

DUKE®

CLUB TAEKWONDO

Winter Newsletter

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A Word from Our President

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Happy holidays from Duke Club Taekwondo!

We hope you're staying warm wherever you're spending these winter months. This year, we're especially thankful for our incredible members and alumni, whose advice and traditions continue to shape our team.

As president, it has been my greatest joy to watch this team grow and thrive during my time at Duke. Each year, I'm so proud to see our members challenge and support one another, not just as teammates, but as friends. We're also grateful for the memories we've shared this semester and hope future generations of the club will look back on them fondly.

Please enjoy these highlights as we look forward to making new memories in the new year.

Wishing you a wonderful holiday season,
Sophia Roud | President of Duke Taekwondo



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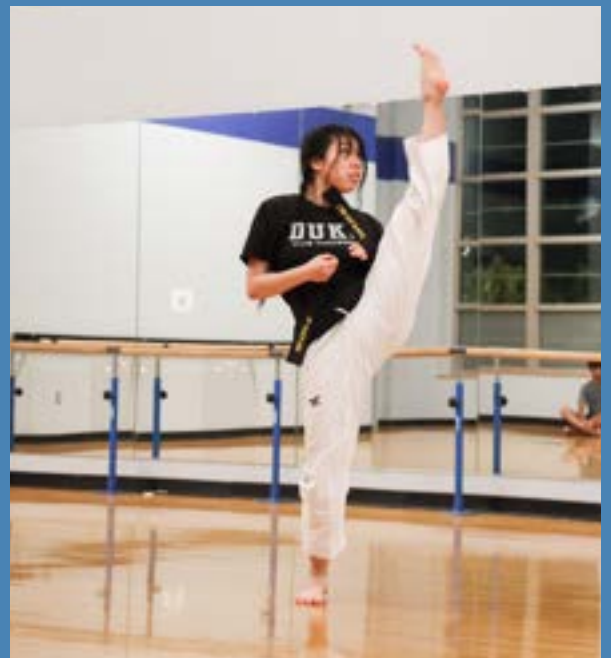
A New Semester

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

Alongside our returning members, we recruited several new members to the club, ranging from those with no experience to 4th dan! With the addition of a Big/Little system, we can't help but smile at the new bonds being formed!



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Fall Retreat

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For fall retreat this year, we stayed at an Airbnb near Hyco Lake! Our club had a joyous time getting to know each other with icebreakers, facial masks, late-night talks on the dock, and s'mores! We can't forget about our traditional piñata breaking (followed by Just Dance) and hike around the park. Thank you to Sanjana Sankholkar, our VP of Programming, for coordinating this event!

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Socials

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Fall retreat wasn't all our VP of Programming did this semester. We had a variety of socials, including a garden picnic, baking night, and Bee Bash at Chicken Bee. Just look at our captain ready to devour his chicken!

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Belt Testings

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Besides eating chicken, our captain also held our traditional two belt testings this semester! So many of the new and returning members tested, even when some had to relocate to Brodie Gym and perform without a uniform and soft mat!



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UNC Scrimmage

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Thanks to the hard work of our president and captain, our club finally held our first scrimmage at Duke! It was such a wonderful experience that allowed us to rekindle our bond with UNC and expose many of our new members to the world of Taekwondo competition!



Brown Recap!



With a team of 21 people, where almost half of them were new members, Duke Club Taekwondo took our annual road trip up to Brown for the ECTC tournament hosted by Brown! It was filled with passion, head kicks, and laughter all around. Our members put in their blood, sweat, and tears in every match.



To finish off the competition day, we did our traditional team dinner at 12Dumplings until our members could eat no more. Congratulations to our competitors!



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Help support our club

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Club Taekwondo is participating in Duke Sport Clubs Giving Day on **Tuesday, December 2nd**! 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 tax deductible donation, you can:

- Donate electronically (via credit card) at <https://tinyurl.com/tkdgivingday>

Please be sure to **scroll down to Sport 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.

Please note that the donation system has changed and all donations are now anonymous. Reach out to us using this link or by emailing dukeclubtaekwondo@gmail.com so we can thank you personally!



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