

DUKE®

CLUB TAEKWONDO

Winter Newsletter

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- New Members!
- Fall Retreat
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A Word from Our President

Our first semester of the 23-24 year has brought an incredible showing of growth and young energy- a welcome addition to the team after graduating an incredible class of seniors. With a great turnout at UNC and an unbelievable 31 competitors at Brown this semester, we left UNC as the first place team and Brown with a silver medaling Women's C Sparring Team at Brown's largest tournament ever. The team continues to follow time-honored traditions like fall retreat, noodle night, and movie nights and is planning its second ever demo showing, "Chrysalis." We hope this collection of new memories reaches you fondly and you are able to appreciate the joy we have found through the club this semester.

Wishing you a wonderful holiday season,
Emma Evans-Nolet | President of Duke Taekwondo



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Duke Taekwondo Facebook Group and @dukeclubtaekwondo on Instagram

A New Semester



Our community continues to grow each year as we welcome a new class of Duke Club Taekwondo members with exciting first weeks of practices and our traditional Noodle Night Social!

This fall, we gained an astonishing number of new faces, notably filling the Wilson Wrestling Room to capacity during Open House. However, the core values behind our friendships and bonds stayed the same!



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Fall Retreat



We had our best fall retreat yet, featuring scenic hikes, sunset kayaks, s'mores, ultimate frisbee, horror movies, piñatas, and many more fun memories! Members took a welcome break from school with lovely activities planned by our VP of Programming, Meera Patel!



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UNC Highlights

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POOMSAE

GOLD: Daniel J. Lee, Vivian Zhang, Emily Ford, Maanav Allampallam

SILVER: Arla Jan Patrick Ragun, Soojin Lee, Andrew Felix

BRONZE: Sophia Roud, Nguyen Nguyen, Oscar Nolen, Sanjana Sankholkar



SPARRING

GOLD: Emma Evans-Nolet, John Huang, Sophia Roud, Claire Li

SILVER: Daniel J. Lee, Vivian Zhang, Emily Ford, Maanav Allampallam, Cody Zheng, Oscar Nolen

BRONZE: Arla Jan Patrick Ragun, Patrick Zheng, Pierce Augusti, Marshia Ahsan, Mert Gökdoğan, Audrey Kpodar

At the UNC tournament, Duke Taekwondo absolutely dominated, taking first place in the ACATA Tournament bracket! In total, our members won 8 gold, 9 silver, and 10 bronze medals. Congrats to everyone who competed!



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Brown Highlights

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With an exciting record of 31 people, our team packed into three vans for our annual road trip up to Brown for the largest ever ECTC tournament hosted by Brown with 531 total competitors! The hard work of all of our athletes was clear each time they stepped onto the mat. Special congratulations to our women's C Team sparrers Sanjana Sankholkar, Claire Li, and Audrey Kpodar for winning the club's first ever silver medal at ECTC, as well as our Poomsae and Sparring B Teams for making quarterfinals!



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Help support our club

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Club Taekwondo is participating in Duke Sport Clubs Giving Day on Tuesday, **November 28th!** For 24 hours, YOU can make the most of your donations and help our club increase our funding based on the money we raise and social media activity.

Donations made will go towards travel expenses for our yearly tournaments (including NCTA Nationals), subsidizing our post-tournament team bonding KBBQ, covering coaching fees, and holding color belt and black belt testing.

No donation is too small, and with your support our club can continue to grow in size and culture.

To make a donation, you can:

- Donate electronically (via credit card) at:
<https://recreation.duke.edu/support-us/giving/>
Please be sure to **select Club Taekwondo**.
- Mail us a check made out to Duke University with **Club Taekwondo specified in the memo line**. Please mail check to Duke Recreation & Physical Education, ATTN: Sport Clubs Box 90548, 117 Wilson Center, Durham, NC 27708.



Thank you for all you have done and continue to do for this club. We hope to see all of you soon and catch up on our lives over the common ground of our experiences in this wonderful Taekwondo family of ours!