, he completed the Kukkiwon Examiners Course; 2016 and completed the Hanmadang Judging course. Today, hold Kukkiwon level 2 licenses as an In-





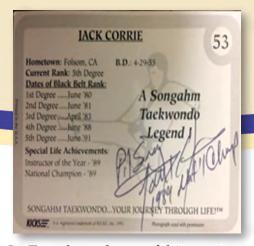
In 2016, he was appointed to the Kukkiwon Advisory Board of Directors as a Technical Director. 2017, he was called upon and taught both the Kuk-

kiwon Master Instructor and Examiners course in Berkeley, CA.

In 2016, Taekwondowon was opened as the new home and meca of Taekwondo. He was chosen as one of the top 50 US Masters to attend the formal

opening ceremony. Earlier that year, had the privilege of competing in the first competition at this new \$650 million Taekwondo facility, representing team USA and starred in MBC television docu-





mentary on the new facility. Yes, still competing at age 60!

Throughout the years, he has developed numerous instructors, school owners and top ranked competitors. Several

of his senior students own very successful Taekwondo Do-Jangs. He is proud of the fact that

he has several students at the 7th and 8th Dan rank in Taekwondo and that they have chosen the profession of Taekwondo Instructor and own their own Dojangs.

His students have achieved National, International and World recog-



nition by winning State, National (USA), International and World Taekwondo Championships. They have earned spots on the U.S. Taekwondo Team, competed in the World Cup and represented Taekwondo in the early UFC competitions.

His Taekwondo Dojang has been a contributing member of the Folsom Community for 35 years. As a member of the community, they conduct food drives for the hungry during holidays, collect toys for the kids at Christmas time and conduct fund raisers throughout the year for charities.

But, after 35 years of teaching Taekwondo, what he is "most proud" about is that he has been loval and remains in the path of Grand Master Robinson, Grand Master Pierce. He also finds pride in the fact that his students always come back after growing up, moving away for college



or to raise a family to say, "Thank you". Most of all he is grateful that he has had Grand Master Robinson as a role model to guide his journey for so many decades!

Continued on page 12

Master Jack Corrrie

(Continued)

To his loyal senior students, Master's Dan and Debbie Lovas, Amitis Pourarian, Sue Lang-



don, Mark Bird, Adam Frega, Bonnie Salvo, Brian Kropp, Bobby Salvo, Kelly Aubuchon and the Johnson's in Vegas and all the rest... to many to name, he pledges to always do his best to lead them into the future. At Folsom Taekwondo, you will find families 3 generations deep in class. He will also never forget those who contributed

greatly to my early Taekwondo journey. Masters Wade Vierra, Steve Sims and James Pickett. As classmates, friends and competitors, they pushed one another to the top of the competition world. They won everything there was to win on every circuit they visited!

Finally and most importantly, he is grateful to his wife Kelly, who supports him and keeps

him focused on the things that are the most important in life. As a Taekwondo Black belt herself, she has a special understanding and appreciation for what he does and why he selfless-



ly gives so much of himself...

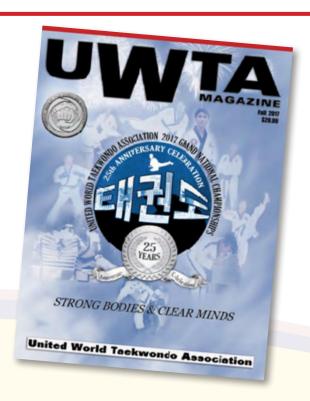
He has made a difference in the lives of thousands of students throughout the years and today, he continues to touch many lives with the UWTA,



Folsom Taekwondo and the Kukkiwon. He exemplifies what a true "Master" is supposed to be and do. He teaches for posterity (future generations) from his heart in hopes of helping others to be strong, independent members and contributors to a better world.

UWTA History

The United World Taekwondo Association has a unique history. That history is also "your" story. Be sure to get a copy of the UWTA "25 year" anniversary edition of our quarterly magazine to read the UWTA story along with the Bio's of each of our master instructors of the organization. The magazine can be purchased at our online store found at www.uwta.org under the front page tab titled "More".



Pan American Kukkiwon Taekwondo Hanmadang

This year, the first Pan American Kukkiwon Taekwondo Hanmadang event was held in Los Angeles, CA at the LA Convention Center. Grand Master Robinson was named Vice Chairman of organizing committee of the eventand welcomed everyone to the competition. The Pan American region encompases Canada, United States, Mexico, South America and Australia. As an official Kukkiwon, international regional event all competitors who won their divisions received special compensation toward their next black belt promotion (reduction in time in grade).

The UWTA was represented by a team lead by Chief Master Rankins, Master Stan Robinson and Master Amitis Pourarian. The delegation assisted the Kukkiwon with the event. Masters



Pourarian and Frega along with Mr. Carswell represented the organization in the 3 person Team Poomsae competition and proudly brought back the "Silver" medal.

Other members of the team also won medals in the Hanmadang style event where Poomsae, Power Breaking, High Jumping and Demonstration Teams make up the events (no sparring at Hanmadangs). Team UWTA consisted of Master Stan Robinson, Master Amitis Pourarian. Master Adam Frega, Mr.



James Carswell, Ms. Shannon Robinson, Ms. Donna Webb, Ms. Madilyn Wong, Ms. Webb, Mr. Brandon Wong.

This was the first year with very little notice and the UWTA looks forward to bringing a "large" team to the next Pan American Hanmadang in 2019 (every two years). Our plan is to use our Kukkiwon Cup event each year to introduce the "Hanmadang Divisions" and to provide our competitors some experience in the divisions in an effort to increase our medal count.

Congratulations to the UWTA Hanmadang Team.















lational Eham

The 2018 "Final Four" black belt circuit is already heating up with many of last years competitors chasing points. The level of competition is also climbing as the seasoned competitors are being challenged by new black belts climbing into the brackets. This year, if you want to get into the bracket its going to require traveling out to some of the regions. Last year, a number of competitors found themselves out of the point chase right at the end of the year because they didn't were not watching their competitors, who grabbed some last minute points by traveling to other regional tournaments. All tournaments are listed at the www.uwta.org website along with the most current point standings.



MEN'S POOMSAE Boys 8 & Under Boys 15-17 Cand & Up 2nd & Up 1st Marc Gabriel Dionisio 20 1st David Ygay 18 Fvan Yu 13 2nd Andrew Eugenio 15 Jack Heinen 12 3rd Rven De Los Santos 12 4th Owan Bennett 4th Ashton Moger 6 Boys 9-10 Men 18-29 Cand & Up Cand - 2nd 1st Samuel Barker 21 1st Connor Sichler 12 2nd TJ Park 17 2nd **Chase Custer** 10 **Brandon Wong** 15 Kevin Ismerio 9 Richard Thornton 13 Ion Malancea 8 Caleb Ramirez Blake Tsang Men 18-29 Pranesh Krishnaa 9 3rd & Up Deacon Caoagas 8 1st Enrique Noquez 25 2nd Jared Chapman **Boys 11-12** Cand & 1st Men 30-39 1st Tyler Valencia 20 Cand - 2nd Giorgio DeBattista 15 1st Ben Botti 15 3rd Yosiah Dominguez 14 2nd Brian Wade 14 **Garrett Nasea** 3rd Anthony Russell 12 Nathan Nguyen 6th Chance Leon-Guerrero 4 Men 30-39 7th Cj Smith 3rd & Up 1st Adam Frega 15 Boys 11-12 Nick Beard 14 2nd & Up James Carswell 12 1st Vishwas Charan 25 **Bobby Salvo** 4th 6 Ethan Lim 16 Charlie Serenbetz 16 Men 40-49 3rd Cole Marmins 15 Cand – 1st 1st Craig Swan 17 **Boys 13-14** 2nd Drake Hughes 15 Cand & 1st 3rd Sean Veling 5 1st Collin Noorda 17 2nd Cody Suski Men 40-49 15 3rd Elliott Petree 2nd & Up 13 1st Clinton Robinson 4th Jared Elder 18 William Wong 17 **Boys 13-14** 13 Eric Bogard 2nd & Up Tony Park 8 4th 1st Preston Fundreu 15 2nd Luke Jaki 15 Men 50-59 3rd Angle Lopez-Flores 15 Cand & Up 4th Robbie Thornton 15 1st June Valencia 20

Nicholas Sadowy

Tyrone Anub

Calum Pearson

2nd

20

12

6

Boys 15-17

Cand & 1st

1st Ludwig Schulz

2nd Shawn Rosales

3rd Joseph Suski 4th Michael Ray

13

12

WOMEN'S PO	OMSAE
Girls 8 & Under	Girls 15-17
Cand & Up	Cand 9, 1at
1st Makayle Puna 20	1st Taylor Stroope 16
2nd Violet McCurdy 20	2nd Celene Aridin 15
3rd Tori Park 13	2nd Celene Aridin 15 3rd Caitlin Royston 9
4th Gabbie Ricafort 6	4th Chloe Maki 5
1st Makayle Puna 20 2nd Violet McCurdy 20 3rd Tori Park 13 4th Gabbie Ricafort 6 4th Kayla Whitaker Herzig 6	
	uiii5 13-17
Girls 9-10	2nd & Up
Cand & 1st	1st Madil <mark>y</mark> ne Wong 20 2nd Isabella Nigro 18
1st Pranathi Sudharshan 19	2nd Isabella Nigro 18
2nd Zoey Dong 15 3rd Gaia Dionisio 13	3rd Gabrielle De Guzman 14
3rd Gaia Dionisio 13	4th Paige Alferez 12
4th Alyssa Valencia 11	14/ 40.00
5th Chloe Mead 8	Women 18-29
bth Aaliyah Ledesma 5	Cand - Up
/th Jocelyn Salcedo 3	1st Laynee Daniels 19
7th Alexa Diaz 3	2nd Snannyn Comstock 19
/tn Wanadpreet Sangha 3	3rd Elizabeth Bogard 12
/tn Emily Perez 3	4th Kendra Koons 8
/ui Jerren Koos 3	Women 18-29 Cand - Up 1st Laynee Daniels 19 2nd Shannyn Comstock 19 3rd Elizabeth Bogard 12 4th Kendra Koons 8 Women 30-39
Cirlo 0 10	vvomen 30-39
Girls 9-10	Cand – 1st
2nd & Up	1st Kimberly Mathews 22
2nd Jode Codess: 47	2nd Milla Weithington 19
1st Charlotte Southworth 23 2nd Jada Godsey 17 3rd Olivia Cobell 10	3rd Kimberly Bily 5 4th Trina Risse 4
Ath Malia Lactioner O	4ul IIIIId NISSE 4
4th Malia Lastinger 9	Women 30-39
Girls 11-12	2nd & Up
Girls 11-12 Cand & 1st	4.4 CL
1et Lauren Pace 20	2nd Lindeay Walker 12
2nd Ryleigh Schmid 14	2nd Lindsay Walker 12 3rd Sara Frega 9
1st Lauren Pace 20 2nd Ryleigh Schmid 14 3rd Chelsea Bennett 14 4th Alyssa Liboon 9 5th Ai Gemellaro 8 6th Julia Whang 6	4th Sara Hathaway 6
4th Alyssa Lihnon Q	
5th Ai Gemellaro 8	Women 40-49
6th Julia Whann 6	Cand & 1st
6th Shreva Aravind 6	1st Michele Valencia 20
8th Angela Dannaker 5	2nd Rohyn Jennings 12
	1st Michele Valencia 20 2nd Robyn Jennings 12 3rd Sharyl David 12
Girls 11-12	4th Monique Griffith 9
2nd & IIn	
1st Miko Cooper 20 2nd Anabell Ruiz 17 3rd Coral Bishop 16 4th Darlene Eugenio 9	Women 40-49
2nd Anabell Ruiz 17	2nd & Up
3rd Coral Bishop 16	1st Tammy Brust 15 2nd Jade Pascual 12
4th Darlene Eugenio 9	2nd Jade Pascual 12
4th Sreenila Vedantam 9	3rd Lynn Jakı 9
	4th Shelle Parsons 8
Girls 13-14	
Cand & 1st	Women 50-59
1st Trinity Boyd 13	Cand & Up
2nd Emily Litherland 6	1st Susan Harada 17
3rd Jasanpreet Kaur 6	2nd Carol Cooper 15
4th Adrianna Ledesma 5	3rd Lee Blaszyk 6
4th Alexandra Maki 5	4th Joanne Orrico 5
0:-1-40.45	\\\\
Girls 13-14	Women 60 & Up
2nd & Up	Cand & Up
1st Malia Brust 20	1st Suni Turchan 20
2nd Frances Celine Melendres 19	2nd Sue Reineke 13
3rd Deani Cortes 17	3rd Debra Neisen 12
4th Ashley Hufford 13	4th Chris Stewart 9

WOMEN'S DOOMS AE

onship Point Standings

OLYMPIC SPARRING

Boy	s 12-14		Girl	s 12-14	
1st	Ethan Lim	20	1st	Chloe Mead	19
2nd	Julian Ortaga	20	2nd	Ai Cemellaro	17
3rd	Rahim Lindsey	12	3rd	Sembra Koons	16
4th	Christian Grata	12	4th	Alexa Diaz	9
4th	Hayden Here	12			
			Girl	s 15-17	
Boy	s 15-17		1st	Emani Lindsay	16
1st -	Timothy Salas	19	2nd	Paige Alferez	15
2nd	David Ýgay	16	3rd	Karla Grata	15
3rd	Shawn Rosales	11	4th	Jolene Antonio	14
4th	Hunter Siason	9			
			Wo	men 18-31	
Mei	n 18 & Up		1st	Kendra Koons	5
1st	Jeremie Calma	5			

SI	ANDAR	D	WEA	PONS	
12 8	Under		18 &	Up	
1st	lan Quinn	18	1st	Nicholas Sadowy	18
2nd	Landon Dempsey	14	2nd	Kasea Cirincione	17
3rd	Blake Sparks	12	3rd	William Wong	13
4th	Samuel Barker	8	4th	Sheryl David	6
13-1	7				
1st	Zach Petree	15			
2nd	Madilynne Wong	12			
3rd	Andrew Eugenio	9			
4th	Megan David	6			

OPEN WEAPONS

12 8 1st 2nd 3rd 4th	k Under lan Quinn Landon Demsey Marc Thomas Valde Cj Smith	20 13 z 12 5	18 & 1st 2nd 3rd 4th	Up Kasea Cirincione Marcia Ney William Custer Chase Custer	19 12 12 7
13-1	 7				
1st	Zachary Petree	25			
2nd	Gabiellá DeGuzmar	ı 17			
3rd	Eli Craig	10			
4th	Ashlev Hufford	g			

TEAM POOMSAE

	12 a	nd Under	Age	13 – 17
	1st	Team Tombstone	1st	Team Folsom
I		(Thornton, Marmins,		(Nigro, Eugenio,
I		Nasea) 15		Melendes) 15
I	2nd	Mighty Mites	2nd	Mini Asian Invasion
I		(Pace, Cooper, Brust) 12		(Dong, Nathanson,
I	3rd	Power of Three		Matthews) 12
I		(Vedantam, Pranathi,	3rd	G Unit 5
I		Aravind) 9		
I	4th	Warren Warriors	18 &	Above
I		(Thornton, Kylee,	1st	B3 (Byrne, Bogard,
I		Hashmitha) 6		Bogard) 15
ı		·		• .

MEN'S POINT SPARRING

			. 5.	Aiiiiii	
	s 8 & Under			rs 15-17	
	ıd & Up	45		& Up	00
	Owen Bennett	15		Hunter Siason	22
	Jack Heinen	12	2nd		22
3rd	Clark Wilkinsen Fabian Engelbach	9	3rd	Ethan Johnson Gavin Womack	13
4th	Fabian Engelbach	9	4th	Gavin Womack	11
	/s 9-10			n 18-29	
	ıd & 1st			ıd - 2nd	
	TJ Park	19		Connor Sichler	15
2nd	Hayden Her	17	2nd		12
3rd	Caleb Ramirez Landon Dempsey	15	3rd	Douglas Garcia	5
4th	Landon Dempsey	15		40.00	
5th	Chase Dayog	14		n 18-29	
bth	Adam Signleman Richard Thornton	13		& Up	
/th	Richard I hornton		IST	Santiago Grijalba	9
	Deacon Caoagas	8		Jared Chapman	6
δtn	Samuel Barker	8	310 44	Tyler Palmer	4
D	11 12		410 141	Brion Lanata Robert Van Humbec	. ე
	/s 11-12 id & 1st		4tn 	KODERT VAN HUMDEC	K 3
	Yosiah Dominguez Giorgio DeBattista	20		n 30-39	
2nd	Giorgio DeBattista	12	Can	ıd – 2nd	
3rd	Aiden Harrington	9		Brian Wade	19
4th	Charlie Serenbetz Chance Leon-Guerre	6	2nd	Anthony Russell	15
5th	Chance Leon-Guerre	ro 4	3rd	Anthony Russell Charles Lindsay	5
	Lukas Schulz	3			
7th	Nathan Nguyen	3		n 30-39 & Up	
Box	/s 11-12			Nick Beard	16
	& Up			Adam Frega	15
1st	Fthan White	20	3rd	James Carswell	9
2nd	Ethan Lim	18	4th	James Carswell Dallas Herbst	6
	Tristan Bird	16			
4th	James Membrere	16		n 40-49	
				ıd – 1st	
	/s 13-14			Craig Swan	15
	id & 1st	0-	2nd	Florentino Mercad	0 5
1st	Elliott Petree	25			
		17		n 40-49	
3rd	Cody Suski	9		& Up	20
4U1	Rahman Lindsay	ğ	IST	Clinton Robinson Tony Park	20
D	12 1/				15
	/s 13-14		3rd		13
2na 1st	& Up Sean Orrico	19	4th	James Camelia III	11
2nd	Sean ornco Matias Fellipini	15	Ma	 n 50-59	
3rd 4th	Robbie Thornton	15 14	Can 1st	nd & Up Nicholas Sadowy	20
4UI	Cody Nay	14	1st 2nd	•	20 14
Ros	rs 15-17		Ziiu 3rd	Master Alexander	12
	/S 13-1 <i>7</i> 1d & 1st		əru 4th	June Valencia	7
1st	Shaun Rosales	15	+ui	valic vaicillia	'
2nd	Ludwig Schulz	14			
Zilu	Luuwiy Schulz	14			

3rd Joseph Suski

4th Arthur Richwald 6

12

WOMEN'S DOINT SDARRING

Siris Siris Siris Siris Siris Melanie Alvardo 12	W	OMEN'S F	90	INT	SPARRIN	G		
1st Violet McCrudy 23 1st Melanie Alvardo 12 2nd Tori Park 17	Gir	ls 8 & Under		Girl	s 15-17			
Tori Park 17	Car	nd & Up		Can	ıd & 1st			
3rd Gabbie Ricafort 9 Girls 15-17	1st	Violet McCrudy	23	1st	Melanie Alvardo	12		
4th Makayla Puha 5 2nd & Up Girls 9-10 2nd Karla Grata 12 Cand & 1st 3rd Sreeneha Vedantam 12 1st Chloe Mead 20 4th Megan David 10 2nd Alyssa Valencia 17 4th Emani Lindsay 10 3rd Manadpreet Sangha 9 4th Kayla Whitaker Herzig Women 18-29 5th Aaliyah Ledesma 5 Cand - Up 6th Olivia Mead 4 1st Kendra Koons 17 7th Christianna Turner 4 2nd Carlee Jansz 15 3rd Alexandra Robsam 14 4th Hailee Keeler 9 2nd Charlotte Southworth 17 Cand - 2nd 3rd Alexandra Robsam 14 4th Christiana Turner 7 2nd Kimberly Matthews 12 2nd Christiana Turner 7 2nd Kimberly Bily 5 Girls	2nd	Tori Park	17					
Siris Sabrielle DeGozman 20	3rd	Gabbie Ricafort	9	Girl	s 15-17			
Siris Sabrielle DeGozman 20	4th	Makavla Puha	5	2nd	& Up			
Cand & 1st 3rd Sreeneha Vedantam 12 1st Chloe Mead 20 4th Megan David 10 2nd Alyssa Valencia 17 4th Emani Lindsay 10 3rd Manadpreet Sangha 9					•	120		
Cand & 1st 3rd Sreeneha Vedantam 12 1st Chloe Mead 20 4th Megan David 10 2nd Alyssa Valencia 17 4th Emani Lindsay 10 3rd Manadpreet Sangha 9	Gir	ls 9-10		2nd	Karla Grata	12		
2nd Alyssa Valencia 17 3rd Manadpreet Sangha 9 4th Kayla Whitaker Herzig 9 5th Aaliyah Ledesma 5 6th Olivia Mead 4 7th Christianna Turner 4 7th Christianna Turner 4 2nd Carlee Jansz 15 3rd Alexandra Robsam 14 4th Hailee Keeler 9 2nd & Up 1st Jada Godsey 20 2nd Charlotte Southworth 17 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Matthews 12 3rd Kimberly Matthews 12 3rd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand 8 Up 3rd Fatima Rivera 12 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 Girls 11-12 2nd & Up 1st Coral Bishop 20 2nd Sreenila Vedantam 19 3rd Miko Cooper 13 3rd Miko Cooper 13 3rd Miko Cooper 13 3rd Adrianna Ledesma 4 4th Anijah Santana 4	Car	nd & 1st				12		
2nd Alyssa Valencia 17 3rd Manadpreet Sangha 9 4th Kayla Whitaker Herzig 9 5th Aaliyah Ledesma 5 6th Olivia Mead 4 7th Christianna Turner 4 7th Christianna Turner 4 2nd Carlee Jansz 15 3rd Alexandra Robsam 14 4th Hailee Keeler 9 2nd & Up 1st Jada Godsey 20 2nd Charlotte Southworth 17 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Matthews 12 3rd Kimberly Matthews 12 3rd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand 8 Up 3rd Fatima Rivera 12 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 Girls 11-12 2nd & Up 1st Coral Bishop 20 2nd Sreenila Vedantam 19 3rd Miko Cooper 13 3rd Miko Cooper 13 3rd Miko Cooper 13 3rd Adrianna Ledesma 4 4th Anijah Santana 4	1st	Chloe Mead	20	4th	Megan David	10		
3rd Manadpreet Sangha 9				4th	Fmani Lindsav	10		
4th Kayla Whitaker Herzig 9 Women 18-29 5th Aaliyah Ledesma 5 6th Olivia Mead 4 17th Christianna Turner 4 20th Carlee Jansz 15 3rd Alexandra Robsam 14 4th Hailee Keeler 9 3rd Alexandra Robsam 14 4th Hailee Keeler 9 2nd Charlotte Southworth 17 Cand - 2nd 3rd Clivia Cobell 12 1st Milla Weithington 20 2nd Christiana Turner 7 2nd Kimberly Bily 5 3rd Cirls 11-12 4th Trina Risse 5 4th Airia Risse 5 Women 30-39 3rd Alyssa Liboon 19 3rd & Up 3rd Fatima Rivera 12 1st Shannon Park 20 4th Ai Gemellaro 10 2nd Trina Risse 12 4th Carla Bishop 20 Cand &			a 9					
5th Aaliyah Ledesma 5 Cand - Up 6th Olivia Mead 4 1st Kendra Koons 17 7th Christianna Turner 4 2nd Carlee Jansz 15 Girls 9-10 4th Hailee Keeler 9 2nd Women 30-39 Women 30-39 2nd Charlotte Southworth 17 Cand - 2nd 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand & 1st 3rd Women 30-39 3rd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 2nd Alyssa Liboon 19 3rd Women 30-39 3rd Fatima Rivera 12 1st Shannon Park 20 4th Ai Gemellaro 10 2nd Trina Risse 12 4th Carla Bishop				W٥	men 18-29			
6th Olivia Mead 4 1st Kendra Koons 17 7th Christianna Turner 4 2nd Carlee Jansz 15 3rd Alexandra Robsam 14 Hailee Keeler 9 2nd Women 30-39 Women 30-39 2nd Charlotte Southworth 17 Cand - 2nd 3rd 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand & 1st			-					
7th Christianna Turner 4 2nd Carlee Jansz 15 3rd Alexandra Robsam 14 4th Hailee Keeler 9 2nd Up 20 Women 30-39 20 2nd Charlotte Southworth 17 Cand - 2nd 3rd 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand & 1st 3rd Women 30-39 3rd Kimberly Bily 5 4th Trina Risse 5 Cand & 1st 3rd Women 30-39 3rd Alyssa Liboon 19 3rd & Up 3rd Fatima Rivera 12 1st Shannon Park 20 4th Ai Gemellaro 10 2nd Trina Risse 12 4th Carla Bishop 20 Cand & 1st Sara Frega 9 4th Regi	6th	Alivia Mead	•		•	17		
3rd Alexandra Robsam 14				2nd	Carloo Janez			
Siris 9-10	/ ui							
201	Cirl	le 0_10						
1st Jada Godsey 20 Women 30-39 2nd Charlotte Southworth 17 Cand - 2nd 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Matthews 12 3rd Christiana Turner 7 2nd Kimberly Bily 5 4th Chrisa Risse 5						J		
2nd Charlotte Southworth 17 Cand - 2nd 3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Matthews 12 3rd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand & 1st			วก					
3rd Olivia Cobell 12 1st Milla Weithington 20 4th Christiana Turner 7 2nd Kimberly Matthews 12 3rd Kimberly Bily 5 4th Trina Risse 5 5 Cand & 1st								
4th Christiana Turner 7 2nd Kimberly Matthews 12 3rd Kimberly Bily 5 Girls 11-12 4th Trina Risse 5 Cand & 1st						วก		
3rd Kimberly Bily 5								
Girls 11-12 4th Trina Risse 5 Cand & 1st	4U1	Unristiana lurner	1					
Cand & 1st	0:					_		
1st Anabell Ruiz 20 Women 30-39 2nd Alyssa Liboon 19 3rd & Up 3rd Fatima Rivera 12 1st Shannon Park 20 4th Ai Gemellaro 10 2nd Trina Risse 12 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 6 Cand & 1st 20 2nd Sreenila Vedantam 19 1st Michele Valencia 20 2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12 4th Hyma Vedantam 12 2nd Sembra Koons 14 1st				4tn	Irina Kisse	b		
2nd Alyssa Liboon 19 3rd & Up 3rd Fatima Rivera 12 1st Shannon Park 20 4th Ai Gemellaro 10 2nd Trina Risse 12 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 Girls 11-12 Women 40-49 2nd Sreenila Vedantam 19 1st Michele Valencia 20 2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12 4th Regina De Los Santos 6 3rd Abida Perveen 12 4th Hyma Vedantam 12 Sat Jasanpreet Kaur 20 2nd & Up 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4			าก	\A/-	20 20			
3rd Fatima Rivera 12 1st Shannon Park 20 4th Ai Gemellaro 10 2nd Trina Risse 12 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 Girls 11-12 Women 40-49 2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12 4th Hyma Vedantam 12 4th Hyma Vedantam 12 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Up 2 4th Anijah Santana 4 2nd Up 4 4th Anijah Santana 4 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td></t<>								
4th Ai Gemellaro 10 2nd Trina Risse 12 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 Girls 11-12						00		
4th Chelsea Bennett 10 3rd Sara Frega 9 4th Sara Hathaway 6 Girls 11-12								
Ath Sara Hathaway 6								
Girls 11-12 2nd & Up Women 40-49 1st Coral Bishop 20 Cand & 1st 2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12 4th Hyma Vedantam 12 4th Hyma Vedantam 12 2nd Santra 4 Women 40-49 1st Jasanpreet Kaur 20 2nd & Up 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4 4 4 4th Anijah Santana 4 5 5 4th Anijah Santana 4 5 5 4th Anijah Santana 4 6 5 4th Anijah Santana 4 <td< td=""><td>4th</td><td>Chelsea Bennett</td><td>10</td><td></td><td></td><td>-</td></td<>	4th	Chelsea Bennett	10			-		
2nd & Up Women 40-49 1st Coral Bishop 20 Cand & 1st 2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12				4th	Sara Hathaway	b		
1st Coral Bishop 20 Cand & 1st 2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12 4th Hyma Vedantam 12 4th Hyma Vedantam 12 2cand & 1st Women 40-49 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4								
2nd Sreenila Vedantam 19 1st Michele Valencia 20 3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12		•	••					
3rd Miko Cooper 13 2nd Sheryl David 15 4th Regina De Los Santos 6 3rd Abida Perveen 12								
4th Regina De Los Santos 6 3rd Abida Perveen 12								
Sembra Koons								
Girls 13-14 Cand & 1st Women 40-49 1st Jasanpreet Kaur 20 2nd & Up 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4	4th	Regina De Los Santo	s 6					
Cand & 1st Women 40-49 1st Jasanpreet Kaur 20 2nd & Up 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4				4th	Hyma Vedantam	12		
1st Jasanpreet Kaur 20 2nd & Up 2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4	Gir	ls 13-14						
2nd Sembra Koons 14 1st Shelle Parson 17 3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4	Car	nd & 1st						
3rd Adrianna Ledesma 4 2nd Jade Pascual 15 4th Anijah Santana 4	1st	•	20	2nd	•			
4th Anijah Santana 4			14	1st	Shelle Parson	17		
Girls 13-14	3rd	Adrianna Ledesma	4	2nd	Jade Pascual	15		
Girls 13-14 Cand & Up 2nd & Up 1st Deani Cortes 17 2nd Joanne Orrico 5	4th	Anijah Santana	4					
2nd & Up1stSue Reineke151stDeani Cortes172ndJoanne Orrico5								
1st Deani Cortes 17 2nd Joanne Orrico 5	Gir	ls 13-14		Can	Cand & Up			
	2nd	& Up		1st	Sue Reineke	15		
2nd Kaysha Stricklin 15	1st	Deani Cortes	17	2nd	Joanne Orrico	5		
	2nd	Kaysha Stricklin	15					

3rd Kylie Hernandez 15

4th Samantha Nay

Kukkiwon Taekwondo Stances

Stances in Taekwondo provide correct balance, stability, flexibility and agility. In order to execute an effective Taekwondo technique forcefully, a strong foundation is required. Stances are the foundation from which all power and motion stems. In order to perfect the physical aspects of Taekwondo, good balance is required.

The principles for correct stances are:

- ✓ Keep the back straight.
- ✔ Relax the shoulders.
- ✓ Tense the abdomen.
- ✓ Maintain correct facing.
- ✓ Maintain proper balance.

Step distance definitions:

✓ Proper distance is shown in the chart on the right page.

Moa Seogi — Closed Foot Stance

- ✓ Stand upright with both feet together.
- ✓ This serves as a preparatory stance.
- ✓ Used in "chariot seogi" and "bojumeok junbi seogi".

Naranhi Seogi - Parallel Stance

- ✓ Stand with feet parallel, one of your feet wide.
- ✔ Both legs straight, support the weight evenly.
- ✓ Used as a basic ready stance "Kibon junbi seogi".
- ✓ Used as a preparatory stance with "arae hecho makki".

Ap Seogi — Walking Stance

- ✓ Stance is formed with one natural step forward.
- ✓ Stepping one "fist" width from heel to heel.
- ✔ Both legs straight, support the weight evenly.
- ✔ Back foot turned outward 30 degrees for natural position.
- ✓ Used generally for attack techniques, but also in defence.

Beom Seogi — Tiger Stance

- One foot is placed a distance of one foot length forward
- ✓ The foot slightly touches the ground with the ball of the foot.

- ✓ The knee is bent and points in the direction of the opponent.
- ✓ Rotate the back supporting foot 30 degrees outward.
- ✓ Weight distribution on back foot 90% and front foot 10%.
- ✓ Used mainly in attack, applying counter kicks with the front foot.

Juchum Seogi — Middle Stance

- ✓ Step with one foot to the outside.
- ✓ Feet are placed 2 feet width from foot to foot.
- ✓ Keep feet parallel with knees bent pressing inward.
- Used with "hansonnal yop makki" and "palkup pyojeok chigi".

Hakdari Seogi — Crane Stance

- ✔ Balance completely on one leg and bend the knee.
- ✓ Place arch of the alternate foot on top of calf muscle just below knee.
- ✓ Weight distribution is supported 100% on the stationary foot.
- ✓ This serves as a preparatory stance.
- ✓ Used with "keumgang makki".

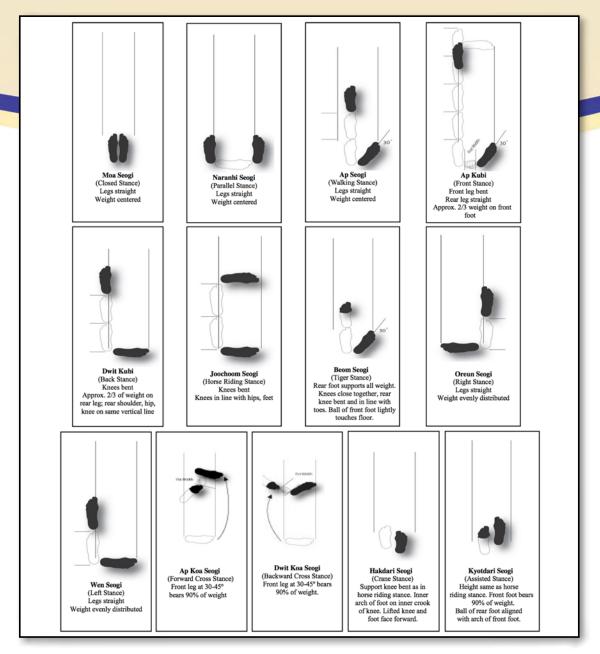
Dwikkoa Seogi — Cross Behind Stance

- Cross one foot behind the stationary front f oot.
- ✓ Touch the ground with the ball of the back foot.
- ✓ Shin of the back leg touches the calf of the front leg.
- ✓ Weight distribution is supported 100% on the front foot.
- ✓ Used with "deungjumeok ap chigi" and "dujemeok jeocho jireugi".

*Ahpkoa Seogi cross one foot in front of stationary foot with rest same.

Apkubi – Front Stance

- ✓ Stance is formed with one long step forward.
- ✓ Stepping forward distance is 4 ½ feet.
- ✓ Front knee bent and perpendicular to back of the heel.



- ✔ Back leg is straight with knee locked.
- Back foot turned outwards 30 degrees.
- Both legs support the weight with 60% front foot and 40% rear foot.
- Used in pressing forward, enabling attack techniques.

Dwitkubi — Back Stance

- ✓ Rotate one foot 90 degrees outward.
- ✓ Place the other foot forward, with a one foot gap between feet.
- ✓ Feet form an "L" shape, both knees are bent by lowering the body.
- ✓ Front knee perpendicular to the heel, back knee over the toes.
- Turn both heels out 10 degrees bringing knees slightly inward.

- ✓ Weight distribution is 30% front and 70%
- ✓ Used more for defence techniques with weight leaning back.

Oreun-Wen Seogi — Right-Left Stance

- ✓ For the "oreun seogi" rotate the right foot 90 degrees outward
- ✓ One foot width between the feet while in L shape stance with both legs straight.
- ✔ Weight distribution on left foot in "oreun seogi" would be 60% left foot and 40% right foot.

*for "wen seogi" mirror the stance starting with rotating the left foot 90 degrees outward.

UWTA Instructor Certification Course November 2017









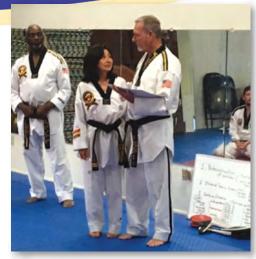






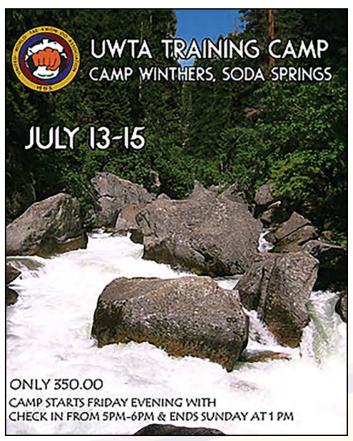
UWTA Instructor Certification Course January 2018





Upcoming National Events: Register at www.uwta.org





UWTA Black Belt Examination Requirem

The UWTA follows the Kukkiwon standards in examining both colored belt (Gup) students and black belt (Dan) students. The evaluation method for grading a student's performance during an examination is based on "absolute evaluation" based on the curriculum standards as taught by the Kukkiwon. During a competition, the use of "relative evaluation" is utilized as a method to compare competitors against other competitors. Thus, in an examination, judges are trained to utilize the standardized scoring elements when judging poomsae, one-steps (self-defense), sparring, breaking and ho sin sul if required. All UWTA instructors who sit on examination panels are taught how to utilize the "standardized" scoring system to rate students during exams. With this standardized point system, it can be determined if the student achieves a passing or failing score.

All UWTA instructors are taught the standard curriculum and have the certification to deliver the curriculum in a manner that ensures all students can perform the required material at each belt level. As a student gains rank and experience the scoring system and points required to advance increases. Thus, requiring the student to continue to improve their basic techniques thru practice designed to perfect their skill and knowledge of the required material.

Colored belt students receive a score of 60-Fair, 70-Good, 80-Above Average and 90-Excellent for each of the grading categories. Black Belts are rat-



ed at a much more decomposed level with scores being given for 3 elements of each category. For example in sparring the black belt student would receive a score for offense, another for defense and yet another for movement. All three scores would be added together and averaged to create one score. As a result, black belts are examined at a more detailed level to ensure they have a strong grasp on the material they are required to know for their individual level.

Black Belt students have a number of requirements they must meet before applying for an examination. In addition to the standard time in grade and knowledge requirements the below chart lists "additional" requirements. These additional requirements are designed to provide

Additional Requirements for UWTA Black Belts K								Kukkiwon	
Poom/Dan Required Class Tournament Judging Judging Instructor Examiners Kukkiwon Kukkiwon Ha									Hanmadan
	Training Hours	Participation	Requirement	Requirement	Certification	Course	Inst Crs	Exam Crs	Judging
1st Gup-1st Poom/Dan	48 hours	3 total/1 as RxBlk	N/A	N/A	N/A	N/A	N/A	N/A	N/A
1st-2nd Poom/Dan	104 hours	2 per year	Level 1	2 per year	N/A	N/A	N/A	N/A	N/A
2nd-3rd Poom/Dan	208 hours	2 per year	Level 1	2 per year	N/A	N/A	N/A	N/A	N/A
3rd-4th Poom/Dan	312 hours	3 per year	Level 2	3 per year	N/A	N/A	N/A	N/A	N/A
4th-5th Dan	2x per wk	4 per year	Level 3	3 Reg/2 Nat	Required	Required	Level 3	Level 3	Level 3
5th-6th Dan	Class 1x wk	4 per year	level 3	3 Reg/2 Nat	Master	Required	Level 3	level 3	Level 3
6th-7th Dan	Class 1x wk	N/A	Level 3	2 National	Sr. Master	Required	Level 2	Level 2	Level 2
7th-8th Dan	Class 1x wk	N/A	Level 3	2 National	Sr. Master	Required	Level 2	Level 2	Level 2
8th-9th Dan	Class 1x wk	N/A	N/A	N/A	Chief Master	Required	Level 1	Level 1	Level 1
	Note: Ho	urs are based on a	black belt trair	ning in class tw	o times per w	eek.			
All School O	wners & high ran	ks are expected to	train with the	ir instructor or	a senior at lea	st once a we	eek in class.		
	Addition	al Requirements a	pply to black b	elts 15 years o	of age and abo	ve.			

ents Including Additional Requirements

the student with the additional experiences and knowledge needed for one to move up in the black belt ranks.

Because UWTA examinations are "real" exams using the absolute evaluation method it is possible for a student to "not pass" their exam. If this does occur, the student will be allowed to participate in the next black belt exam at no additional charge. The UWTA employs the black belt mid-term testing process along with a final pre-test event to ensure the students are fully prepared for their examination.

The final step in the approval process for black belts is when the student's instructor "signs their

application" which means the instructor feels confident the student will pass their examination in front of an official examination panel.

If by chance you or someone you know does not pass their exam, it is important to understand that this is "merely" a life lesson to be overcome by going back to the school and practicing in the area you were found to be deficient and returning to re test and earn your next rank.

Black belt promotions are not authorized to be awarded at a school examination. They can only be earned by examining in front of an officially conviened Regional or National Examination Panel.

UWTA GUP Certification & Kukkiwon Tracking Requirements

The UWTA maintains the official promotion and rank information for all students in the or-

ganization. Our Membership Management System is a database system that maintains the promotional history with rank, date of rank of all students along with tracking of the additional requirements and certifications of all members. School operators input and maintain the students colored belt promotion information and our headquarters staff maintains all black belt information. The official record is utilized to verify requirements are met by all black belts who submit applications for examinations. Prior to all black belt exams, an official "Qualifications Committee" is formed to review the MMS information to ensure each applicant meets all of the or-

UNITED WORLD TAEKWONDO ASSOCIATION Certificate of Rank EDDERES RESERVED

ganizations requirements. If a student record indicates a requirement has not been met. the committee will reject the application and the student will not be placed on the examination list. It is important that all student records are accurate and up to date. Each student is issued a rank certificate from the MMS system when they successfully pass a colored belt exam. This is the student's evidence of rank achieved. If for any reason you do not have a rank certificate from an examination please contact your instructor and or our headquarters office staff.

JWTA Instructor Jacket

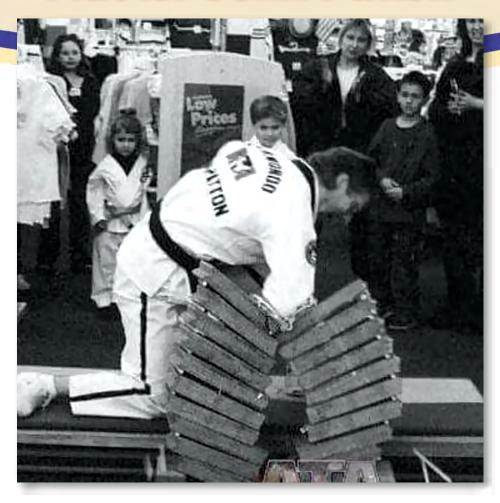
The new UWTA Instructor Jacket is available for all certified Instructors of the organization. The jacket is worn at all official UWTA events such as tournaments (unless you are in dobok

and judging), school gup testing, black belt testing events, awards ceremonies (unless you are a master and in which case you wear the Masters Uniform) and other official functions.





Master John Patton



I began training in Taekwondo in 1978 in the World Taekwondo Association (WTA) and got to brown belt ,then my instructor Ted Readel went into the air force. I began training again in 1986 in the American Taekwondo Association (ATA). I attained 5th Dan in the ATA. My first instructor was Mr. Richard Lee Stulz under Master Barry Lyon. In 2013, I joined the HWA Rang Taekwondo Federation (HTF) with Grand Master Jack Peirce and received my 6th Dan. Later we merged and joined the UWTA.

As a young child I was fascinated by the TV show the Green Hornet ,with Bruce Lee. I began my training at 16 years old. In 1988, I began teaching at the boys & girls club in Albany Oregon and in 1998, I converted it into a full time commercial Taekwondo school. I sold this school in 2010 and moved to southern Oregon and taught in a school with 4th Dan Jeff Berry.

Before my Martial Arts training I was a state wrestler and done some boxing. My personal goal is to teach the UWTA full time and help open more schools throughout Oregon and help make a difference in other's lives through my teaching of Taekwondo.



The Road to Reno



By Bill Custer

The last stop of the 2017 "Road to Reno" and the Grand Nationals ended with the Las Vegas August Regional for the all-important final four points. With the Kukkiwon cup in the record books, positioning was changed.

Held on Saturday August 26, this day delivered excitement and introduced a new spirit into the "Final Four" point hunt and a new event as well. The day started with the elder black belt poomse division and introduction of a new event, "Belt Tag". The highlight of the day was the Tiny Tiger ring. Their forms where cute, but everyone loved to watch them play belt tag. The object is to take a flag off your opponent's belt and score points each time. The excitement and sportsmanship shown by these young martial artist was great. All smiles all the time. As the day progressed and medal s were awarded, more smiles were shown. A hush came over the crowd as the adult open weapons divisions took to the rings. It was blades verses bo staff. The surprise of the day came when Kasea Cirincione performed with her hooked swords. As her routine progressed, an even bigger pop came when she hooked the ends and swung them full length. What an awesome exhibition of technique and skill with weapons. By the end of the day, a fun time was had by all in attendance and the tale was told as to who would be in the Final Four Championships.

On November 12, 2017, the Road to Reno 2018 began with the regional tournament and black belt testing. Friday night found many candidates and 1st dans coming to strut their stuff and show they were ready for the next stage of their journey. In attendance was Chief Master Jack Corrie and Braxton Warren. These young men and women stepped up to the plate and put on a good show for them.

Saturday morning came very early with much anticipation. The morning started off with all eyes watching the Tiny Tiger ring. These little ones offer so much energy and enthusiasm. Watching them complete their forms was a joy and then came belt tag. Every match turns to a game of catch me if you can. But eventually someone will score a flag from their opponents belt and points begin to be awarded.

While the action continued with the Tiny Tigers, the elder black belt divisions began and the tournament went into full swing. With Chief Master Corrie and Mr. Warren watching all of the events, excitement was in the air. By noon most of the color belt divisions had gone and a much needed break was enjoyed by all in attendance when the Unity Martial Arts Academy Demonstration team took center stage. Performing a choreographed form and fight sequence, the team professionalism and true enjoyment in their arts. The rest of the day would see the black belts take to their respec-

tive rings perfoming poomsae and point sparring. The major highlight came as the black belt came out to compete in the Olympic sparring ring. This ring always draws the most excitement and fun.

The main event of the day came as evening time drew near. It

was time for all of the candidates and black belts to find out if their hard work paid off. Lights were dimmed and a solemn silence arose as the light of tea candles filled the air. All of the testing students filed in as the masters panel oversaw the



festivities. A gong rang out as each person's name was called and their belt was presented and they were knighted into the new rank. Chief Master Corrie spoke words of wisdom as he addressed the new black belts and challenged them to not look at their new rank as an ending

to a journey, but the beginning of a new and even more fun adventure. As these new black belts are added to the ranks of the Las Vegas Region, Chief Master Corrie challenged this region to continue growing with grace and style.

More Events & Limited Edition Jewelry





Upcoming Events

April 21, 2018

• UWTA Judges Certification Course *Location:* UWTA HQ

April 28, 2018

- Washington Regional Instructor
 & Trainee Workout
- Las Vegas Instructor & Trainee Workout

May 11, 2018

• UWTA Co. Business Classes Location: UWTA HQ

May 11-12, 2018

UWTA Black Belt Test, Awards
 Ceremony and National
 Championships
 Location: William Jessup University
 Rocklin, CA

May 19, 2018

 Washington Regional Instructor Workout

June 2. 2018

• Washington Regional Judging Certification

June 2, 2018

• Instructor and Trainee Workout Location: UWTA HQ, Sacramento Trainee Instructor: 1:30 - 2:30 Instructor: 3:00 - 4:00

June 9, 2018

- UWTA Co Business Classes Location: UWTA HQ
- Colorado Regional Black Belt Test

June 23, 2018

• Washington Regional Black Belt Test *Location:* Lynnwood, WA

June 30, 2018

 Las Vegas Instructor & Trainee Workout

June 30, 2018

 Bay Area Regional Tournament Location: TBD

July 13-15, 2018

 UWTA Training Camp Location: Camp Winthers, Soda Springs, CA

July 21, 2018

 Washington Regional Instructor Workout

UWTA Student Spot Light: Lorenzo Ortega







Fifteen year old, 3rd degree Black Belt Lorenzo Ortega started in Taekwondo a few months before his 5th birthday. Lorenzo's mother Isabel signed him up for the little dragons program at Robinson's Taekwondo in Galt, CA because he was having a hard time expressing himself and got frustrated when his parents could not understand him. She thought the discipline and hard work that is put into a class would help, plus he would interact with other kids as well. Well, Lorenzo picked up Taekwondo fast, although he still had a hard time focusing, he seemed to enjoy and exceeded in the sport.

At around 7 years old Lorenzo competed in his very first UWTA tournament. He did not win but really liked competing, plus he was very excited to get a medal. It was a consolation medal but to him it was as if he had won first place. From there on Lorenzo was hooked. He joined the competition team, started training more, started competing in more tournaments around northern California and the rest of the state, and he started winning. As he grew older his focus and skill level grew as well.

When he received his blackbelt Lorenzo was able to compete in the UWTA final four tournaments. He made it to the final four for years but could not win, but that did not stop him. He eventually made it to the top of the podium at 11 years old winning the UWTA National championship in point sparring. He has not lost since. He has won the title four years in a row, last year winning not only in point sparring but Olympic style sparring as well.

At the same time as his UWTA championship run, Lorenzo has also exceeded in Olympic style sparring, competing in many State championships and National championships. Lorenzo was finally able to medal in nationals 3 years ago winning bronze in AAU Nationals. A year later he won bronze in both AAU and US Nationals. But last year, was one of Lorenzo's best years so far. He won gold in State Championship, AAU National Championship and went to Mexico and competed as part of a Mexican/American team winning gold as well in Mexican Nationals. Another big accomplishment for Lorenzo is his US Open win in Reno 2 years ago defeating a national team member in the process.

It has not been an easy journey for Lorenzo, he has had his shares of bumps and bruises even breaking his hand a few years back. He has had to miss some events because of Taekwondo and sometimes comes home mentally and physically tired. He is constantly training and learning new techniques, but all that hard work looks like it has paid off. Now Lorenzo is also helping out in his dojang, teaching the little ones and showing them what hard work and dedication can accomplish. And you never know, hopefully one of those tiny tigers in class might walk the same path as Lorenzo has, although his journey has not yet finished.







916.783.1199 www.uwta.org