



Gold Medal Tribune

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**"Good Luck
To All Black Belt
Candidates!"**



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Jarrettsville Tae Kwon Do

**Master
Joe Nawrozki
Fifth Dan Black Belt**

**Program
Administrator
Tony Tommasello
Second Dan Black Belt**

**Program Treasurer
Mrs. Donna Smith**

**Tournament Coach
Mr. Steve Goode
Second Dan Black Belt**

From Master Joe Nawrozki

December 6, 2003 marks an important time for our students who will be testing for their black belt. For them, it marks the most recent of many levels of achievement and effort. I decided that all of them deserved to skip testing for dan bo for several reasons, the most significant being the testing candidates are state and national tournament competitors. They have sacrificed many promotion tests to train long hours for their competition. It is totally my decision to let them skip a grade and attempt to qualify for the coveted black belt. It is a symbol, a measure of excellence, that will benefit them for the rest of their lives. These young adults are truly some of the best and brightest our community and nation has going for it. They are talented, motivated, compassionate and one day, when this old warrior is not around they will carry the Taekwondo torch high and long.

A few other thoughts...our class will have the honor and pleasure of having Grandmaster Se Yong Chang, President of the Maryland Taekwondo Association as our special guest on the black belt test day. He has been very supportive to our school and national competition team. He was there to warmly congratulate Charlie Smith after "Chuckie" earned his gold medal at the National Junior Olympics in Orlando in July. Master Chang is really a good guy, very dedicated to our art, and has two grown children, a daughter and son, who are excellent martial artists on the national and international level. Introduce yourself to him when he visits with us.

Also, a few thoughts on our training...diet is an important part of how you train and recover. Good nutritional food is essential. Also, on days of practice it is wise to eat your main meal at lunch — noodles, pasta, vegetables, fruit—and have a snack an hour before class. I have found that nutrition drinks at the supermarket like Boost and a high-nutrition bar are good. A bottle of water should be your constant companion to be sipped throughout the day. It should also be remembered, please, that our practice time in class is valuable. It is important to be attentive, try your very best and ask questions if you are unclear about something. Students should be aware of the protocol of this art—in class, it is highly disrespectful to be laughing, making noise, not putting forth your best effort. Remember, this art will help you shape yourself into a better, well-rounded human being. And, if the moment arose, it could save your life!

A big "Welcome Back" is extended to Mr. Ken Geodeke, third dan black belt. He will be joining the school's two other assistant instructors, Mr. Tony Tommasello and Mr. Steve Goode. Mr. Ken is an excellent forms practitioner and was a gold medalist for several years in the state championships. He is also an internationally certified referee.

Special Invitation—Black Belt Test!

**You are invited to attend the Black Belt Test,
On Saturday, December 6th, 2003, beginning at 11:00 a.m.
At the North Bend Elementary School Gymnasium**

All students are encouraged to attend and take advantage of this wonderful opportunity as it will be a great learning experience. You are welcomed to bring your family and friends. If you plan to attend and have not signed the "sign up" sheet in class, please see Ms. Tina before or after class to let her

know that you will be attending. Please note that there will be a few breaks in between the test at which time, drinks, food and desserts will be served. If you have any questions, please see Master Joe.

The Parable of the Black Belt Submitted by Ms. Tina

Picture a martial artist kneeling before the master in a ceremony to receive a hard earned black belt. After years of relentless training, the student has finally reached a pinnacle of achievement in the discipline.

"Before granting the belt, you must pass one more test", says the master.

"I am ready", responds the student, expecting perhaps one final round of sparring.

"You must answer the essential question: What is the true meaning of the black belt?"

"The end of my journey", says the student.
"A well-deserved reward for all my hard work."

The master waits for more. Clearly, he is not satisfied. Finally, the master speaks. "You are not yet ready for the black belt. Return in one year."

A year later, the student kneels again in front of the master.

"What is the true meaning of the black belt?" asks the master.

"A symbol of distinction and the highest achievement in our art," says the student.

The master says nothing for many minutes, waiting. Clearly, he is not satisfied. Finally, he speaks. "You are still not ready for the black belt. Return in one year."

A year later, the student kneels once again in front of the master. And again the master asks:

"What is the true meaning of the black belt?"

"The black belt represents the beginning—the start of a never-ending journey of discipline, work, and the pursuit of an ever-higher standard", says the student.

"Yes. You are now ready to receive the black belt and begin your work."

On the pages that follow you will find the TKD Profiles of all seven testing candidates. You will get the chance to get to know them up close and personal. Enjoy!

Future Black Belt...Then...and Now!

Tim Bredder

Family: My family includes my mom, Nancy, my dad, Ron, my sister, Allie, Bandit (dog) and Rose (bird).

How long have you been attending TKD: I began in November when I was six. I'm now 11 years old.

Do you have any other martial arts experience? I have no other experience.

What school do you attend? I attend Fallston Middle School.

What is your favorite subject in school and why? My favorite subject is Math because it is the most challenging.

What are your hobbies? My hobbies are soccer, TKD and basketball.

What are your likes and dislikes? I like to win, and I don't like to lose.

Who is your hero? My hero is my dad because he adopted me.

What are your ambitions? To continue to do well in school, develop lasting friendships, try new things and get into a good college.

Which belt was your favorite and why? My favorite belt is red because I have been a red belt the longest and I skipped brown to become this belt.

What are your thoughts on becoming a black belt? I think it will be tough because it is the final belt.

Do you have any "words of wisdom" for the class? Perfect practice equals perfect! Try! Try! Try! Try!



White Belt, Age 6



Future Black Belt, Age 11

Emily Angel



White Belt. Age 9

Family: Mom—Tracy, Dad—Barry, Brother—Greg, Grandmother—Muriel, Grandfather—Jack and Francis, various aunts, uncles and cousins, deceased Grandmother—Elizabeth.

How long have you been attending Jarrettsville TKD? This is my 6th year.

Do you have any other martial arts experience? No, I don't.

What school do you attend? Kennard-Dale High School.

What is your favorite subject in school and why? My favorite subject in school is French II, because I love learning a different language.

What are your hobbies? My hobbies include reading, hanging out with my friends, talking on the phone and TKD.

What are your likes and dislikes? I like swimming, Chinese food, and playing sports with friends. I don't like ignorant people, asparagus, or rainy days.

Who is your hero? I have four heroes. My parents are two of my heroes, because they have always been there for me and will always be there. Master Joe is another hero of mine, because he is a great teacher and is an understanding person. Master Joe has been through a lot in his life and that makes me feel privileged to be his student. Mr. Ken Geodeke is another martial artist who is my hero, because not only do I wish I had his fast and crisp kicks, I know he is a devoted and skilled individual who is always there to help and encourage me.

What are your ambitions? For now I want to concentrate on my school work. I would like to be an ER nurse, because unlike the doctors, they spend the most time with the patients.

What belt was your favorite and why? My favorite belt was my blue belt because I competed in the National Junior Olympics for the first time. I was very excited and privileged to compete at such a high level of competition.

What are your thoughts on becoming a black belt? I have been waiting for this for such a long time. I remember being a white belt and wondering when I would be one of those talented black belts. The time has finally come.

Do you have any words of wisdom for the class? Work hard! Give 110% every class and practice. Never give up. Always give it your best effort. Practice at home, every minute counts.



Future Black Belt. Age 14

Charlie Smith

Family: Charles Sr. (dad), Donna (mom), and Brandi (sister)

How long have you been attending Jarrettsville TKD? Going on six years.

Do you have any other martial arts experience? No.

What school do you attend? Harford Technical Institute.

What is your favorite subject in school and why? Welding because it is hands-on.

What are your hobbies? My hobbies are archery, fishing, hunting, spending time with grandparents and classic car restoration.

What are your likes and dislikes? I like how I am always pushed to my limit and see myself improve. I have no dislikes.

Who is your hero? Mrs. Debbie Rowles because she could have let go and died after her horrible motorcycle accident, but she kept on fighting.



White Belt, Age 9

What are your ambitions? I'd like to become a coach for the tournament team.

Which belt was your favorite and why? Red. It was the most challenging.

What are your thoughts on becoming a black belt? That I will become a teacher for the class.

Do you have any "words of wisdom" for the class? It is not a question of if you do something, it is a question of when you do something.



Future Black Belt, Age 14

Greg Angel



White Belt, Age 6

Family: Mom—Tracy, Dad—Barry, Brother—Greg, Grandmother—Muriel, Grandfather—Jack and Francis, various aunts, uncles and cousins, deceased Grandmother—Elizabeth.

How long have you been attending Jarrettsville TKD? This is my 6th year.

Do you have any other martial arts experience? No, I don't.

What school do you attend? South Eastern Middle School

What is your favorite subject in school and why? My favorite subject in school is Communication Arts (CA), because I like to read and write.

What are your hobbies? My hobbies are playing baseball, basketball, TKD, and reading.

What are your likes and dislikes? I like cheeseburgers, playing sports, and Harry Potter. I don't like seasoned carrots, party-poopers, and Batman.

Who is your hero? My hero is Derek Jeter because he inspired me to play baseball and to get involved in sports. Another hero I have is Master Joe, he opened up my life and he will do the same for you if you give 110%, not just in one class but the rest of the

time you participate in this martial arts class.

What are your ambitions? For right now I want to focus on my academics, because what I do now will affect what I will do with the rest of my life. When I grow up, I want to be a major league baseball player because I have fun playing the sport.

Which belt was your favorite and why? My favorite belt was my white belt because of all the new experiences and responsibilities.

Do you have any "words of wisdom" for the class? Always give 110%, nothing less.



Future Red Belt, Age 11

Ryan Prevette



White Belt, Age 10

Family: An older brother, my mom and my dad. Then I have three uncles, one married, and I have 3 cousins. My grandmother recently moved to Virginia to live by herself and my other two grandparents live in Bel Air.

How long have you been attending Jarrettsville TKD? This is my fifth year.

Do you have any other martial arts experience? No.

What school do you attend? North Harford High School.

What is your favorite subject in school and why? Mathematics or Science.

What are your hobbies? Playing chess, the violin, the bass and TKD.

What are your likes and dislikes? I like challenges.

Who is your hero? My older brother Shaun. He is always there when I need him and he has always looked out for me, so I look up to him a lot.

What are your ambitions? After high school, I hope to become an intern at the National Security Agency (NSA) while getting a college education.

Which belt was your favorite and why? My favorite belt was my blue belt. It was the first time I realized during this time how much I enjoyed this art. I also started realizing how much the people around me love Taekwondo, and I started looking up to the higher belts.

What are your thoughts on becoming a black belt? When I think about becoming a black belt, I look back at the past years I have been in class. I always remember higher belts being there for me, teaching me how to do things. I also remember how much I have changed, and it really has been for the better. I hope I'll be able to teach and still learn as well as I have been taught in the past.

Do you have any "words of wisdom" for the class? Just never give up. Anything can be possible!



Corinne Smerdzinski



White Belt, Age 9

in school. I want to become a Civil District Attorney when I get older so I have to do well in school. I want to stay in shape for the rest of my life. I want to be well known when I'm older.

Which belt was your favorite and why? I really liked being a red belt. mainly because the Nationals were so successful and memorable.

What are your thoughts on becoming a black belt? I've wanted to be a black belt for as long as I can remember. Every time I start to think about testing I become anxious and really excited. I cannot wait to get my black belt because it's so dignified. I remember when I was a white belt, I would be in the back of class looking at the line of black belts in the front of the class and I would think, "That's where I want to be!" That thought hasn't changed for the past six years.

Do you have any "words of wisdom" for the class? I guess that anything is possible. You can achieve anything if you put your mind to it. If you want a black belt, put your mind to it and you can get one. If you want to be a state or national champion just work hard at it, and you can be one.

Family: Judy, Ken and Beth.

How long have you been attending Jarrettsville TKD? I'm on my 6th year right now.

Do you have any other martial arts experience? No.

What school do you attend? North Harford High School.

What is your favorite subject and why? Geometry because it's a challenge and never boring.

What are your hobbies? I play soccer, lacrosse and TKD. Right now I'm playing indoor lacrosse for a travel team, and I'm playing indoor soccer for the U-19 North Harford Varsity/JV team, and I'm finishing up an outdoor season with my rec team. In my free time I usually hang out with my friends.

What are your likes and dislikes? I love playing sports. I love any kind of rock music. I love hanging out with my friends. I don't like being bored.

Who is your hero? At this point in my life, I don't have a hero.

What are your ambitions? My ambitions are to do well



Future Black Belt, Age 14

Chrissy Carr



Yellow Belt, Age 5

Family: Tina, Rick Jr., Rick Sr., Mom-Mom, Aunt Donna, Charlotte, Milly and Kris, Uncle Jim, Cousin Jimmy, Julie, Josh, Barbie and Laura.

How long have you been attending Jarrettsville TKD? For about 6 years at Jarrettsville and 3 years at another school (9 years total).

Do you have any other martial arts experience? I started taking TKD classes when I was 5-1/2 years old at The American Center of Martial Arts for a few years before coming to Jarrettsville TKD.

What school do you attend? North Harford Middle School.

What is your favorite subject and why? Well, I really like 3 subjects. I absolutely love science. I like doing experiments and fooling around with chemicals and plus you get to learn a lot of things that are really interesting. Also, I like social studies. It's amazing (I think) to go into my class and sit there and learn about how our society has changed over thousands of years and what it was like in the 1700's to present. Ok, last but not least, I like ILA! I love writing freely and writing poems and stories. I have a wild imagination, so when I write I can be whomever I want to be, and I can do whatever I want to do. I think ILA is my favorite, but they are all about tied!

What are your hobbies? Let's see, I have quite a few hobbies. I love to sing, dance, play the piano, play soccer, basketball, baseball, hang out with friends, talk on the phone, and go to the mall whenever I possibly can.

What are your likes and dislikes? I like my teddy bear (Mr. Teddy), the Sun, ME, and definitely the stars! I love to look at them every night. I like to walk outside on a nice summer day and listen to the leaves and look at beautiful scenery. I like looking outside after it has rained to see a bright big beautiful rainbow over top my head, and I run to the end of the yard to see if I can find the big pot of gold! I like being with my family. I like so many things I could write a book on it. I dislike brussel sprouts (eww), spinach, rainy days and rude people.

Who is your hero? I have a couple of heroes! My heroes are Chuck Norris, Master Joe Nawrozki, my parents and my mom-mom. Chuck Norris is a good martial artist. He



Future Black Belt, Age 13

Chrissy Carr (continued)

is a real good hero of mine because he runs his own school and sponsors "Kick Drugs Out of America Foundation" to help kids to raise their self-esteem and instill discipline and respect for themselves and others. Master Joe is a hero of mine because when I joined his class, I didn't know what the words, "work or effort" meant. When I got on the tournament team a couple years ago, I surely found out what those words meant. If it wasn't for Master Joe, I wouldn't be where I am today. Master Joe and his lessons are so important. I have faced some hard battles and if it wasn't for what he taught me, I wouldn't be here. My mom-mom is a hero of mine. She is so supportive and helpful. She is always there for me when I need help or advice. Finally, my parents, I am so fortunate to have such good parents. They have helped me out so much. They're always there when I'm in trouble. They are really the stars.

What are your ambitions? Well, my ambitions are first graduating from high school, going to a good college, getting my master's degree in teaching and I want to be an 8th grade ILA teacher. I also want to have a part-time job teaching TKD on the side of being an 8th grade teacher. I plan to practice TKD until I'm too old to move because I love it. In the future, I plan to become a master and once I achieve that, I plan to go on from there.

Which belt was your favorite and why? My blue belt was my favorite belt because it was the first time I had ever fought in a state Junior Olympic championship and won a gold medal. Later, I went to the nationals in Tampa. So, I'm really proud of that belt.

What are your thoughts on becoming a black belt? To me becoming a black belt is a huge accomplishment. I remember when I was 5, everyday after school in kindergarten I'd come home and plop on the couch and watch every single power ranger episode that I could see. I liked it so much I joined a Martial Arts class. After the first night, I thought I would drop dead! I didn't think I was going to make it. Never did I think that 9 years later I would be getting ready to test for black belt. It's a great privilege. Also, I made a promise to someone very special a long time ago saying, "No matter what, one day I will earn my black belt." And now I get to fulfill that dream!

Do you have any "words of wisdom" for the class? No matter how hard something is or how difficult something may seem always stick it out and see it through.

TKD Calendar

December 6, 2003, Saturday, 11:00 a.m. till ?

December 22, 2003, Monday, 7:30 p.m.

December 24 and 31, 2003

April 3, 2004, Saturday

Black Belt Test (approx. 3 hours)

TKD Christmas Party. Dress in your casual clothes. Lots of treats and fun are being planned.

NO CLASS

Tentative Date for our next Perry Point Veteran's Hospital Visit. Please keep this date open on your calendar. All students are encouraged to attend this yearly event.

TKD Knowledge

The following pages contain some TKD knowledge for white belts and color belts. Every issue of the Gold Medal Tribune will feature "TKD Knowledge" so please save this information in a notebook and refer back to it frequently.

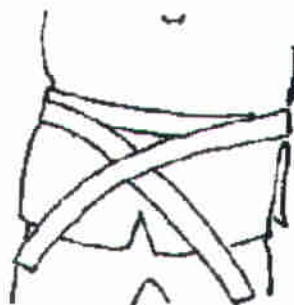
How to tie your belt.....

1



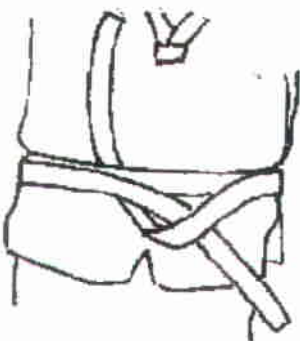
Start with both ends of the belt the same length.

2



Choose one side (it doesn't matter which) and cross it in front of the other.

3



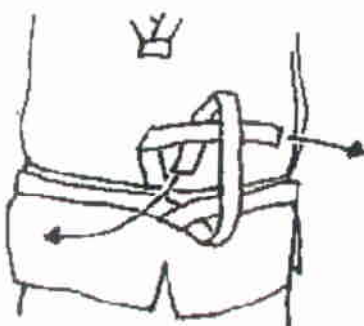
Fold that end up behind BOTH layers of the belt and pull it tight.

4



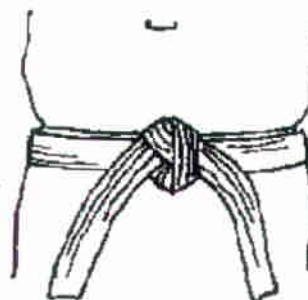
Then fold it across your stomach.

5



Fold the other end up IN FRONT of the first end, then down BEHIND it.

6



Pull both ends firmly TO THE SIDES. The belt ends should hang down diagonally.

Five Codes of Human Conduct

Be loyal to your country.
Be obedient to your parents.
Be trustworthy to your friends.
Never retreat in battle.
Never make an unjust kill.

11 Commandments of Modern Taekwondo

Loyalty to your country.
Respect your parents.
Faithfulness to your spouse.
Respect your brothers and sisters.
Loyalty to your friends.
Respect your elders.
Respect your teachers.
Never take life unjustly.
Indomitable spirit.
Loyalty to your school.
Finish what you begin.

What do the Korean words Tae Kwon Do mean?

As it is literally translated from the Korean, Tae means "to kick" or "to strike with the foot", Kwon means "fist" or "to strike with the hand", and Do means "discipline" or "art". Taken together, Tae Kwon Do means "the art of kicking and punching" or "the way of the hand and foot".

What is Poomse?

A Poomse (form) is a pattern of pre-arranged Taekwondo moves, consisting of blocks, strikes and kicks. While performing a Poomse, the Taekwondo practitioner uses his/her techniques to fight off imaginary opponents, attacking from multiple directions. Each of the WTF (World Taekwondo Federation) forms (Taegeuk 1-8) and all Black Belt forms (from Koryo to Ilyo) begin with defensive blocking techniques that are followed by a counter attack. Each Poomse is to be practiced so many times that it can be performed without a thought. Only after practicing a form, hundreds of times, will the student begin to understand its meaning.

A Publication of Jarrettsville
Taekwondo

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We're on the Web!
www.jarrettsvilletkd.org
Mr. Ron Bredder, Webmaster

Jarrettsville Taekwondo is a Jarrettsville Parks and Recreation Council Program. Our Taekwondo program provides a chance for the community youth and adults of all ages to develop qualities that will benefit them for the rest of their lives! Students meet at North Bend Elementary School in Jarrettsville at 7:30 p.m. on Monday and Wednesday night.

Ms. Tina Carr
Editor and Publisher

Submit your news, stories and
announcements via
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