



# Tae Kwon Karate Newsletter



Volume 13 Issue 8 August, 2023

## Message to Students & Instructors:

The use of the (Do Bok) uniform, symbolizes the heritage of the Tae Kwon Do tradition.

*Master Camilo Centeno*

## Monthly Tip:

Criminals are not looking for a challenge, they are looking to take advantage of an easy target.

## (Fight Back)

## Balance:

In Tae Kwon Do balance is very important, the body must be balanced, or rather correctly balanced. The center of gravity must be distributed in a straight line that passes between the two legs, or in the center of the foot when it is necessary to concentrate the weight of the body on one foot.

The flexibility and mobility of the knee are also important to maintain balance in a fast attack and its respective immediate recovery.

The back heel should never be detached from the ground at the moment of impact. It is necessary for balance and to produce maximum power at the point of impact.

## Equilibrio:

En el tae kwon do el balance es muy importante, el cuerpo debe ser mantenido en equilibrio, o mas bien correctamente balanceado. El centro de gravedad debe ser distribuido en línea recta que pasa en medio de las dos piernas, o por el centro del pie cuando necesario concentrar el peso del cuerpo en un solo pie. La flexibilidad y movilidad de la rodilla son también importantes para mantener el balance en un ataque rápido y su respectiva recuperación inmediata.

El talón de atrás nunca debe despegarse del suelo en el momento del impacto. Es necesario para el equilibrio y para producir máxima potencia en el punto de impacto.



## Congratulations to those who were promoted last July 2023.

### COLOR BELTS:

#### 8th Kup:

Thor Long

#### 6th Kup:

Gabriel Bañuelos

Beatriz Trinidad

#### 2nd Kup:

Qingru Cunningham

#### BLACK BELT TEST

WOODSTOCK C. C.

5905 SE 43<sup>rd</sup> Ave

Portland, Or. 97206

## THE TOURNAMENT IS COMING !!!

Saturday, October 14<sup>th</sup>

From: 4:00 pm to 8:00 pm.

At: Friendly House Inc.

2617 NW Savier St.

Portland, OR 97210

## Next Promotion Test:

Friday, September 8<sup>th</sup>, 2023. 6:00 pm Tae Kwon Karate Center School.

3503 N Mississippi Ave.

Portland, Or. 97227

