

A look back at this semester's events!

May 20, 2026



Coming Soon:

Be on the lookout for our upcoming Summer Practice schedule and fun Summer Social! Both will be held virtually and are open to alumni :)

 [dukeclubtaekwondo](https://www.instagram.com/dukeclubtaekwondo)

 [duketaekwondo.com](https://www.duketaekwondo.com)

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Letter from the President

Hello Duke Taekwondo Alumni!

I hope you all are having a wonderful spring season. As this school year comes to a close, I wanted to take a beat to thank you all for all of the support, encouragement, and love you have continued to show Duke Club Taekwondo over the years. This club would not be what it is today without the community that has been built across generations of members, and all of you are an integral part of that legacy.

This newsletter is not only a chance for us to reflect on the successes of the past year, but also an opportunity to recognize the alumni who helped to shape the culture, spirit, and traditions of Duke Taekwondo long before us.

This year, our club has truly continued to branch out and grow. In the fall semester, we hosted our very first home scrimmage with UNC and NC State, creating an exciting opportunity for competition and connection within the collegiate taekwondo community. Continuing our partnership with UNC, we also hosted a joint poomsae seminar to give members more opportunities to train and build relationships with athletes beyond Duke.

One of our proudest achievements was being named Duke Rec's Sports Club of the Year. This recognition reflected our participation in local, national, and international competitions, as well as the dedication and professionalism of our executive team and club members. We finished the year off strong at Nationals, bringing home five top-three medal finishes across both poomsae and sparring events. We also brought back an old club tradition of Korean BBQ after Nationals, which left our bellies feeling quite full.

Beyond our competition results, what continues to make this club special is the people. At the end of the year, we also said goodbye to the incredible Class of 2026. As one of the most dedicated and welcoming classes in recent club history, they played such a meaningful role in mentoring younger members of the team. Their impact will continue to be felt long after graduation.

As we look to the future of Duke Taekwondo, we are still very grateful to the foundation that all of you as our alumni have helped to build. Thank you again for your continued support and for remaining as such an important part of our family.



Best,
Sanjana Sankholkar
Duke Taekwondo President, '26-'27

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Overview

This year, Club Taekwondo's environment was socially exciting and full of athletic fun! Under our President, Sophia Roud, and Captain, Maanav Allampallam, we...

- Hosted a successful scrimmage competition with UNC Chapel Hill in the Fall
- Had a successful fundraiser under our VP of Outreach, Krystally Hour
- Did our 3rd performance for the annual showcase *Converge*, hosted by Duke's Asian Student Association
- Were awarded **Sports Club of the Year** by Duke Recreation and PE

It is thanks to our alumni, members, and leadership team that our club can keep growing in opportunities and success!

Additional thanks to:

- Photos throughout this newsletter were taken by various people. We would like to give special thanks to our VPs of Communications, Ethan Cho and Weiye Mock, as well as Athena Aloupis, for their photography!
- We appreciate our Secretaries, Elizabeth Lynfatt and Anna Zhang, for their extended efforts throughout attendance, meal planning, and gear management!
- And thank you to our Safety Officers, Esther Park and Lily Lee-Sin, for their help in keeping our club members healthy and safe
- And our club events would not be possible without our Treasurers, Ananya Sridhar and Elizabeth Lynfatt, for all their hard work with our finances :)

Graduating Seniors

Congratulations to our eight graduating seniors! We are grateful for their wonderful personalities and contributions to Club Taekwondo, and we are excited to see what they will achieve after their undergraduates!



- Sophia Roud (President, '25-'26, '24-'25; VP of Comms, '23-'24) will spend the next year working with patients full-time before matriculating to medical school.
- Maanav Allampallam (Captain, '25-'26; Treasurer, '24-'25, Instructor, '24-'25) will be working at Johns Hopkins Applied Physics

Laboratory in Air and Missile Defense for a year before attending law school.

- Ananya Sridhar (Treasurer, '25-'26; VP of Outreach, '24-'25; Instructor, '25-'26) will be working in an internship before coming back to Duke for a 4+0.5 Master's in Biomedical Engineering.
- Andrew Felix (VP of Programming, '24-'25) will be taking a gap year working as a CNA in Durham, at Hillcrest Convalescent Center, before nursing graduate school.
- Oneeb Chaudhry (Safety Officer, '24-'25) will be taking a gap year working in Durham before attending medical school.
- Jessica Chen (Secretary, '24-'25; Instructor, '23-'25) will be working as a software engineer at Roblox.
- Abhay Cheruku will spend a gap year working as a medical assistant in Mississippi while applying to medical school.
- Swarajh Mehta will be returning to Duke for a 4+0.5 Master's in Computer Science.
- Tony Zhang will be working after earning his degree in Biomedical Engineering.

Thank you, seniors, for having such a lasting impact and legacy. We will miss you dearly! ♥

Competitions

While Princeton's annual ACATA tournament was canceled, that did not stop us from having fun during our road trip! We had a great time exploring New Jersey, having team bonding sessions, and singing karaoke in our cars

But our competition season kept accelerating further: in April, we sent 18 competitors and won FIVE medals at the NCTA National Collegiate Championships at UNC Chapel Hill! Duke was well represented at the competition by referees, volunteers, spectators, and competitors. Thank you to our captains, Arla and Maanav, for hosting a Duke-UNC joint poomsae seminar in preparation for Nationals! And thank you to our Travel Coordinators, Cheyenne Tan and Krystally Hour, for their logistics and planning!



We greatly appreciated seeing some of our alumni at NCTA Nationals! We are so proud of all our athletes, who each put in their best efforts and cheerful support for our accomplished team!

Poomsae Medalists

Krystally Hour | Blue Belt

Bomin Kim | Black Belt

Sparring Medalists

Swarajh Mehta | Blue Belt

Gegee Altangerel | Black Belt

Clara Guo | Yellow Belt

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Socials

Thanks to this year's VPs of Programming, Sanjana Sankholkar and Kris Sun, our social environment thrived! Among traditional events, such as Spring Retreat and Spring Banquet, we hosted many additional hangouts:

- Boba Bananza
- A night of Jackbox Games
- A picnic in the Gardens
- Post-competition dinners
- Fundraiser campout in McClendon Tower
- Spoon Assassins!



Amidst late night practices and chill socials, our club is so much more fun with the people who bring never ending smiles and laughter :)



Belt Tests

And of course, Taekwondo would not be complete without the demonstrations of progress: our belt tests!

This semester, we had 18 promotions across our February and April belt tests! These fierce athletes showed their skills in stances, hand techniques, kicking drills, poomsae, sparring, board breaks, and conditioning. What a line-up!

In addition, we also had our annual black belt test hosted by Master Nick! By recalling all their color belt poomsae routines and surviving difficult conditioning drills, our candidates presented their best efforts. Congrats to Sophia Roud and Swarajh Mehta on earning their 1st-degree black belts!

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Support us!

With **your support**, Club Taekwondo will be able to provide further social, competition, and training **opportunities** for our members and visiting alumni! With Duke's recent changes, **our club appreciates donations more than ever**. All funds go directly to our club to contribute to our members' experiences. Donations are used for our annual tournaments (including NCTA Nationals), travel expenses, coaching fees, and color-belt and black-belt testing. **No donation is too small**, and with your support, our club can continue to excel!

To make a tax-deductible donation, you can:

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

All donations are anonymous. Reach out to us at 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 you soon: whether it be at a competition, a visit to Duke, or at one of our upcoming virtual meetings, we are excited to continue to bond over a love for



Taekwondo! We appreciate you reading our summer newsletter, and see you in our next issue!

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