

The Kicking Times

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Special points of interest:

- Did you know that President Obama studied Tae Kwon Do?
- Who's been invited to study aboard this summer?
- What's cooking in the Korean Kitchen?
- Who are the Students of the Month?

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Tae Kwon Do Unites Nations

Seoul, South Korea—On November 19, 2009, U.S. President Barack Obama and South Korean President Lee Myung-Bak met to discuss the alliance between their nations. At the meeting, President Lee Myung-Bak presented President Barack Obama with an honorary black belt and dobok from the Kukkiwon in South Korea, the world headquarters of Tae Kwon Do. The dobok was personalized with President Obama's name embroidered on the chest and the belt, and a patch on the right arm of the dobok with both countries' flags.

President Obama previously practiced Tae Kwon Do in downtown Chicago from 2001 to 2004, earning a high blue belt. He states that he enjoys the martial art, but had to discontinue training due to lack of time.

Kwon Do is yet again building strong relationships between the U.S.



President Obama & South Korean President Lee

At the meeting, South Korean President Lee Myung-Bak demonstrated a middle punch for President Obama. Then both presidents performed the Tae Kwon Do punch together; perhaps President Obama having better form than President Lee. One thing is certain, Tae

and South Korea by uniting the world through martial arts.

NC State Taekwondo Championship

On March 6, 2010 14 Infuzion Tae Kwon Do Elite Team members and their parents travelled to Fayetteville, North Carolina to participate in the North Carolina State Tae Kwon Do Championship. For 12 of

the students it was their first time ever participating in a state championship competition. In her typical laid back style, Master Gordon did not tell her new students or their parents the importance of the state champi-

onship tournament nor did she tell them that her students have been placed at the state and national level of competition since 1993. As a result of all their hard work, they are 2010 NC State Champs.

2010 Taekwondo Jr. Olympics & Sr. Nationals

USA Taekwondo (USAT) conducts the USA Junior Olympics and Senior Nationals on an annual basis. These events are the premier Taekwondo events for practitioners ages 6-17 years old and 18-60 years old. USA Junior Olympics and Senior Nationals are the largest Taekwondo events in the world. In 2005, over 2,800 junior Taekwondo athletes and 900 coaches, participated in this event. This year's events will be held in Orlando, FL, and will take place with four or five days of competition and two days of registration for



2010 Tae Kwon Do Jr. & Sr. Nationals

Jr. Olympics and two days of competition and two days of registration for Sr. Nationals. Competitors will compete on one or two days depending on the competition schedule. The events take place over the fourth of July Holiday and many families take this opportunity to make a vacation of this event. Total participation often exceeds over 12,500 spectators for the entire event.

Prior to competing in USA Junior Olympics and Senior Nationals, athletes must first compete and place in the top three categories in their state

or a regional qualifier that is held in six regions on the country. This will be the first year that many Infuzion Tae Kwon Do athletes have qualified at the state championship. Taekwondo veterans Caleb Bell (1993—2000 & 2010) and Edmond Bell (1998 & 2010) have participated and qualified at the state level, but this will be their first time participating at USA Junior Olympics and Senior Nationals. Due to the cost of the trip to nationals, there will be several fundraiser events to help our athletes such as **Moe's Mexican Southwest Grill (6/3), Spartacus(6/10), Kick-A-Thon (6/12) Chik-fil-a at South Square (6/16).**

Students of the Month—William Schmitt & Austin Sullivan

William Schmitt, is a polite and popular Tae Kwon Do student. He was one of the first students to join Infuzion Tae Kwon Do in August 2007. He is currently a high ranking red belt and a fifth grade student at the top of his class at Morehead Montessori School. He is an avid reader, who enjoys playing video war games such as Halo and War Craft. Along with his sister

Hannah (Infuzion purple belt) and his parents , William has travelled to Orlando, Arizona, France and Scotland. While in Scotland, many of the native Scots were very intrigued by William's thick, curly mane and



often asked him if he was wearing a wig. William, when not playing video games, can be found sitting quietly in the Infuzion waiting area reading quietly along side his father, talking to TKD classmates Gregory Tobi, Kyle Shipp, Austin Sullivan or Chelsea Castor.

People to People Student Ambassador—Stone Edwards

This summer **Stone Edwards** (TKD Red Belt) has been selected to participate as a People to People Student Ambassador for the 5th-6th grade trip to Australia. Stone will spend 15 days and get a taste of Australian life with an Aussie family during a



Stone visiting Washington D.C..

stay at a working farm. Stone has chosen to raise his own tuition and airfare for this program by working in his neighborhood. People to People Ambassador Programs offer extraordinary, life-changing educational travel opportunities

for students, athletes, educators, and professionals. Any students interested in donating to help Stone with his trip can contact People to People (For: Stone Edwards, Delegate #10051477) or Contact Master Gordon. Thank you! Congratulations Stone.

Instructor Profile—Edmond Bailey

Instructor **Edmond O. Bailey** is a certified black belt with over 13 years of competition and teaching experience in Taekwondo. Bailey began training in 1995, under the instruction of Master Nam Kun. In 1996, he began training with his brothers, Ansel (1st Dan) and Aaron (Bo Dan) under the guidance of Grandmaster Kang Seek Lee and



Instructor Edmond Bailey

Master Gordon. He is a 1998 North Carolina State Champion and U.S. National Qualifier, 1996-2000 Lee Bros Inter-school Tae Kwon Do Champion, 2008 Mid-Atlantic Tae Kwon Do Champion, 2008 Fayetteville Open Tae Kwon Do Champion and 2009 Lee Bros Cup Champion. He is a Kukkiwon certified 2nd Dan and member of the World Tae Kwon Do Federation in Seoul, South Korea and USA Taekwondo in Colorado Springs, CO. A 2006 graduate of Campbell University, Bailey works as a research scientist and one day

would like to find a cure for Autism. In his spare time he enjoys playing video games, movies, football, Anime, reading, working on the Marauder, sleeping and hanging out with his brothers and Tae Kwon Do friends.

Instructor Bailey is the son of Duke University Emeritus Professor Lloyd Bailey and Duke University Assistant Librarian Judith Bailey, his brother Ansel Bailey is a 1st Dan at Infuzion TKD is younger Aaron Bailey is a Bo Dan.

The Korean Kitchen— Pajeon (Green Onion Pancakes)

Ingredients: 1 bunch green onion - cut in a bias, 1/2 onion - thin slice 1/2 carrot - thin julienne 1/4 lb shrimp* - chopped 1/4 lb bay scallops* - chopped 1/4 lb clams* - chopped 1/8 lb squid* -chopped. Batter: 1 cup water (3-4 tbsp more) 1 cup flour 1 egg 2 tsp soy sauce 1 tsp salt 1/2 tsp sugar 1/2 tsp dwen jang (Korean bean

paste). Soy dipping sauce: 3 parts soy sauce, 1 part rice vinegar, some chopped green onion. In a big bowl, combine all ingredients for batter with a whisk. Or you can purchase "Korean pancake mix" from Korean market,

and combine 1cup water with 3/4 cup (to 1 cup) mixture.

Combine all vegetables and seafood into a batter and mix well. In a non-stick pan, put 3-4 tbsp vegetable oil. Make pancakes and serve with soy sauce.

"Make pancakes as thin as possible. It tastes much better!"

Elijah Franklin-Adams Qualifies for Jump Rope Nationals

Elijah Franklin-Adams (Brown Belt) a member our Elite Tae Kwon Do Team and a member of the Grand National Champion Bouncing Bulldogs International Rope Skipping Demonstration Team, recently qualified for Jump Rope Nationals which



Elijah jumping rope at Fort Bragg with the Bulldogs.

will be held on June 21-27, 2010 in Galveston, Texas. The Bouncing Bulldogs are six-time USA Jump Rope Champions. He is also a world traveler, and in his short eight years of life, Elijah has travelled abroad to Greece, Italy, Spain, France, China, Costa Rica

and domestically in the United States. When he's not jump roping and practicing Tae Kwon Do with his teams, Elijah can be found glued to his television screen playing video games, and hanging out with his TKD buddies, Trey, Caleb, Vineet, and Alfredo.

In a Class of Her Own

Maggie Caruso is definitely in a class of her own amongst her peers at Northern High School. A straight A student with a 4.75 grade point average, an impressive SAT score of 1770 and Student Council Vice President, she is ranked number one in her freshman class. This summer Maggie will represent Northern Durham High School in the National Student Leadership Conference in Washington, D.C. She was also invited to attend the Cambridge, Oxford and Stanford Summer Studies Pro-



Maggie breaking a board at Belt Exam.

gram in England and the Duke TIP Center for Summer Studies at Duke University. The Oxford Tradition is an academic program for students in grades 10-12 held in Pembroke and Oriel Colleges, Oxford University, England. The international faculty includes Rhodes and Marshall Scholars, as well as creative professionals – actors, artists, photographers, filmmakers, and writers from London and elsewhere. The Duke TIP Center for Summer Studies is a three-week sessions for 7th–10th graders that are intense

and demanding; and students are challenged to think critically about themselves and their world. The program is a superb academic opportunity and dynamic residential and social experience for students that show academic promise and achievement. When not busy with academics, Maggie enjoys playing the violin, practicing Tae Kwon Do, learning German, volunteering at the Museum of Life and Science, working with the beautification club at Northern High School, and spending time with her family and friends. Keep up the good work.

Tae Kwon Do Summer Camp

Infuzion Tae Kwon Do's Summer Camp is back for a third year. Tae Kwon Do Summer Camp is for ages 5–16 or intermediate through advanced students and will be on June 14-18, 2010. It is a school-like setting, not a Day Care, but a Tae Kwon Do educational center. Our teaching principles and philosophies are solely based on Tae Kwon-Do. This year's camp will

focus on Korean History, culture and language, and an elite physical training (Taekwondo-Specific Plyometrics, Speed and Explosiveness Drills, Agility Training and Strength

Building). Pre-competition Routine, Footwork Practice, Target Drills, Partner/Hogu Drills, Ad-

vanced Strategy, Reaction Drills, Distance Control, Match Management, and Sparring. Sounds like a lot of fun! Come join us!

"Sounds like a lot of fun. Come join us."

Fundraiser to Support TKD Team at U.S. Nationals.

Infuzion TKD Elite Team members are planning to travel to the 2010 Jr. Olympic and Sr. Nationals in Orlando, Florida on June 28–July 4, 2010, but need your help to fund some of travel and lodging the team, so we've decided to host a Kick-A-Thon fundraiser. A Kick



Master Jun Lee broke 5,000 boards for a fundraiser.

and Break-a-Thon is an event in which the team breaks wood or bricks together as many times as possible, challenging us in the spirit of teamwork and athleticism. Therefore, we ask for you to push us. We will also demonstrate several

board breaks. You may purchase a board and specify a team member to perform a break for a few dollars. We invite you to come and cheer us on **June 12th**, at this exciting event as we front kick, axe kick, back kick, and more.

2010 National Capitol Open TKD Championship

On April 23rd a 15 passenger van filled with Elite Team members and parents left Infuzion to travel to Reston, VA to participate in Grandmaster H.K. Lee's 2010 National Capitol Open Taekwondo Championship on April 24, 2010. It was the first time that many of the Infuzion Taekwondo Elite Team members travelled to this



2010 U.S. Capitol Open Championship Poster

tournament. As a former instructor and dojang operator for Master K.S. Lee, Master Gordon, Instructors Caleb Bell and William Adams have participated in this tournament many times. According to veteran team members, it's one of the most exciting and competitive tournaments that we have travelled to, and one never knows what to expect

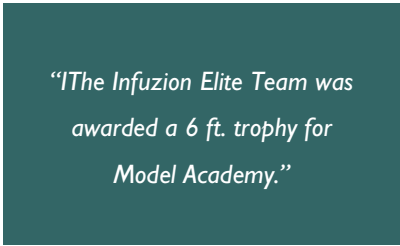
there. Master Gordon decided to have the team participate in the Capitol Open to help her students prepare for the 2010 U.S. Jr. Olympics and Senior Nationals that are being held June 29-July 4 in Orlando Florida. The National Capitol Open is one of the largest, most competitive open tournaments. It hosts competitors from the entire east coast, and the southern areas as well as Canada and Mexico. And as a result of all of their hard work, the elite team brought home 30 trophies and a six-foot team award from the Lee Brothers for their sportsmanship and being a Model Dojang.

2010 National Capitol Open—continued

Trophies were given in the Best, Excellent, and Superior Categories for forms and sparring. Students received the following awards for all of their efforts. **Poomse— Excellent - 2nd Place:** William Adams, Elijah Franklin-Adams, Noah Brass, Vineet & Vivek Ramesh and Alfredo Salazar, Joshua Farmer. **(Superior)** Caleb Bell, Austin Sullivan, Chelsea Castor, Kyle

Lombard, Gregory Tobi, William Adams, Alfredo Salazar, Vivek Ramesh, Vineet Ramesh, Noah Brass, Elijah Franklin-Adams, Joshua Farmer. **Gyoroogi—(Best—1st Place:** Gregory Tobi. **Excellent— 2nd Place:** William Adams, Elijah

Franklin-Adams, Noah Brass, Vineet & Vivek Ramesh and Alfredo Salazar, Joshua Farmer. In the **Superior—3rd Place** category, students placed same as poomses. Infuzion also was awarded a 6 ft. trophy for Model Academy.



Students of the Month—Austin Sullivan

Austin Sullivan is an 8th grader at Carrington Junior High School. He is interested in computers, video gaming and playing the trumpet. Austin enjoys reading, but says his scope on the selection of books is narrowing because he hasn't found



Austin pointing at his Mom at Belt Testing.

much to read lately. This year has been a really busy year for Austin. He placed 3rd at the 2010 U.S. Capitol Championship in Herndon, VA, placed 2nd at the NC Taekwondo State Championships and is currently preparing for his first USA Junior Nationals in Or-

lando, Florida, and he will graduate with honors from middle school in June. When not reading and studying, he loves practicing Tae Kwon Do, going to the movies, eating good food and sleeping. Congratulations Austin on all of your accomplishments. Good Luck at Jr. Olympics!

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Our Mission Statement

To provide an interactive program for youth/young adults building life skills and self-confident

To positively impact the future of at-risk youth, by providing life skills developments classes and the multidisciplinary Korean martial art of Tae Kwon Do, in a safe and supportive learning environment.

To develop positive attitudes and behaviors resulting in strong, self-confident, and compassionate individuals. To foster understanding among the race and cultivate a philosophy of "healing the hate."

To develop personal leadership traits valued by the global marketplace

Train with Master Myung Sam Chang—1988 Olympic Gold Medalist from South Korea

Training with an Olympic Gold Medalist is not something that most Tae Kwon Do students do on a regular basis, let alone in a life time, but for Infuzion Tae Kwon Do students Chelsea Castor, Alfredo Salazar, Noah Brass, Austin Sullivan, Maggie Caruso, Gregory Tobi and assistant instructors Edmond Bailey, Caleb Bell and William Adams it was a dream come true and a great experience to meet and train with Four-time world champion, and 1988 Olympic Gold Medalist, Grand Master Myung Sam Chang of South Korea. The students and instructors were chosen by Grandmaster Kang Seok Lee and Master



Masters & Students after seminar.

Gordon to attend the sparring seminar held at K.S. Lee's Best Martial Arts Academy in Holly Springs, NC on Thursday, April 15, 2010.

Master Chang at age 49, was as amazingly fast and agile as most 20 year olds in Tae Kwon Do are today. In a practical and relaxed atmosphere, the students were taught first-hand sparring foot positioning, movement, sparring distance, strategy, countering and various two and three move scoring techniques. Assisting Master Chang, as a translator was Master Sang Ho Lee of Lee Bros TKD in

Burlington, NC and Grandmaster K.S. Lee. It was a great seminar for all ages, and several Infuzion students, Caleb Bell, Gregory Tobi and Alfredo Sandria Salazar were selected and were praised for their excellent sparring skills and techniques taught to them by Master Chang. Alfredo Sandria Salazar received a standing ovation and a special World Tae Kwon Do Federation (Kukkiwon) pin from Master Chang for his high energy and action packed sparring match against an older purple belt from K.S. Lee's dojang. While Instructor Caleb Bell and Michael Williams fought a great strategic and skillful sparring match to demonstrate advance skill to the seminar participants.