

# WINTER.2007

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## C.W. TAEKWONDO AT BOSTON EVENTS by Julia Timakhovich

C.W. Tae Kwon Do of Boston actively participated in a number of public/charity events in 2007, which were a tremendous success both for the public and for participating students and instructors. Coordinating these events was club Vice President of Events, Rachel Kalinsky, who worked tirelessly to make sure the events came off without a hitch.

At the May Fair (May 2007), after setting up the impromptu booth and mats (thanks to Mike Harb for getting a tent last-minute), we spent the day doing sharp demos, board breaks, forms and paddle kicking. Brian and Rachel concocted an on-the-go raffle ticket drawing that generated 89 new customer inquiries. Despite stretching until 6:00 pm, the event was full of fun TKD activity, complete with kids kicking paddles and some on-lookers participating by breaking boards with their hands.

Cambridge River Festival (October 2007) was probably our biggest event of the year, with a fantastic turnout and many helping hands. Thanks to the Competition/MIT crew for their incredible support and help, and to all our participants in the Kick/Break-a-thon. The kids impressed (again) by performing 200 kicks and 4 board breaks each (thanks to Chris T. for ensuring their fast progress), and adults showed off their polished TKD

skills by doing 200 kicks in 2 minutes. The event was a huge success. Besides generating publicity, C.W. raised over \$1,800 in charity funds—more than originally anticipated.

For the Cambridge Arts Festival (October 2007), the club put on two demonstrations in Central Square which consisted of about a dozen members performing board breaks, synchronized forms, hand techniques and paddle kicking. It was a low-key environment which nonetheless attracted some crowds and press. Thanks to all who participated and Brian, Mel and Chris for helping to coordinate the demo practices and come up with showy ideas. ■

## NEW OFFICERS TAKE THE HELM IN 2008

President – Jim Lombardi  
 Vice President, Operations – Jason Brownhill  
 Vice President, Events – Lisa DeSiro  
 Treasurer – Jean Kung  
 Assistant Treasurer – Joe Martinez

## SPRING CLEANING A SUCCESSFUL GROUP EFFORT by Lisa DeSiro

On April 14th, 2007, we had a very successful Dojang Improvement Day. Everything on the agenda was accomplished: painting two walls, replacing ceiling lights, reorganizing equipment, tidying up the office and storage room, setting up a shoe rack, plus thorough cleaning inside and out.

The hard-working team of volunteers included: Alan, Ana K, Brian, Cindy, Dan, James, Jason B, Jason G, Jean, Jim, Joe, Julie, Kathy C, Kathy, Laura, Liza, Lolo, Matt, Mel, Mike S, Patrick, Paul, and Rachel. Thanks to all for pitching in with such enthusiasm! ■



Lolo Jawerth

Jason Greenberg

Robin Evans

## CLUB MEMBERS PROMOTE TO 1ST DAN BLACK BELT by Dan Chuang

Black belt tests are important milestones for our club. Not only do they represent the hard work and dedication of the candidates themselves, but they also reflect all of the work that the instructors have put into making their techniques better, as well as all of the support and encouragement their peers, friends and family have given them both on and off the mat. The black belt test represents a threshold between two important phases of a Taekwondoist's development – it is the end of a developmental period where students demonstrate proficiency in many of the basic techniques and the curriculum of the club, and the beginning of what for many will be a life-long journey of discovery and growth in the martial arts.

This year's candidates all shared the unique characteristic of coming to us from other programs before completing their color belt period here at CWB.

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## C.W. YOUTH PROGRAM KICKS OFF by Matt Litman

As Master Chris gives high fives and smiles for group photos, it is hard to tell that a youth program class has just come to an end. Make no mistake, though—the C.W. Tae Kwon Do Youth Program curriculum is as intensive as the traditional adult program that has been in place since 1998.

Since its inception eight months ago, enrollment in the Youth Program has swelled to almost 50 students. The students are divided into two age groups: the Little Tigers (Ages 4 through 6) and the Youth Taekwondo (Ages 7 through 13).

Master Chris had been conceptualizing a youth program at C.W. Tae Kwon Do Boston for some time. He already had a year of experience teaching children outside our dojang. Considering a children's program beneficial to our Tae Kwon Do community as a whole, he was finally able to bring the youth classes to fruition last March.

The children have done very well in this time. There are now several green belts, and a blue belt who transferred. And the curriculum for the youth is virtually identical to that of the adult program. According to Master Chris, initially Tae Kwon Do serves as just exercise. But already, he is seeing changes in self-confidence, self-discipline, and the way the children carry themselves.

Ms. Tara, who serves as an Assistant Instructor in the program, agrees. She sees the students improve through goal-setting and observes a tremendous increase in confidence. Ms. Kristi, another instructor, feels that the Youth Program is an excellent way to give back to the Tae Kwon Do community, and has watched significant improvements in socialization and coordination in the children.

And on top of all this, classes look like a lot of fun. ■



## CHINEDUM WINS BRONZE MEDAL FOR TRINIDAD AND TOBAGO AT PAN AM GAMES

by Dan Chuang

This July it was my pleasure to accompany Chinedum to the Pan American Games in Rio de Janeiro, Brazil. Chinedum was the sole Taekwondo representative from Trinidad, so he had no training partner or sparring partner on the trip, and he asked me to travel as part of the official Trinidad delegation. My title was "team trainer", or "entrenador" as they say in Portuguese. This wasn't the first time I had served on a Trinidad delegation to a major event — in 2005 Chinedum was similarly alone on a trip to the World Taekwondo Championships in Madrid, Spain, and I served then as the Men's Head Team coach.

Being a part of the games as a participant, even if it was just as a trainer, was an extraordinary experience. The scale and scope of the games, which include most Olympic sports, are on par with the Olympics. Seeing 5000+ athletes from over 30 countries in the Pan Am village was pretty inspiring. I was struck by what a special and fleeting time an athlete's prime is, and also by how hard the coaches and delegation chiefs work to support their athletes.

Chinedum competed on July 16. The field was very strong, as the athlete pool had already been winnowed down to the very best at



a previous qualifying event. Chinedum's first match was against Honduras. Chinedum used some strong defensive turning kicks to win convincingly 4-1. The contact was so solid on his kicks that you could hear it booming through the arena, which was packed with thousands of enthusiastic spectators.

His second match was against a much taller and stronger competitor from the Dominican Republic, which has a strong Taekwondo tradition. Chinedum used a gutsy attacking game to get ahead early and win 5-3 and earn the bronze medal in the division! He went on to fall to a US player in a hard-fought semi-final match. I was truly proud of Chinedum, especially as he really had to spar offensively in order to reach the medal rounds, which was out of his comfort zone. I know how hard it is to force yourself to take risks in a match — I can only imagine how much pressure he felt, with his country's pride and honor in the balance. Chinedum's bronze medal was the first of the entire games for Trinidad and Tobago, and one of 4 medals during the entire games for his country. He was front-page news at home and I know his country was just as proud as we here at C.W. were. ■

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## COMPETITION TEAM "T.BOS" HAS BANNER YEAR by Liza Shakhnovich

2007 was another busy year for tBOS, peppered by competitions the team attends every year, enlivened by the frenzy of the pre-Olympic year, and marked by change in our contingent. As we look back over the past year's wins and losses, it is important to remember the progress the team has made, the people we'll be missing in the coming year, but most importantly, how bright the future looks for tBOS.

In early January, Jayson Grant and Liza Shakhnovich, along with coaches Dan Chuang and Fabio Takahashi, traveled to the Olympic Training Center (OTC) in Colorado Springs to compete for spots on the US Pan American Games team. Jayson once again showed he was not to be underestimated, with several easy wins. He eventually lost a close match to Anthony Bell, placing third in a competitive men's light-welter division. Liza also posted two wins, but was eliminated from the competition by longtime rival Simona Hradil in their most tightly-fought match.

February brought the US Open and very bad weather. After enduring long delays at the airport while cutting weight, the team eventually made it to Orlando. While nobody medaled in deep divisions dominated by Germany, the Netherlands, and China, several people managed to win their first and even second round matches against tough competitors from around the world. It was the first US Open for Nathan Hanagami, Erica Chan (who was forced to spar two divisions up from her usual weight), Alicia Zhou, Lolo Jawerth, Dan Shalev, and Bobby Ren.

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>> "t.Bos" continued

March, April, and May were as busy as ever, with every weekend occupied by a National, Collegiate National, or Ivy Northeast Collegiate Taekwondo League (INCTL) tournament. Jayson Grant competed in US National Team Trials for a spot on the 2007 National Team. He won several matches and sparred incredibly well against superstar Steven Lopez, making it clear that Jayson has a long and bright future ahead of him in competitive Tae Kwon Do. This was demonstrated once again when he was invited to compete at the German Open, a tournament which yearly boasts draws rivaling those found at World Championships. Jayson was able to reach the quarterfinals, an impressive feat by any standards.

That same weekend, a large Boston collegiate contingent including athletes from Tufts, MIT, Harvard, Brandeis, and a few others traveled to Texas to compete at US Collegiate Nationals and turned in a number of strong performances and breakthroughs. Of note was the qualification of an unprecedented seven athletes to National Collegiate Taekwondo Association (NCTA) Team Trials. Erica Chan, Alicia Zhou, Kathy Chuang, Sharon Lawrence, Liza Shakhnovich, Amy Maillet, and John Wong were coached by Dan Chuang (who was magically able to be everywhere at once) to two second-place and three third-place finishes in Kansas City. Standout performances included Amy posting two clear wins against last year's collegiate team member Marissa Panzarella, Erica defeating junior team member Markie Keelan, and tBOS alum Christina Park winning her 5th consecutive collegiate team spot.

In July, generally a quiet time in competitive Tae Kwon Do, a strong tBOS contingent traveled to San Jose for the US National Championships. Erica Chan, Alicia Zhou, Lolo Jawerth, Amy Maillet, Jayson Grant, and Conor Madigan competed in the World Class division, while Anastasia Kazimirova, Nathan Hanagami, Bobby Ren, and Richard-Duane Chambers fought in the Elite Open division. Standout performances included Nathan winning his first match ever at Nationals and Jayson winning a silver medal and qualifying for US Olympic team trials.

Just a few days later, in Rio de Janeiro, fighting for his native country of Trinidad and Tobago, Chinedum Osuji, with coach Chuang by his side, won a bronze medal at the Pan American Games, fulfilling a long-time dream and capping off an incredible competitive career which has included trips to three World Championships, the 2004 Olympics, and countless other

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## CARDIO KICKBOXING CRUISES

by Rachel Kalinsky

Our Cardio Kickboxing program started 8 years ago and has grown tremendously since its inception. We now have classes 3 times per week and our enrollment has increased dramatically over the years. There are currently about 40-50 students enrolled in the program. Since registration is on a rolling basis, there are new people who sign up for classes every week. People of all skill levels are welcome in the program. The ability level ranges from individuals who are new to Cardio Kickboxing to those who have been part of the program for several years. Cardio classes are designed to incorporate a variety of basic kicking and punching techniques, as well as provide a good work out for the students. Currently, there are 4 instructors who teach the Cardio classes: Anastasia Kazimirova, Rachel Kalinsky, and Jody Brown (all second degree black belts), and Jason Greenberg (a first degree black belt). All of the instructors have been very involved in both the Taekwondo and Cardio programs at C.W..

Two of our recent past instructors are Tara Tuozzolo and Nancy Kneiss. They are also second degree black belts in Taekwondo. Tara and Nancy are both expecting ... it must be contagious! We miss having them teach classes.

Chinedum Osuji, who is a 4th degree black belt in Taekwondo, taught Cardio classes for many years. In June 2007 Chinedum moved to New Haven, CT to start his new job at Yale as an Assistant Professor. Although we were very happy for Chinedum to start a new and exciting journey in his life, it left us all feeling very sad! The Cardio program grew tremendously because of Chinedum's hard work, dedication, and commitment to teaching. We all miss Chinedum at Cardio! ■





Jayson Grant



Jason Grant with sons Jayson and Elijah



Dan Chuang and Fredson Gomes

## FREDSON AND JAYSON MAKE OLYMPIC RUNS IN 2007 by Dan Chuang

Qualifying a spot in the 2008 Beijing Summer Olympics is a difficult and competitive process – perhaps the most prized honor in competitive Taekwondo short of actually winning a medal at the Olympic Games. Only 64 men and 64 women in the world get to compete, which means only 16 at each weight class will make it to the competition floor in Beijing. It was an extraordinary accomplishment when Chinedum qualified to compete in the 2004 Athens Games, and this year, our club was fortunate enough to train and support two competitors who came extraordinarily close to making the cut for this year's Beijing Games.

Fredson Gomes is currently a college student majoring in business at Northeastern University. He has quite a list of accomplishments, most notably the title of All-African Champion in the quadrennial 2003 African Games, and more recently the title of US Collegiate National Champion this past year in 2007. Fredson represented the nation of Cape Verde, an archipelago located off the west

coast of Africa (he is a citizen of Cape Verde) at two events – the World Olympic Qualifier in Manchester, England, and the African Olympic Qualifier in Libya, Egypt.

It was my pleasure to coach Fredson at the World Olympic Qualifying Event. This insanely competitive event featured the very best every Taekwondo country in the world had to offer. Fredson had an unfortunately difficult draw, meeting the world silver medalist in the first round. In the subsequent African qualifier in Libya, Egypt, he had a similarly difficult draw, meeting the eventual gold medalist from Morocco in the first round. Fredson sparred extraordinarily well, outscoring his opponent 4-3 in regulation, but 2 penalties sent the match into sudden death overtime, where he lost. Still though, Fredson was just 1 point away beating the eventual medalist and Olympian, something he should be enormously proud of.

Jayson Grant is a 1st year college student at Quinsigamond Community College, and he has been training with us since

he was 13. With the help of his coaches, Fabio Takahashi and Chinedum Osuji, and with the support of two great Taekwondo parents in Jason and Heather Grant, he has been on a remarkable streak - earning the title of US National Champion in 2006 and then going on to earn a bronze medal at the 2007 World Taekwondo Open in Mexico. Watching Jayson mature and grow in the context of Taekwondo has a great pleasure for us all here at the dojang.

Jayson qualified as one of the top 6 US Olympic prospects in the country at the welterweight division by virtue of his silver medal finish at the 2007 US National Championships. He traveled to Colorado Springs this August to compete with the best in the country at the 2007 US Olympic Team Trials. Out of the 6 competitors, Jayson finished 4th, with his only two losses coming by margins of 1 point. At 19, we all know Jayson has a very bright future and we are proud of this amazing accomplishment at such a young age. ■

>> "1st Dan Black Belts" continued

Lolo (aka Louise) Jawerth tested with Jason Greenberg in July 2007 for her black belt. She came to us from North Carolina, where she went to college and studied Taekwondo under Master Donald Whittier at Chapel Hill/Carborro Taekwondo. She came to us with a double black stripe, and after 2 years at that rank finally tested under C.W. Taekwondo for her 1st Dan (Lolo is a perfectionist). Lolo currently splits her workout time between C.W. and the Harvard Taekwondo Club, where she competes in the Ivy/Northeast Collegiate Taekwondo League. Lolo is a PhD Candidate in the Experimental Soft Condensed Matter Group at Harvard University (the very same group where Chinedum Osuji was a post-doc!). "C.W. is a very special place with good training and people. I'm very happy I'm part of it," says Lolo.

Jason Greenberg came to us with a strong background in TKD, having trained at George Washington University Taekwondo from 2001-2003 and in Korea from 1988-89 and 2000-01. He came to our program as an athletic 1st Gup (double black stripe) and immediately consumed our curriculum, testing for his black belt just about a year after arriving. Jason has lived in Korea twice before, once as a teen and once in 2000-2001 when he taught English (he was at one time fluent in Korean). Outside of the dojang, Jason works as an international contracts/IP attorney at Robert Half Legal in Boston. He has studied Shaolin Kung Fu, and he plays tennis and teaches 5th grade Hebrew when not working or doing Taekwondo. Jason also helps teach in our youth Taekwondo program and our cardio kickboxing program. "It's safe to say any Korean Sabumnim would gladly approve of C.W.. C.W. is TKD for today and tomorrow," says Jason.

Robin Evans tested in August 2007 for her 1st Degree black belt. She is a Cornell grad (2005), where she earned her red belt under Grandmase Han Don Cho. She spent 2 years here in Boston working at a research lab, and she slid right into the swing of things continuing her training with our club. She became a fixture at workouts, particularly as she was preparing for her black belt test before her move to California in August. Robin enjoys rock climbing as a hobby and currently works in Sacramento, CA. ■

## 2007 OFFICERS KEEP THE DOJANG SHIP-SHAPE by Brian McCormick

*Note from the editor: Brian took the reins as president this year and managed the transition in leadership from the old to new guard nicely. He made tremendous contributions, coordinating the efforts of all the officers and overseeing almost every aspect of the dojang operations. Despite our best efforts to convince him to stay on, Brian will be handing the reins over to Jim Lombardi, although he still remains involved with administering the school. -dbc*

Before we head into 2008, let's reflect back on the accomplishments of our officers during 2007:

Rachel Kalinsky, VP of Events, facilitated the club's representation at three festivals and organized three belt test parties, in addition to laying the groundwork for an in-class tournament and Bring-A-Friend day.

Jason Brownhill, VP of Operations, kept the dojang walls shining and jumpstarted our marketing program, including the return of our T advertisements.

Jim Lombardi, Treasurer, and Jean Kung, Assistant Treasurer, did everything from running to the bank to make deposits to getting our tax reporting done on time. Our combined enrollment in taekwondo and cardio kickboxing programs reached an all-time high in 2007, and Jim and Jean processed all of the tuition payments!

Lisa DeSiro, Dojang Manager, organized a very well-attended Dojang Improvement Day that left our school sparkling (inside and out!) on top of keeping our floors clean and our supplies stocked.

As we move into 2008, many of these folks will move on to new positions or remain in familiar, yet expanded, roles. Please offer them your thanks, patience and support, since they'll be working hard to keep the dojang running (and growing)!

While not official officers, our club designers Tara Tuozzolo, Jody Brown and Nancy Kneiss have volunteered their time and considerable talents to the club for many years, designing everything from flyers to subway poster and even the signage outside our studio. This year was no exception.

In addition to the officers cited above, there were countless others who helped out in informal roles in support of these officers and the club. We'd like to thank these individuals as well and invite everyone to get involved when opportunities arise in the coming year. ■

## C.W. TAEKWONDO EXCELS AT NEW ENGLAND AND US CUP CHAMPIONSHIPS by Dan Chuang

One of the hardest things to do as a Taekwondo student is to step out of your comfort zone and compete in a tournament. Sparring a complete stranger can be scary but exhilarating, and a great learning experience. This year the club participated in two tournaments –the US Cup and New England Championships. Kudos to those members of our club who stepped up and participated in these events – particularly those who were new to competition!

The club has attended the US Cup Championships in Hartford for many years, and this year was no different, as the club traveled to compete on Oct. 6. Eric Rondan and Josh Doloff both sparred brilliantly in the green and blue belt divisions to win gold medals and represent the color belts in our club at this very competitive event. In the black belt divisions, Anastasia Kazimirova earned a bronze in Women’s featherweight, Mike Harb earned a silver in men’s flyweight, Elijah Grant earned a gold medal in the 12-13 boys division, Jason Grant earned a gold medal in men’s welterweight, Bobby Ren earned a bronze in men’s featherweight, RDC won a gold medal in men’s lightweight, and Fredson Gomes earned a silver in men’s heavyweight.

The New England Championships on Oct. 20 in Tewksbury, MA were a lot of fun – we all pitched in to help run Grandmaster Kwon’s event as we do every year. Also in attendance was Grandmaster Han Cho, who brought a contingent from our sister school, C.W Taekwondo in Ithaca, NY.

Somehow this year at New Englands we had a surplus of volunteers and referees meaning that the rings ran as smoothly as possible and the competitors had a great experience. Of course we had competitors from the club compete and acquit themselves admirably. In the black belt division, Jason Greenberg earned a gold in sparring and a silver in forms, Josh Yeager earned a bronze in sparring, and Nouredine Ousmane was the star of the tournament with his gold medal performance in the heavyweight division. In the red belt division, Julie earned a double gold in forms and sparring. In the blue belt division, Eric Rondan earned a gold in sparring, and Josh Doloff earned a double gold in forms and sparring. From our competition group, Elijah and Imani Grant earned a gold and silver medal in their respective black belt divisions. ■



national and international tournaments.

As late summer and fall came, tBOS focused on the Olympic dreams of Jayson Grant, Fredson Gomes, and tBOS alums Marc Olivier-Tschibelu and Lorena Escoto. Jayson left his mark at US Olympic trials, fighting in a division many avoided due to the presence of Steven Lopez, while Fredson, Marc, and Lorena traveled to World and Regional qualifiers representing their native countries of Cape Verde, Democratic Republic of Congo, and Dominican Republic.

Meanwhile, closer to home, fall saw the return of yearly tournaments such as US Cup and New England Championships. tBOS supported both, with many competing at US Cup and most helping out at New England Championships. Jayson Grant easily won a spot on the US Cup team for the 3rd year in a row, earning himself a trip to Mexico for a

major international tournament where he turned in an outstanding performance with several tight matches against National team members from Spain and France. His efforts earned him a bronze medal.

The year started drawing to a close for tBOS with a training trip to Oklahoma in November, where several of our members spent days sparring with and learning from the many members of the Progression Team Alliance. They brought back with them new ideas, renewed energy, and the knowledge that tBOS can hold their own against the very best in the US. As the last competitive effort of the year, Mike Harb, Kathy Chuang, Jayson Grant, Ana Kazimirova, Richard Duane Chambers, Elijah Grant, and Imani Grant, along with coaches Dan Chuang and Fabio Takahashi, traveled to Toronto for the Toronto Open. The tournament delivered a high level of international competition and tBOS brought home a silver and four bronzes.

As I look back over the year at the breakthroughs which make me swell with pride, and the defeats which still bring tears to my eyes, I focus on the people who make up tBOS and notice how the faces around me have changed this year. I painfully realize once again that Chinedum is now in New Haven and that his absence is felt by us all. Maybe with time we will feel the emptiness left by him less, as we have when other former members have moved on and our ranks were swelled with newly-minted black belts, recently graduated MIT and Harvard alums, and international arrivals. As I look around the mat in the middle of workout, I am comforted by kiyups which have not quieted, kicks which have not decreased in strength, and smiles which have not waned. 2008 will bring more breakthroughs, more competition, and more memories with friends bonded together by sweat on the mat, Tuesdays and Thursdays from 9:00-10:30. ■



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C.W. Taekwondo at Boston is a 501(c)3 non-profit organization.

## DID YOU KNOW?

Part of C.W. Taekwondo at Boston's mission is to provide quality Taekwondo instruction to those who might not normally be able to afford it. Our Endowment fund has provided over \$5,000 in tuition assistance to community members in need.

C.W. Taekwondo at Boston also provides a home base for many developmental and Taekwondo athletes in the Boston area. Our staff provides coaching support and structured training time to these athletes, and our Endowment has disbursed funds enabling members of our community to pursue their competition goals and Olympic dreams.

Please consider us in your holiday giving: [www.cwtkd.com/donations](http://www.cwtkd.com/donations)