

UWTA

MAGAZINE

Spring 2021
\$9.95



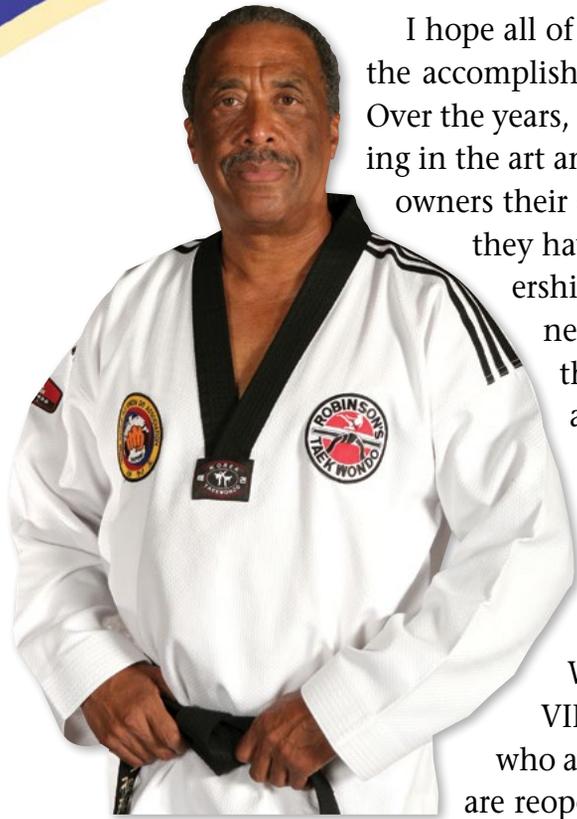
Indomitable Spirit!

Also Inside:
• Inspiring words about COVID from our CEO
• Empowering Women - The benefits of Taekwondo training

Highlighting the Women of UWTA

United World Taekwondo Association

Message From Our CEO



I hope all of you enjoy this edition of our magazine that celebrates and shares the accomplishments and journey of some of the women of our organization. Over the years, I have seen more and more women enjoying the benefits of training in the art and am proud of those who choose to become instructors and dojang owners in their career. There is much to learn from the sacrifices and hard work they have endured as they forged a foundation that places them in leadership positions within our organization and in the larger Taekwondo network around the World. Our organization benefits greatly from the contributions being made by the women and parents and we are blessed to have them in our group and on our team.

Looking forward, I am very excited about this second half of 2021 as we come out from under the COVID-19 restrictions. I also remain cautious as we reopen our events and want to make sure we practice safe protocols to ensure all of our members who choose to return to some semblance of normalcy are safe. With this being said, it feels like we are on the rebound. With COVID vaccinations dramatically reducing the number of individuals who are requiring hospitalization it appears all States across the country are reopening businesses, schools, allowing conferences, sporting event attendance and are resuming sporting events.

The last year, was a challenge for our dojang owners; but, I am extremely proud of how they conducted themselves both personally and professionally. Early on we understood that our students “would need us and our Taekwondo more than ever before”. Being stranded at home under the lockdown was simply not healthy for anyone. With our strategy to deliver zoom classes, we were able to allow our students to interact with one another, workout to help relieve their stress and provided them with some sense of normalcy in very uncertain times. Congratulations to all of the instructors and students for taking advantage of the benefits of Taekwondo training to keep fit mentally, physically and spiritually. I have been a believer in the benefits of Taekwondo and this has reignited my beliefs in our arts ability to “build people”.

As we head into the second half of this year, we will be relaunching all of our organizational events in a safe and professional manner and I look forward to seeing all of you at our upcoming training seminars, black belt testing events, summer camp, hanmadang-Taekwondo celebration and our Grand National Tournament & Testing scheduled for Reno on October 1st and 2nd .

Clinton Robinson

9th Degree Black Belt / Grand Master & CEO

What's Inside this Issue of UWTA Magazine

- 2** Message from Our CEO
- 4** Empowering Women: The Benefits of Martial Arts
- 5** Why More Women Are Becoming School Owners:
A Look into Martial Arts as a Career
- 6** In the Dojang: Women School Owners
- 21** AFTS: Self Defense Tips from UWTA Women
- 22** Taekwondo Next Gen: The Future Leaders!
- 24** UWTA Snapshots!
- 26** UWTA Tournament Points 2020-2021
- 28** Upcoming Events for 2021



Organizational Communications

The UWTA Senior Leadership team welcomes you to our quarterly digital member magazine. This magazine is designed to provide you with information on organizational events, updates on policy, philosophy, National and Regional events. Our goal is to share information both with our website at www.uwta.org, weekly constant contact releases and quarterly magazine.

Phone: (916) 783-1199 • Email: testing@uwta.org • Web: www.uwta.org

The UWTA Organization Officers



Grand Master
Jong Hwan Lee
Founder



Grand Master
Clinton Robinson, Jr.
CEO



Grand Master
Tim McHugh
GM / Vice President



Chief Master
Willie Rankins
Executive Vice President



Chief Master
Jack Corrie
Secretary General

Empowering Women: The Benefits of Martial Arts

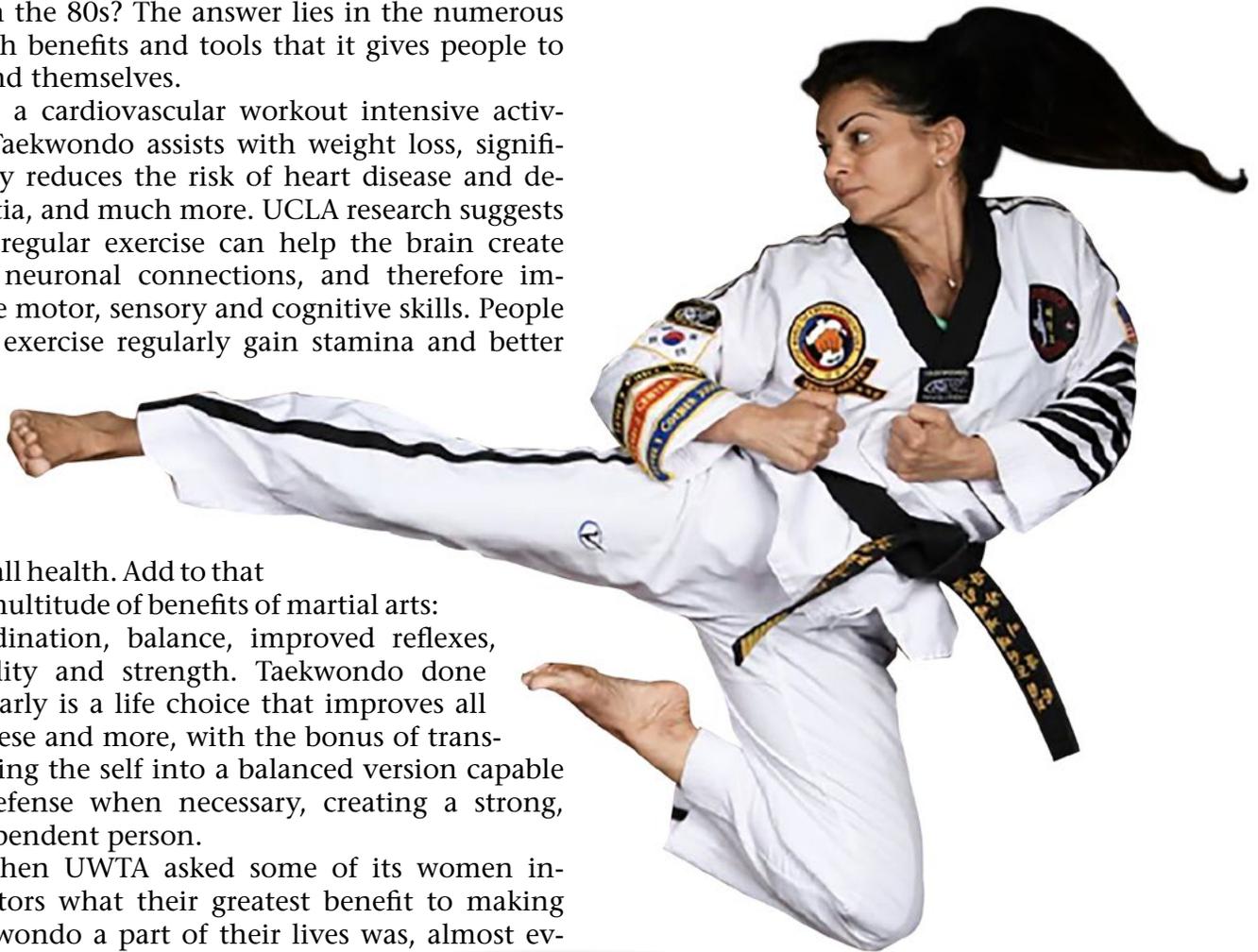
Over the last five decades, the presence of martial arts schools in the United States (and really, around the world) has more than tripled. For millions of people around the world today, martial arts has become a regular part of their daily fitness and health regime. Women are turning more to martial arts than ever before, competing on international levels and many times also becoming school owners. What draws people in now, after the prime of martial arts action movies in the 80s? The answer lies in the numerous health benefits and tools that it gives people to defend themselves.

As a cardiovascular workout intensive activity, Taekwondo assists with weight loss, significantly reduces the risk of heart disease and dementia, and much more. UCLA research suggests that regular exercise can help the brain create new neuronal connections, and therefore improve motor, sensory and cognitive skills. People who exercise regularly gain stamina and better

overall health. Add to that the multitude of benefits of martial arts: coordination, balance, improved reflexes, stability and strength. Taekwondo done regularly is a life choice that improves all of these and more, with the bonus of transforming the self into a balanced version capable of defense when necessary, creating a strong, independent person.

When UWTA asked some of its women instructors what their greatest benefit to making Taekwondo a part of their lives was, almost everyone had the same answer: confidence! Master Bonnie Salvo believes that the confidence gained in Taekwondo helps women to speak up and take action in parts of their lives they wouldn't have

the fortitude to challenge before. Confidence emboldens not the person it comes from, but everyone around them as well! Master Debbie Lovas adds, "Taekwondo builds confidence, which enables women to step out of their comfort zone and removes the limit to what they can achieve. And, just as important, it takes others to that same place of empowerment."



Pictured above: Master Amitis Pourarian

Why More Women Are Becoming School Owners: A Look into Martial Arts as a Career

Taekwondo is an art that changes a little with every place that it goes to. Now in over 200 countries around the world with an estimated 8 million poom & dan holders, it's natural to see many different representations of the art in its people. In Korea, there is a women's Taekwondo federation (KWTF) that offers seminars and tournaments, as well as regularly holds symposiums on the development of women's Taekwondo. In the United States, we don't follow the same system and much of the progress made by Taekwondo practitioners comes down to smaller branches of Kwans and local organizations. That being said, young practitioners in the states get role models in this capacity from local women school owners and instructors.

The presence of women school owners brings a greater balance of representation in a sport that has been largely kept to one area of the gender spectrum. Younger generation martial artists find confidence and inspiration when they see women school owners, and it opens up opportunities for those women to enact direct change in martial arts as it is today.

When asked about what the perks were of becoming a school owner, UWTA women answered that there was little reason not to become a school owner. It gives them an opportunity to both change others' lives in a positive, affirming way and to give back to their communities. They want to show the world that Taekwondo- and martial arts- truly is for everyone, regardless of



where they come from in life. In the interest of supporting students and showing them how to live a life that centers around the tenets of Taekwondo, it's possible to organize community relief efforts, like area clean-ups, homeless and low income support by holding food drives, as well as holding self defense seminars for those who need it. On top of that, there are ways to connect with other school owners and practitioners by attending seminars and helping with judging events, building and strengthening a community of peers that help each other become the best versions of themselves. There are no limits to Taekwondo when its people support each other.

IN THE DOJANG: Women School Owners

Becky Beck of Beck's Martial Arts

Twenty years ago, I started Taekwondo under the guidance of Senior Master

Brian Hamlet. Then, I knew him as Mr. Hamlet and he was my older brother's instructor. I was a nine year old girl enviously watching my brother train in Mr. Hamlet's dojang (the same studio he still teaches in), and knowing his class was exactly where I belonged. My mom, a ballet dancer in her earlier years, was dubious about her daughter doing martial arts, and told me I could join Taekwondo only if I tried ballet first. I did one class to appease her, but the entire time I was envisioning myself in Mr. Hamlet's class, and especially in that shiny, red sparring gear my brother wore. By the summer of 1997, I was wearing a dobok and beginning my Taekwondo training. I never knew that being a girl in martial arts was any different than being a boy. Thanks to Mr. Hamlet's tutelage, this was not a distinction that I learned until years later. Mr. Hamlet was not associated with a major Taekwondo association when I was young, so I grew up under his sole instruction with the Hangul poomsae system. Mr. Hamlet had the same expectations for me that he did for my brother and my male peers, and I

thrived in that equality. He required that I did the same number of pushups, spar the same people, and tackle board breaks with the same amount of boards as anyone else in class.

After I graduated high school and in my early twenties, I moved to the east coast and changed Taekwondo styles. My instructor was Master Jeong Ho Yi, a Kukkiwon master. Soon I became a paid instructor and program manager for his school. Like Mr. Hamlet, he had me spar, train, and break boards exactly as my male peers did. I felt respected, and Master Yi's attitude spread to his male students, who treated me as a peer and an equal.

After several years working with him, I moved to Colorado and met my future spouse Mr. Beck. He worked and trained at a school in one of the largest Taekwondo associations in the US. While many people had amazing experiences with this organization, for the first time I did not have a positive experience. In regards to both my journey and the journey of many female martial artists, it's important to share stories where gender has had a negative impact, even if it's difficult to both write and read. I was surprised by how women





were spoken about and treated there, both professionally and as students in this new organization. Women had few expectations when it came to board breaking and fitness. As an employee at the school, I was paid far less than my male counterparts, despite having years more experience as a paid instructor and program manager. I was also never allowed to become a certified instructor.

My worst experience was when the highest-ranking master I knew made an extremely inappropriate comment about the outfit I was wearing and then made an explicit gesture that immediately made me feel humiliated and embarrassed. My employer and instructor at the time was there; when he did not defend me, I felt even worse. Eventually, the organization's regional leadership made him apologize, but he was defensive and dismissive.

My training and career came full circle when Mr. Hamlet suggested we join the UWTA. Mr. Beck and I took a leap of faith, largely because we both respect Mr. Hamlet so much, and I am so glad that we did. From the first time I met with the leaders and black belts of this organization, I felt respected and welcome. I am thankful to have joined an organization that has an accomplished woman like Senior Master Pourarian at the helm who provides women with inspiration and guidance.

As women, we will always have challenges in society, professionally and personally, but I believe

that Taekwondo is the great equalizer. It is inspirational for me to see so many young female instructors and students training on the mats today. The female school owners and masters who are a part of the UWTA inspire me daily. As a young student, I had never even heard of a woman owning a Taekwondo school, let alone helping to run an entire Taekwondo organization. Today, I see women and girls being treated with more respect in Taekwondo schools and I hope our craft can aspire to be a safe and welcoming place for women to express their talent and strength. After twenty years of training and teaching Taekwondo, I know that the future for our female students is bright in the UWTA.



IN THE DOJANG: Women School Owners

Sue Langdon of Lone Mountain Taekwondo

I am a 7th dan black belt. Having a 7th dan does not mean you have magical skills or mystical powers. In the process of getting to this rank I achieved 6 national championship titles, 5 of them in sparring. I began my Martial Arts journey when my daughter was 5 years old and my son was 3. My husband and I thought self defense might be a useful skill to have our children learn. When my daughter, Crystal, started training at 5, she did well until she was yellow/green. Then she began to ask me questions about what she didn't understand. I, of course, wanted to help her so I joined classes so I would know how to answer her. Little did I know how this art would take over my life. I learned enough to answer my daughters questions. I also learned that this stuff was fun. I had been a professional dancer before I had kids and the transition to Taekwondo was easy. I didn't like sparring when I started because it was tremendously aggressive. I did not recognize then that it was my lack of confidence in myself that made me fear it. As I worked to overcome my fear of hitting people, I became stronger, physically and more amazingly mentally. My Focus increased. My ability to look ahead toward goals and plan my path, And my belief that I was worthy were reinforced as I succeeded in each step of training. My family and I trained together and had many adventures traveling to tournaments and celebrating each other's successes.

As a brown belt I was invited to start assisting in classes. I found out I was good at explaining the moves to other people. I could identify missing muscles or poor alignment that the student was unaware of. I could make a difference in their success. My instructor encouraged me to help in classes and invited me to apply for a training collar. He suggested that I might like this as a career. Helping other people find the Confidence I had found was very appealing. I began dreaming of creating a school like he had. I thought I knew everything one needed to know to hold a martial arts school. I was training-teaching in a school which had had 2 other ladies who had been train-



ing collars and had left the organization without explanation, and no one explained to me what a martial arts school needs to be run successfully. No one mentioned that not many women were around in the higher ranks of the organization. I thought that women were just not good enough to reach the mythical skills of third degree. I was protected and isolated and kept very busy doing my part. I did a great job following orders and trusting that I was being considered valuable. Then came the day that I returned from Certification camp having been awarded my certified instructor status.



I was so proud of my accomplishments that I asked: "How do I go about applying for my own school?" The answer. "? You can't have a school! You are a woman!"

My response. "Wait a minute, I was a woman when you hired me. I was a woman when I opened your school each day, cleaned it and often closed it at the end of the day."

I left that organization very soon and shortly thereafter I met Master Jack Corrie, who was a 5th degree at that time. I was honored to be accepted into his dojang and organization, and I opened my own school on October 31, 1994. Master Corrie came to my grand opening, broke 10 bricks and sparred with me in front of my students and guests.

Although there are not many women in the high ranks of the martial arts it isn't because it can't be done. We must determine if this role is the one most important to us. We are most useful to the world when we pursue our dreams to the

best of our abilities. I have run a school now for 26 years. My daughter's daughter is now 8 years old, and my most important role now is Grandma. I feel grateful for all the people who have assisted me in creating a martial arts community. The one who drove me the hardest to succeed was the one who said "You Can't do that!"

IN THE DOJANG: Women School Owners

Master Bonnie Salvo Folsom Taekwondo Center + Elite Martial Arts Placerville

The women of Taekwondo are taking on the world. This art is no longer for the boys. One woman that has made her way through the ranks and hit the mark personally and historically is our very own Master Bonnie Salvo. Master Salvo is currently a 6th degree black belt in the UWTA, she currently works and trains at Folsom Taekwondo. Master Salvo is a repeat champion, fabulous instructor and is the coach of an exceptional demo team. Master Salvo will tell this journey has not been a simple one. There are always obstacles that come along the way, but it is how you rise up that counts. In addition to her martial arts accomplishments Master Salvo is also a mom. She is the mother and grandmother of Taekwondo black belts. Her two children, Kelly Aubuchon 5th dan and Robert Salvo 5th dan. Her grandchildren include, Serenity and Seeley Aubuchon and Bobby Salvo. In addition to that her children's spouses are black belts as well.

Talk about paving the way and creating history. Master Salvo and her daughter are the first Mother daughter Master's in the UWTA. Master Salvo's love and dedication to teaching and the art have been successfully passed down not only to her children and grandchildren, but to so many others. Helping wherever she can and sharing all that she knows. Over the years Master Salvo has demonstrated that the amazing women of Taekwondo are champions and history makers. A huge thank you to all of those who have been part of her journey.



IN THE DOJANG: Women School Owners

Master Kelly Aubuchon

Elite Martial Arts

An instructor, student and competitor in taekwondo. Being a single mom is not an easy task. Being a mom in general is not an easy task. But it comes with its rewards. Master Aubuchon has been an instructor for the past 11 consecutive years. It was not easy, but it was a blessing. Her goal of owning a taekwondo studio was a long journey, but not without excitement. She had the opportunity along the way to learn how to teach a variety of programs in the dojang, ranging from tigers to adults, as well as Jr. Leaders and Trainees. She learned the ins and outs of the business. Along the way she achieved several Grand National Championships and two World Titles. One

of the wonderful things about working at a taekwondo studio is that her children have grown up in the dojang and have had the opportunity to see firsthand, not just from mom, what it is to have dedication, loyalty and integrity. Having the ability to bring her children with her to the dojang when training or working as well as having them at tournaments while competing, set an example for them. Not many kids get to see this type of commitment, hard work and dedication from a front row seat. They also had the chance to see what it looks like when you hit a rough patch to pick yourself up and work harder after you fall. Having her faith and Taekwondo background, she feels, gave her the strength and courage to get through the hard times, knowing that if you keep



going you will find the light. That hard work, and never giving up will lead you to your dreams. Taekwondo has given her the discipline to fight for what she wanted for herself and her children. Master Aubuchon now owns her own dojang and shares everything she has learned with others. And her

Kids get to be there, help and learn with her. Master Aubuchon has shown us that moms (single or not) of taekwondo have the ability, strength, courage and dedication to conquer giants and set the stage for the generations of young girls coming through ranks behind them.

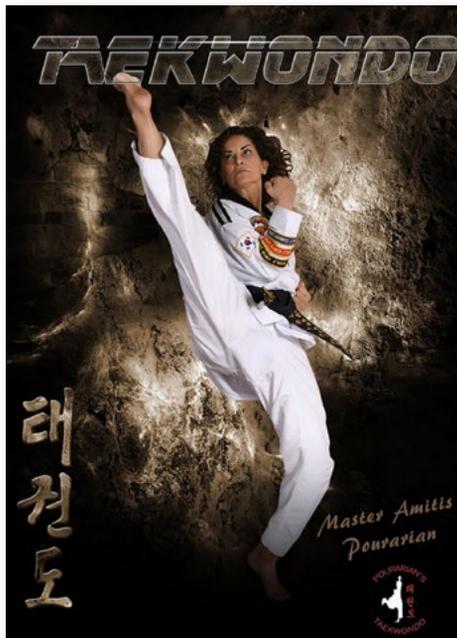
Thank you to each of you who have been part of our taekwondo family and journey.



Master Amitis Pourarian The STUDIO

Master Amitis Pourarian, Vice President of US Operation for the UWTA, is the highest ranking female of the UWTA at the rank of 7th Degree Black Belt. Master Pourarian owns THE STUDIO Martial Arts & Fitness in the Roseville/Granite Bay Area. She is a former US Team member in sparring and holds multiple national titles in forms as well. She has been training with her instructor Grandmaster Jack Corrie for nearly 30 years and considers loyalty a part of her martial arts fabric. Master Pourarian has turned out many champions from Pourarian's TKD but her passion lies in creating the next best version of her students. Although she runs one of the more successful schools in the nation, she takes pride in the contributions she makes to her community. Besides developing compassionate, strong, humble leaders in her community, she does an astounding amount of charity work.

Over the past 10 years THE STUDIO has been in existence, she has donated over \$1 million dollars in donations and services to her community and non-profit organizations. THE STUDIO is a catalyst for some major drives that include the "Summer of Service" in which her students perform commu-



nity service, the annual sock drive, and the blessing bag project to name a few. Although she is proud of the growth of her school, she defines her success by the amazing com-

munity that has been built under her leadership. Her goal is to contribute to the growth and development of as many people possible in her community through martial arts and fitness. Outside of the dojang, Master Pourarian is a commercial and residential real estate broker and general contractor servicing Sacramento, Bay Area, and San Diego. She holds a B.S. degree in Business and a Master's Degree in Construction Management from Stanford University.



IN THE DOJANG: Women School Owners

Master Adrienne Jones Soaring Eagles Taekwondo

Written By Senior Master Wayne Jones



When I started training in Taekwondo over 40 years ago, there were very few women in the dojang (training hall) where I started. The co-owner, Ms. Sydney Reeser, was a 2nd Dan black belt and was the only high ranking female at the school. In the early 80's to say martial arts was a man's world is not an understatement. About a year later my girlfriend decided to join the Institute. Since she grew up fighting with her brother and others in her neighborhood, it was a natural fit for her. Little did I know then that together we would build a legacy that has lasted all this time.

Because of the pioneering efforts of women in the 70's and 80's like Adrienne Jones, when it was

hard to find women training in the dojangs of America, we now see a plethora of women kicking and striking from all age groups and walks of life. Our youngest female student was 3 years old while our oldest was 73. It is an empowering time for women and training in martial arts contributes to that empowerment. The #metoo movement and other campaigns have shown that women will no longer accept crumbs, mistreatment, and inequality as they did in the past. Times have changed and it's women like the Jones' and other outstanding martial artist who are ushering that change in.

IN THE DOJANG: Women School Owners

Master M. K. Kim

Written By Master McHugh, Martial Arts USA

As recently as a couple decades ago, there were not many paths to choose when you were a teenage girl in South Korea. For most, it was education, then career...or marriage. However in some cases, the road you take can lead to things you never dreamed of in a million years. This is the case for Chicago's Master M. K. Kim.

Born in the town of Seongnam, about 45 minutes south of Seoul, she clearly knew in her heart what she wanted to do when she was still a child. "By the time I was in grade school, I knew I wanted to become a soldier," states Kim. "My mother dreamed of being in the military, but was never

able to attain her wish, due to the cultural pressures of the time." Immediately after graduating high school, Master Kim enlisted in the Korean Women's Army. Assigned to the 32nd Infantry Division, she proved to have an exceptional warrior spirit and received numerous commendations for her excellence in combat skills. This would ultimately lead her to be recruited into the ROK Special Warfare Command (Special Forces or "Black Berets"). Kim became part of the 707th "White Tigers" Special Mission Battalion, which specialized in Counter-Terrorism, Hostage Rescue and Airborne High Altitude Infiltration missions.

Master Kim earned the rank of Sergeant 1st Class before a tragic skydiving accident would abruptly end her active military career. "After a helicopter jump," states Kim, "I landed incorrectly and completely fractured my left knee, along with numerous ligament ruptures. Between several surgeries and rehabilitation, I was hospitalized for approximately two years. I eventually recuperated, however was forced to accept a medical discharge. Nonetheless, I remained active in the Korean National Guard for another decade."

When asked what was the primary force that drove her and helped develop such perseverance and indomitable spirit? Master Kim answered, "That's easy...martial arts!"

Taekwondo is the national sport of South Korea. As such, the vast majority of children there begin training as early as elementary school. Those who excel and continue to practice through high school can earn full scholarships, as virtually every college and university has a Taekwondo program. Master Kim began training as an adolescent, earning her black belt from both Kukkiwon and Moo Duk Kwan. She has studied and earned black belt rank in Hapkido, as well as kickboxing, in which she went on to win the national high school kickboxing championship. Additionally,





she has trained in Tang Soo So (classical Korean Karate) and Teukgong Moosool (Korean Special Force Combatives). "I think martial arts training is an excellent activity for everyone, regardless of age, gender or body type. There are so many reasons to do it...self-defense, exercise, sport... but most importantly though, is the character development. Everyone needs to learn discipline, be respectful and especially, have confidence," says Master Kim.

Confidence is a quality Master Kim knows something about. In July of 2020, during the peak of the Covid-19 pandemic, her hometown dojang closed down. If that wasn't bad enough, her employer announced that their company was being bought out, and that she would need to find another job. As the manager of a tax/accounting firm, she was well-qualified and could have easily found employment.



However she felt she needed to test her confidence and take on a new challenge. "I decided to come to the U.S.A. with the intent of simply visiting for a couple months, checking it out so to speak. I wanted to scope out the environment...I wasn't sure

about remaining," states Master Kim. However, she quickly connected with some acquaintances in the Chicago area Korean community, where by chance she was introduced to Moo Duk Kwan/UWTA Grandmaster McHugh. They discussed her situation and the possibility of her volunteering to assist the instructor team at his dojang, Martial Arts USA. With minimal English skills, she accepted the challenge and has been enjoying every minute of it. "I think the United States offers so much to everyone and I am happy to consider this great country my new, second home!" she says, with a big smile.



Master M. K. Kim has uniquely combined both femininity and a warrior spirit into her distinctive persona. During class, she makes the children laugh and the adults sweat. This young (woman) martial arts master has an incomparable style both on and off the training floor. She concludes, "This is a path I would have never dreamed of in a million years, yet here I am." Congratulations to Master Kim! Let's hope she stays a part of our Moo Duk Kwan/UWTA family for many years to come!

IN THE DOJANG: Women School Owners

Master Debbie Lovas Auburn Taekwondo

Master Debbie Lovas is a 5th Dan who started training in 1985 at Robinson's Taekwondo through 2nd Dan. Her martial arts training then took her to Auburn Martial Arts from her 3rd Dan on. She owned and operated Auburn Martial Arts with her husband, Chief Master Dan Lovas. Master Debbie Lovas has held positions in UWTA of Sacramento Area Regional Director and National Vice President of Examinations and Promotions. She is a UWTA Sparring National champ, has earned a black belt in kickboxing from Marinobles kickboxing and has cross trained in Judo, Jiu Jitsu and Silat. Of those, she has competed in Jujitsu, Kickboxing, and MMA. Master Debbie Lovas continues to inspire students across the UWTA.



IN THE DOJANG: Women School Owners

Jamie Woodward Woodward's Taekwondo Academy



In 2003, I was not the typical beginner taekwondo student. I was in my early 30's with two small children, and female. Most often I was the only non-teenage, female in class, trying to keep up with those "youngsters". I had always been drawn to sports that were "not ladylike". I would rather play football or baseball with the boys, than play with dolls with the girls. As a young girl, I loved watching boxing. I would take a paper bag, fill it with newspaper, and tie it to my bunkbed and do punching drills. It was not something a typical girl would do, and I did not know any other girls that would punch things, but for me, it felt good to punch and get a good workout. My family thought maybe I had anger issues because I enjoyed punching things. When I was 19, I was first introduced to martial arts by my then boyfriend, now husband. He not only encouraged me to use my hands but showed me how to use my feet too!!! By that time, he had found a taekwondo school to train at and had invited me to join him. My first class, Greg had to work so I went by myself. I was the only female, which did not bother me, but no one introduced themselves to me or showed me anything I should be doing. Already feeling awkward about being new, I also felt left out. I did not go back. Twelve years and two kids later, I was finally talked into trying taekwondo again. It only made sense, since my husband had started a taekwondo

school and both our kids took classes. I was the only female adult in class, but this time was different. I felt comfortable, I felt at home. If I did not know someone, they introduced themselves. I had classmates volunteer to be my partners to help me with learning this new sport. I was hooked! As I progressed through belt ranks, I had other women come and go, but there was always something that would pull them away from classes. I took a little longer to get to my black belt than some of my classmates that started at the same time, but when I had that belt tied around my waist, I felt proud of my journey and was ready for more.

Fast forward to today, I am the head instructor of our school. When I teach, I look out at classes filled with girls, women, and moms. It makes my heart happy. It makes my heart happy that punching and kicking things are not abnormal for females. There is now merchandise geared towards girls. "Fight like a girl" is a phrase I see often. Although a lot of the gear is pink, a lot is made specifically for the female size and shape. I can buy pants made specifically for the female hips, bag gloves made specifically for my size of hand, that are not child size. We have many female role models in martial arts, and it makes my heart happy a lot of those women are in the UWTA. I believe that balance in male and female role models will make a more complete martial artist.

Jaimie Palmer

Robinson's Taekwondo Center

Lodi, California

Ms. Jamie Markell started Taekwondo under her instructor Grand Master Clinton Robinson in 1994 at American River College.

Over the next 25 years she would establish herself not only as a prominent competitor and instructor, but as one of Grand Master Robinsons most successful facility directors.

Throughout the duration Jamie's career in Taekwondo she has served as a coach, referee, senior judge, Chief Instructor, and Enrollment Director. As one of the most senior staff members in the Robinson Taekwondo Family Jamie has played a significant role in the overall growth and success of the organization.

A 5th degree black belt, she is the Owner & Chief Instructor of Robinsons Taekwondo Lodi where she today teaches a very successful program. Through the actions and directives of her program she has been identified a community leader. She actively coordinates outreach, food drives, school supplier drivers, and voluntary self-defense seminars.

She holds the position of UWTA Regional Tournament Director where she has be charged with the overall coordination and management of all Sacra-



mento regional tournament events as well as the certification and training of tournament officials.

Outside of her career Jamie has three children all of whom are black belts and have been trained by her personally.

IN THE DOJANG: Women School Owners

Ms. Carmen Arriaga Sonoma Taekwondo Center

When I start doing taekwondo 30 years ago I was taking classes with Master Patrick Hoffmann At Sonoma Taekwondo. I will became an instructor 25 years ago and am currently a fifth grade black bell in Taekwondo and a black belt in lima Llama Polynesian martial arts. I assumed ownership of the Sonoma Taekwondo program about a year ago the COVID-19 started and Mr. Hoffmann decided to shut down the Sonoma Taekwondo. I made a life decision and took the challenge in the middle of the pandemic. At first, nobody believed me because of the pandemic; but, I was 100% sure in what I needed to do. I relaunched the program sharing a room with gymnastic academy in Sonoma. I began with the black belts and then opened up the program for all belt levels.



Today, I have 30 new members and plan to move from the gymnastics center to my own location in mid-June 2021. I took on this challenge because I didn't want to see the students lose their Taekwondo journey. It was difficult; but, I believed in myself. I am a divorce mom, working 15 hours every day to support my rent and my studios rent and I'm gonna continue working hard until I realize my dream of being a 6^o black belt and stable school owner in the UWTA. I am thankful for all the support from the UWTA and it's seniors and promise not to let down my family, students or the organization My Taekwondo has made me a strong independent person and I want to share this with the World.

IN THE DOJANG: Women School Owners

Connie & Sarah Hilaman Robinson's Taekwondo Center Galt, California

My name is Connie Hilaman. I'm a mother of 3 and married to my husband for 25 years. I am a 4th Dan and the owner of Robinson's Taekwondo in Galt for the past 20 years. I started training after all 3 of my kids got their black belts. We trained together with grand-master Jong H. Lee for a year. My husband Rodney and I got our 1st black belt in 2004. My goal is to continue training and operating our Taekwondo school. Personally, I love seeing what martial arts does for me and others. It helps us stay physically fit, focused, and instills confidence.

My name is Sarah Hilaman and I am 25 years old! I have been involved in Taekwondo since I was about 7 years old! I have made nationals team, and also traveled internationals. I have been teaching since I was about 14 years old and love what confidence Taekwondo has given me. My mom started Taekwondo not too long after me and seeing her excel and earn her ranks has been amazing! We are so thankful for all that Taekwondo has done for us and taught us.



AFTS: Self Defense Tips from UWTA Women

Self defense is an important component of Taekwondo that puts the techniques and movements we learn into practical application. When asked what advice UWTA women would give readers, they had this to say.

Awareness

Master Bonnie Salvo: Always be conscious of the people around you (where they are, how close they are to you). Whenever you go to a new area, do a visual 'scan' of what is around you to get that visual data. It helps you know where you're going without a distraction.

Master Amitis Pourarian: Trust your instincts! Focus on your motivation to get home. Preemptively think about the reason (for example your kids, significant others, parents, etc.) you would want to survive for, that way you can focus on it if you were ever attacked.

Carmella Wong: Always be attentive to your surroundings, don't keep your back to a stranger.

Alesha Byrne: Observation doesn't end with a single look. Train yourself to be consistent in them.

Fitness

Master Bonnie Salvo: Don't overdo your workout plan. Start small and build on it, you will get farther and stay motivated.

Carmella Wong: You don't have to be in perfect physical condition to defend yourself.

Master Debbie Lovas: Incorporate self defense drills in your fitness regime.

Technique

Master Bonnie Salvo: Make it simple.

Carmella Wong: It's important to train with good technique and practice often!

Master Debbie Lovas: Never stop practicing that technique! Think about it, memorize it, practice it repetitively so that you can build muscle memory so that when under adrenal stress in the event of an attack, the muscle memory can take over. You have a 99% percent chance of not being able to pull it off without muscle memory, so this is imperative.

Alesha Byrne: Try to avoid situations where you have to carry too many things while in public.

Strategy

Master Bonnie Salvo: Practice all the time so that it becomes second nature.

Carmella Wong: Don't try to out-muscle your attacker, your size can be an advantage.

Master Debbie Lovas: Sparring is an important function in Taekwondo, in order to train yourself past inexperience and fear. This will help you in a real-life event to respond instead of freezing up (Fight or Flight response).

Alesha Byrne: Don't get too ambitious, you never know what an attacker is capable of until they do it. Go for the shortest route to get yourself out of danger and away from the threat.

Taekwondo Next Gen

Folsom Taekwondo Center

Folsom Taekwondo Center is proud to have a school of collaborative, ambitious students. All of the girls shown above are National Champions, and many of them give back to their school by taking part in Junior Leaders and Trainee Instructors programs. They have an incredible amount of dedication and focus, and are a joy to have in the dojang.



Left to Right: Ava Becerra, Sahana Mahesh, Shruti Mahesh, Audrey Eckert, Suhani Shah.

Elite Martial Arts

Elite Martial Arts nestled in the pines of Placerville California is owned and operated by Master Kelly Aubuchon. Master Aubuchon is currently a 5th degree black belt and mother of two young black belts (Serenity and Seeley). Taekwondo is her way of life. Master Aubuchon is not the only woman of Elite Martial Arts in Placerville. She has amazing backup and wonderful assistance. Master Bonnie Salvo dives in and helps bring up the ranks. She is not just an instructor, Master Salvo is the friendly face you will see at the front desk during the day hours. Hanging with those little ones is Ms. Serenity



Aubuchon. Let's face it she is the only one who can fold, flip, bounce and pounce with the greatest of ease and the little kids absolutely love her. Ms. Ariadne Meza-Lopez loves to help and has a keen eye for the technical poomsae. Helping everyone get their forms just right. They do not stop at teaching or running a business. Pursuing their own dreams in Taekwondo these ladies continue their training and education, chase championships, reach for new goals and are part of Master Salvo's exceptional demo team. All four of these amazing ladies take their roles as leaders profoundly serious. With grace, kindness and respectful authority they pass on to the next generations all they have learned and continue to learn. They demonstrate the heart of Taekwondo both inside and outside the dojang. Taking on challenges and soaring through the air, together they lead the women of tomorrow. Thank you to everyone for all the support and encouragement along the way.

Robinson's TKD, Rancho Cordova

Women, if you don't know by now, are at the minimum half of the population. They come with more talents than they are pigeonholed to have. They have broken every glass ceiling that was primarily dominated by men. Women are challenging every area of life and they are winning. It used to be considered to be an anomaly when a woman broke a record. Their accomplishments can no longer be considered to be anomalies. So many women are breaking so many barriers that it is now expected of them. Ms Le, 4th degree black belt is a three times UWTA National Champion. She was barely a teenager when she won her first UWTA National Championship. She has stacked and without spacers broken more boards than most male would ever attempt. The last successful count was six boards and now working on seven using a step side kick. :) She is under 5 feet tall and not much more than a 105-110 lbs. She is finishing up her second year in college. She is also the lead taekwondo tiger instructor at Rancho Cordova Family TKD Academy. She has a very busy life and schedule for a 20 year old. Another talent is Mrs. Alex Rubsam. Mrs Rubsam is a 2nd degree

The Future Leaders!



in taekwondo. Her specialty is high jumping kicks. Very few men will get on the mat with her in a high jump competition. As a matter of fact, her most challenging competitors are men. She is extremely talented in many other areas as well. She is a sketch artist, professional photographer, gemologist and just an all around nice, quiet, helpful bad.a.s. Mrs. Rubsam is the Rancho Cordova Family TKD Academy photographer. Ms. K. Major is another talented young girl that also deserves a little recognition. She is only 12 years old and is a UWTA National Poomsae Champion. She absolutely loves winning and her many trophies and medals proves it. She is a UWTA Junior Leadership black belt. Also a level one judge. Ms Major is an excellent role model for young girls of her age. Especially if they aspire to be competitive. Ms. Major is well disciplined.

The STUDIO, Granite Bay

Next generation of instructors at Pourarian's TKD and UWTA leadership lies with these exceptional teenagers. Dedicated students, instructors, National Champion competitors and straight A students. They are responsible and compassionate leaders that will make a huge impact not only in UWTA but in the world.



From left to right: Olivia Matthews 3rd Dan UWTA National Champion. Coral Bishop 4th Dan UWTA National Champion. Alexandra Maki 2nd Dan UWTA National Champion. Rachel Nathanson 3rd Dan UWTA National Champion.

Soaring Eagles Taekwondo

Mrs. Adrienne Jones, UWTA 5th dan. Her first three children are also shown here, Aiesha, UWTA 3rd dan (35), Akilah, UWTA 1st dan (33), Adrienne Charde', UWTA 1st dan, (31).



UWTA Snapshots!

The STUDIO, Granite Bay

The women instructors of THE STUDIO not only impact the students of Pourarian's TKD but the community at large. These women are talented martial artists, fierce competitors, incredible instructors, UWTA Judges and volunteers, and compassionate community leaders.

All of the women pictured are top 4 competitors with almost all of them holding a UWTA national title. They all contribute to UWTA by judging and/or volunteering to make the UWTA events a success. They are all in the UWTA instructor program or certified UWTA instructors passing their knowledge to Pourarian's TKD students. In addition to their contribution to THE STUDIO and UWTA, they make a difference in the community. THE STUDIO and Master Pourarian are a huge advocate of helping and bettering the community. These women are not only in the front line executing THE STUDIO's community outreach programs but also creating them. Ms Donna Webb initiated THE STUDIO's sock drive and the Summer of Service program that has impacted people around the world.

These ladies embody the women empowerment and compassion Master Amitis Pourarian tries to instill in all her female students at all ages. They exemplify the spirit of TKD and everything Master Pourarian's instills in her students.

Pictured below from left to right:

Deanna Wolf Jones, 1st Dan UWTA National Champion.

Michele Valencia, 3rd Dan UWTA National Champion.

Coral Bishop, 4th Dan UWTA National Champion.

Alexandra Maki, 2nd Dan UWTA National Champion.

Rachel Nathanson, 3rd Dan UWTA National Champion.

Olivia Matthews, 3rd Dan UWTA National Champion.

Master Amitis Pourarian, 7th Dan Former U.S. Team Member.

Carol Cooper, 4th Dan UWTA National Champion.

Sue Reineke, 4th Dan UWTA National Champion.

Donna Webb, 4th Dan UWTA National Champion.

Lynn Jaki, 4th Dan UWTA National Champion.

Tammy Brust, 4th Dan UWTA National Champion.

Rachel Smiley, 1st Dan UWTA National Champion.





Robinson's Taekwondo

The women trainees and instructors of Robinson's Taekwondo are a close knit group. All of us started as adults for physical fitness, but our school became our family. The dojang became our home. Collectively we have overcome illness, divorce and tragedy. We raise our children together. We accomplish our goals together. We are a sisterhood formed through adversity, bonded through Taekwondo. Outside the dojang we are wives, nurses, Mothers, Grandmothers, administrators, authors and first responders, but on the mat we are black belts. We are empowered. We are loved. We are equals at our school. We have been blessed to train under high rank world renowned instructors. Senior Master Clinton Sr. Robinson and Grandmaster Clinton Robinson are more than just instructors though. They are mentors, therapists, nutritionists and most importantly our cheer leaders. They are in our corner on and off the mat and for that we are truly grateful. We continue in their footsteps providing instruction and support to everyone who steps on the mat. We are the women of Robinson's Taekwondo. We are Black belts of Robinson's Taekwondo. We are Sisters in Taekwondo.

Folsom Taekwondo Center

The women of Folsom Taekwondo Center have all started from a team of black belts that have trained together and supported one another. Over the years, Folsom has a long history of developing incredible "Women" Martial Artists that includes a long list of highly successful competitors, Instructors and School Owners who choose to take on the obligation of passing on Taekwondo to help make the world a better place. Some of them include Master Pourarian, Master Sue Langdon, Master Kelly Aubuchon, Ms. Carmella Wong and the list of world class competitors is endless. We are proud of the females and or women who have contributed greatly to the heritage of Folsom Family Taekwondo Centers almost 40 year history. Master Bonnie Salvo has been a tremendous asset through out 30 of those years. She is a leader, contributor and has dedicated her life to Taekwondo. Master Bonnie Salvo is the acting front desk manager at Folsom Taekwondo, and currently coaches the demonstration team. Alesha Byrne is the assistant chief of instruction.

UWTA Tournament

BOY'S AND MEN'S POOMSAE

Boys 8 & Under Cand — 1st	
Nathaniel Day.....	23
Jameson Johnston.....	22
Shreyas Sarathy.....	10
Ruaan Kaspha.....	8
Matthew Marshal.....	8
Ritvik Chadaluada.....	6
Baron Ebarle.....	5
Enrique Diaz.....	4

Boys 8 & Under Cand — 2nd	
—	0

Boys 9 Cand — 1st	
Rowan Clancy.....	15
Pranav Sudharshan.....	14
Marcelo Frisancho.....	9
Ricky Maki.....	8
Cooper Tessendorff.....	6
Michael Lebedev.....	5
Braden Adams.....	5
Mikhail Lebedev.....	3
Aaron Malancea.....	2
Aditya Dukle.....	2

Boys 9 — 2nd	
Kellen Rawlins.....	30
Chase Hile.....	4

Boys 10 Cand — 1st	
Jacob Quinajon.....	27
Antonio Diaz.....	8
Giuliano Frisancho.....	7
Noah Davis.....	7
Raul Perez.....	7
Thorin Allen.....	5
Lucas Le.....	2
Ashwath Ram.....	2
Caleb Adriano.....	1

Boys 10 — 2nd	
Kenneth Day.....	22
Keshav Charan.....	21
Ayden Brown.....	16
Jacob Chang.....	2

Boys 10 — 3rd	
—	0

Boys 11 Cand — 1st	
Nachiketa Raval.....	24
Blake Vang.....	11
Advik Sanghi.....	8
Bryce Kelso.....	8
Dinesh Mamidi.....	8
Alberto Meza.....	5

Ronin Sandlin.....	4
Harris Brass.....	4
Amogh Itagi.....	4
Jonathan Campo.....	2
Kieran Mallory.....	2

Boys 11 — 2nd	
Lejien Rygo Dumalag.....	16
Rian Subakti.....	15
Mao Li.....	12
James Newson.....	11
Ansh Sharma.....	2

Boys 11 — 3rd	
—	0

Boys 12 Cand — 1st	
Zane Mirabel.....	15
Elijah Burton.....	8
Kunal Vasisht.....	6
Andrew Beasley Jr.....	5
Macoy Quinlan.....	4
Andrew Hetrick.....	2

Boys 12 — 2nd	
Aaron Chew.....	23
Raiden Garner.....	14
Zachary Baker.....	7
Blake Tsang.....	4

Boys 12 — 3rd	
Brandon Wong.....	20

Boys 13-14 Cand — 1st	
Lyelend Molnar.....	22
Travis Sky Gama.....	20
Jackson Wolf-Jones.....	14
Octavio Sutton.....	11
Lee Krill.....	8
Izayah Breedlove.....	8
Andriy Yarmolovych.....	4
Logan Ashcroft-Lynge.....	4
Hector Cortes.....	4
Skylar MacKay.....	4
Robin Gibbany.....	3
Niteesh Attiganal Jaga.....	3
Sebastian Meza-Lopez.....	3
Nathaniel Kissinger.....	3
Reilly Stephenson.....	2
Eduardo Reyes.....	2
Vinay Rana.....	2
Timothy Hamp.....	2
Weiland Patrick.....	1
Jayson Lee.....	1

Boys 13-14 — 2nd	
Julian Sage.....	17
Benjamin Hartman.....	9
Bond Pham.....	8
Vihaan Dhanapalaksha.....	6
Robert Matsler.....	4
Brycen Kennedy.....	2
Lukas Schulz.....	2

Boys 13-14 — 3rd-4th	
Lucas Freer.....	25
Charles Serenbetz.....	18

Boys 15-17 Cand — 1st	
Aidan Craven-Grilli.....	30
Tyler Coffin.....	18
Geric Jethro Guerrero.....	8
Jonah Hughes.....	6
Dangelo Mercado.....	4
Akhil Nekkanti.....	3
Logan Voorhees.....	2
Armon Madani.....	2

Boys 15-17 — 2nd	
Nathan Goguen.....	22
Aaron Adams.....	18
Curtis Riley.....	8
Giorgio De Battista.....	8
Michael Freestone.....	6
Feiyu Wu.....	4
Samuel Marchis.....	2

Boys 15-17 — 3rd-4th	
Vishwas Charan.....	21
Ronan Hughes.....	20
Medhansh Koka.....	14
Samuel Randall.....	10
Harish Premkumar.....	6
Tristan Kelly.....	3
Alex Serrano.....	2

Mens 18-29 Cand — 1st	
Andrew Hinkle.....	6

Mens 18-29 — 2nd	
Robert Boone Jr.....	23
Mark Jansen.....	10

Mens 18-29 — 3rd	
Jerahmy Umayam.....	20
Joseph Suski.....	17
Alexander Tymchyshyn.....	16
Braven Liles Jr.....	13

Mens 30-39 Cand — 1st	
Zachary Donnell.....	15
Andrew Abernethy.....	9

Mens 30-39 — 2nd	
Brandon Reynolds.....	5

Mens 30-39 — 3rd	
Ion Malancea.....	15
Brian Lanata.....	8

Mens 40-49 Cand — 1st	
Enrique Duarte.....	5
Maui Fontanilla.....	5

Mens 40-49 — 2nd	
Steven Albertson.....	22
Ramon Serrano.....	10

Mens 40-49 — 3rd	
—	0

Mens 50 & Over Cand — 1st	
Brian Williams.....	28
Lamar Simpson.....	6
Christopher Mumma.....	4

Mens 50 & Over — 2nd	
—	0

Mens 50 & Over — 3rd	
Arthur Umayam.....	17
June Valencia.....	10

Mens 4th & Up 18-30	
Roewyn Umayam.....	15

Mens 4th & Up 31-45	
James Carswell.....	25
Nick Beard.....	14
Brian Kropp.....	12
Andrew Beck.....	10
Robert Pauline.....	4
David Diaz.....	2
Robert Maybie.....	2

Mens 4th & Up 46 & Over	
Michael Roney.....	18
William Wong.....	16
Derek Davis.....	10
Nicholas Sadowy.....	9

Points 2020–2021

GIRL'S AND WOMEN'S POOMSAE

Girls 8 & Under Cand — 1st	
Nakeya Robinson.....	29
Kylie Beard.....	25
Adorina McKnight.....	9
Audrina Khanna.....	7
Vaishnavi Sakhamuri.....	3

Girls 8 & Under — 2nd	
—	0

Girls 9 Cand — 1st	
Rose Karanizadeh.....	15
Cailin Krill.....	8

Girls 9 — 2nd	
—	0

Girls 10 Cand — 1st	
Ava Becerra.....	30
Olivia Richter.....	15
Anjali Shah.....	12
Jihae Hartman.....	7
Aarna Patel.....	6
Alyssa Khanna.....	6
Salena Prout.....	6
Evelyn Duarte.....	4

Girls 10 — 2nd	
Aditi Parikh.....	10

Girls 10 — 3rd	
—	0

Girls 11 Cand — 1st	
Nandana Batmanaban.....	19
Madison Melgoza.....	12
Emily Guillen.....	12
Grace Marti.....	3
Veela Vadivelu.....	2
Asees Garcha.....	2
Viera Millstone.....	2

Girls 11 — 2nd	
Sahana Mahesh.....	30
Sydney Valencia.....	6

Girls 11 — 3rd	
Violet McCurdy.....	28

Girls 12 Cand — 1st	
Emma Brown.....	16
Jinjoo Hartman.....	9
Nari Hartman.....	9
Archisha Kaspha.....	8
Rebeca Malancea.....	6

Gwyneth Miller.....	4
Claire Aretsky.....	4
Khushi Atwal.....	3

Girls 12 — 2nd	
Avery Chang.....	10

Girls 12 — 3rd	
Charlotte Southworth.....	18
Christianna Turner.....	18
Avantika Raina.....	5

Girls 13–14 Cand — 1st	
Lylla Stevens.....	25
Berkeley Gross.....	18
Vidhi Rana.....	9
Alexis Ortega.....	6
Pranavi Sakhamuri.....	5
Alexandra Bushman.....	3
Shreeya Ram.....	2

Girls 13–14 — 2nd	
Kinga Major.....	23
Lily Albertson.....	15
Holly Voorhees.....	14
Kate McGinnis.....	10
Shreya Aravind.....	3
Pranathi Sudharshan.....	6

Girls 13–14 — 3rd–4th	
Miko Cooper.....	23
Lauren Pace.....	18
Emma Jaki.....	16
Alyssa Valencia.....	10
Anaya Parikh.....	4

Girls 15–17 Cand — 1st	
Chloe Williams.....	24
Ariadne Meza-Lopez.....	23
Moksha Raval.....	11
Santana Srinivasan.....	6
Emily Hyatt.....	6
Gracelynn Miller.....	4
Emma Neuschwanger.....	4
Elizabeth Villa.....	4
Sophia Flores.....	2
Katie Simpson.....	2
Rebecca Lindl.....	1
Nishka Surve.....	1

Girls 15–17 — 2nd	
Shruti Mahesh.....	29
Rylee Milbauer.....	8
Frances Celine Melendres.....	6

Ashlie Simpson.....	13
Mariella Moreno.....	4
Serenity Aubuchon.....	3
Katelyn Lee.....	2
Saloni Sharma.....	2
Akansha Jain.....	1

Girls 15–17 — 3rd–4th	
Coral Bishop.....	21
Rachel Nathanson.....	20
Olivia Matthews.....	18
Anika Sadowy.....	9
Sehwa Park.....	8
Sara Randall.....	4
Ananya Bukkapatnam.....	3
Soumya Bukkapatnam.....	2
Alexandra Maki.....	2
Kailee Brust.....	2
Malia Brust.....	2

Womens 18–29 Cand — 1st	
Erin Larson.....	10
Lindsey Randolph.....	5
Katie Simpson.....	14

Womens 18–29 — 2nd	
—	0

Womens 18–29 — 3rd	
—	0

Womens 30–39 Cand — 1st	
Rachel Smiley.....	28
Kenzie Bertain.....	14
Tammy Goguen.....	21
Monida Slupik.....	3
Chelsea Foreman.....	2
Courtney Davis.....	7

Womens 30–39 — 2nd	
—	0

Womens 30–39 — 3rd	
Shannyn Comstock.....	25

Womens 40–49 Cand — 1st	
Adamanda Phillips.....	25
Adrienne Sandall.....	19
Heather Clancy.....	10
Deanna Wolf-Jones.....	8
Stacy Gilder.....	8
Gwen Simpson.....	2
Amber Young.....	2

Womens 40–49 — 2nd	
Dahlya Scott.....	28
Brooke Chang.....	6
Melissa Subakti.....	4

Womens 40–49 — 2nd	
Michele Valencia.....	4

Womens 50 & Over Cand — 1st	
Deena Peterson.....	24
Nancy Flagg.....	15
Sharon Murphy.....	12
Laura Mumma.....	3
Sharon Ketcher.....	2

Womens 50 & Over — 2nd	
Janice Austin.....	22
Sharyl David.....	2
Donna Johnston.....	2

Womens 50 & Over — 3rd	
Marcia Ney.....	14

Womens 4th & Up 18–30	
Madilynne Wong.....	20
Mikaela Pooler.....	18

Womens 4th & Up 31–45	
Kelly Aubuchon.....	25
Alesha Byrne.....	20
Rebekah Beck.....	6
Dannetta Felder.....	4
Carmella Wong.....	2

Womens 4th & Up 46 & Over	
Lynn Jaki.....	25
Michele Robertson.....	19
Jamie Woodward.....	19
Bonnie Salvo.....	18
Suzanne Reineke.....	10
Carol Cooper.....	4
Donna Webb.....	2

Exhibitions	
Miguel Gregg.....	15
Taylor Stroope.....	15

Upcoming Events for 2021



www.uwtafriendship.com



www.uwta.org



www.uwta.org

May 1-2, 2021

- UWTA Instructor Certification

May 8, 2021

- Colorado Regional Tournament

May 22, 2021

- Sacramento Regional Tournament-Friendship Tournament

June 5, 2021

- Grandmaster Pierce Memorial Tournament & Black Belt Testing- Lynnwood, WA

June 11-13, 2021

- UWTA Summer Camp

July 10, 2021

- Sacramento Regional Tournament

July 24, 2021

- UWTA Hanmadang Judges Certification
2pm-4pm (PST)

August 20-21, 2021

- UWTA Hanmadang

October 1-2, 2021

- UWTA High Rank Midterms
- UWTA Grand National Championships, Black Belt Test and Awards Ceremony-
Location: Silver Legacy Reno Ballroom, Reno, NV

November 13-14, 2021

- UWTA Instructor Certification

December 4, 2021

- 27th Annual Goodwill Taekwondo Championships

2021



UWTA TAEKWONDO TIGER Summer Day Camp

2021

UWTA

Date: 06/12/2021
Time: Check in starts at 8:30am
Camp is 9:00am-4:00pm (day camp only)
Price: \$179 per Student + \$75 for Chaperones (parents are welcome)
Designed for ALL Tigers Ages 4-7 years old (with instructor recommendation)
**** LUNCH IS INCLUDED DURING CAMP ****

ACTIVITIES INCLUDE:
-Balance Activities
-Focus Activities
-Treasure Hunt
-Fire Safety
-Water Safety
-Teamwork Activities
-Hiking Safety

Capital Mountain Camp
2150 East Weimar Cross Road
Weimar, CA 95736
REGISTER AT WWW.UWTA.ORG



UWTA JR. LEADER Summer Camp

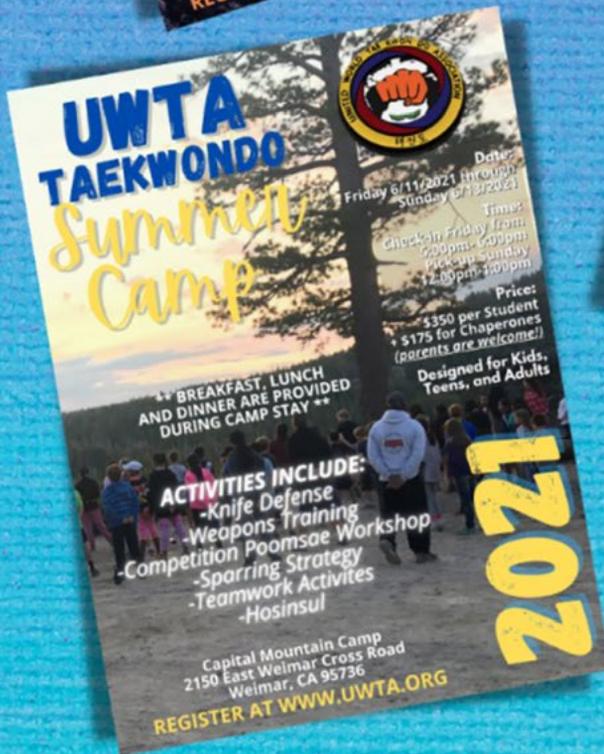
2021

UWTA

Date: Friday 06/11/2021 through Sunday 06/13/2021
Time: Check in Friday from 5:00pm-6:00pm
Pickup Sunday 12:00pm-1:00pm
Price: \$350 per Student + \$175 for Chaperones (parents are welcome)
Designed For ALL Jr. Leaders
**** BREAKFAST, LUNCH AND DINNER ARE PROVIDED DURING CAMP STAY ****

ACTIVITIES INCLUDE:
-Ninja Training
-Weapons Training
-Jr. Leadership Training
-Demo Team Training
-Teamwork Activities
-Hosinsul
-Knife Defense

Capital Mountain Camp
2150 East Weimar Cross Road
Weimar, CA 95736
REGISTER AT WWW.UWTA.ORG



UWTA TAEKWONDO Summer Camp

2021

UWTA

Date: Friday 06/11/2021 through Sunday 06/13/2021
Time: Check in Friday from 6:00pm-6:30pm
Pickup Sunday 12:00pm-1:00pm
Price: \$350 per Student + \$175 for Chaperones (parents are welcome)
Designed for Kids, Teens, and Adults
**** BREAKFAST, LUNCH AND DINNER ARE PROVIDED DURING CAMP STAY ****

ACTIVITIES INCLUDE:
-Knife Defense
-Weapons Training
-Competition Poomsae Workshop
-Sparring Strategy
-Teamwork Activities
-Hosinsul

Capital Mountain Camp
2150 East Weimar Cross Road
Weimar, CA 95736
REGISTER AT WWW.UWTA.ORG

SUMMER CAMP!

Capital Mountain Camp
2150 East Weimar Cross Road
Weimar, CA 95736

REGISTER AT WWW.UWTA.ORG



916.783.1199
www.uwta.org