



TAE PARK TIMES

SPRING 2026



MID SOUTH SEMINAR: PADUCAH, KENTUCKY

APRIL 10-11, 2026

Representing the Mid South Taekwondo organization, founded by Grand Master Dennis Lewis (8th Dan), the recent seminar at McCracken County High School brought together more than 150 participants, filling the gymnasium with energy and purpose.

Over the course of two full days, attendees engaged in a dynamic and thoughtfully structured program. Sessions ranged from fundamental techniques and kicking drills to meaningful discussions on conflict resolution, with a focus on empowering young women. Each class was led by dedicated master instructors and black belts—respected leaders from across the country—ensuring both depth of knowledge and high-quality instruction.

Participants moved seamlessly from one session to the next, each offering valuable insights while maintaining an atmosphere of enthusiasm, camaraderie, and shared passion. Laughter and smiles were as present as disciplined technique, creating a truly memorable experience.

The seminar concluded on a high note, with more than 70 students participating in a color belt test, followed by a black belt examination. The energy in the room was remarkable as over 40 Master Instructors stood together in unity, supporting and promoting the next generation of martial artists. This outstanding event, hosted by the Lewis Institute, provided an opportunity for the Tae Park / World Class Taekwondo Organization to reconnect—sharing meals, strengthening relationships, and reuniting with longtime friends. It was a meaningful reminder of the spirit of Taekwondo: community, respect, and lifelong connection.

**Seminar was hosted by GM Lewis's Institutue with support by all of their Masters, Black Belts, Instructors, and Volunteers.*



Be Our Eyes!

Have a great pic or video that you caught from this event or others?

Please share!

Send it to

taeparktkd@gmail.com

and dont forget to include the
Who, What, Where, When,
& Why!



GET INVOLVED

TKD SCHOLARSHIP!



🥋 LOVE TKD? TKD LOVES YOU! 🥋

🎓 Taekwondo School Scholarship Program

We're proud to support our students! This year, we are awarding Five (5) :

💰 \$1000 Scholarships

This is your chance to be recognized and supported in your journey—both in school and in Taekwondo.

📅 Apply today! Applications accepted between:

Feb 1-August 15, 2026

Fill out the application and take the next step toward your future.

★ Train hard. Dream big. We've got your back.

[SIGN UP TODAY!](#)



SAVE THE DATES FOR 2026

- June 13- State Games of Michigan- Aquinas College, GR MI

[INFO HERE!](#)



- July 11- Pre Black Belt Test Workshop- Ionia Armory
- August 8- All Michign Black Belt Test- Ionia Armory, 1pm (dinner after with Masters).
- October 23- National Black Belt Test- GRCC Ford Field House- Doors Open at 5:00pm. Starts at 6:00pm.
- October 24- Tournament- GRCC Ford Field House
- August- Proposed Color Belt Test- see your instructor for details



THE NAME ACTUALLY TELLS YOU EVERYTHING!

“Taekwondo” breaks down into:

- *Tae* = foot (kicks)
- *Kwon* = fist (punches)
- *Do* = way (a philosophy or path)

So it literally means “**the way of the foot and fist**”—but the “*Do*” part emphasizes discipline and mindset, not just fighting.

FUN FACT



A LOOK BACK... Part One

Grand Master Tae Zee Park

Many years ago, in South Korea, a shy young boy named Tae Zee Park watched helplessly as a bully hit the young boy's mother. Even though the community rallied together to run the bully out of town, Grand Master Park decided, then and there that he would be ready the next time someone tried to hurt his family. So, the young Grand Master Park learned a little soccer and a little boxing, but he learned to love Taekwondo.

The Early Years

Grand Master Park started Tae Kwon Do lessons when he was twelve years old. Five days each week for at least two hours a day, young Grand Master Park would practice basic patterns, kicks, and forms. He wanted to be strong and responsible and to hold his own among his six brothers and sisters. Very few of the other students in his class worked as hard as he did.



When Grand Master Park was sixteen, he became one of the youngest first-degree black belts in Korea. At his first-degree test, he was rewarded the highest points in forms and free fighting, but his goal was to become even better. He left home and went to the central studio to practice and study. After earning his second degree, Grand Master Park entered his first Tournament..... (To be continued)

Edited by
Master Michael Madden 5th Dan.
Re-written with permission from Grand Master Park and
Northern Michigan Tae Park Tae Kwon Do, NMTPTKD



LOCAL SPOTLIGHTS...



MEET: *Leon Cooper*

Leon Cooper is the kind of person who turns obstacles into starting lines—he simply doesn't recognize the word "no." Driven by a relentless belief that "can't" doesn't exist, his determination pushes him to act where others hesitate. Meet him once, and you'll see how a strong will can move not just ideas, but real change. (Student of Mr. Mark Land)

[CLICK HERE!](#)



MEET: *Anna McGowan*

Anna McGowan's story is a powerful reminder that who you are truly matters—and that your potential runs deeper than you've ever imagined. Through her journey, she's discovered that believing in yourself isn't just important, it's transformative. Meet her, and you might start seeing your own strength in a whole new light. (Student of Master Terry King)

[CLICK HERE!](#)



BECOME A SPONSOR — MAKE AN IMPACT THAT MATTERS

Behind every **tournament**, every **overseas opportunity** seized, and every **scholarship** awarded, there's a community choosing to invest in something bigger. Your support helps create life-changing experiences for our athletes—opening doors to competition, growth, and education that extend far beyond the classroom.

We're calling on businesses of all sizes to be part of this journey. Whether you're a local shop or a large organization, your contribution directly fuels our annual mid-south seminar, 2 annual tournaments, international travel and events, and empowers the next generation through scholarships.

This is more than a sponsorship—it's a chance to shape futures, strengthen community, and stand behind something meaningful. This is where YOU can make an impact.

[CLICK HERE!](#)





WHO ARE YOU?

Who are you?

It sounds like a simple question—but the answer is rarely simple.

When someone asks, most of us instinctively respond with what we *do*.

“I’m a teacher.” “I’m an engineer.” “I work in a factory.” “I run a business.”

But is that really who you are?

What you do is part of your life—but it is not the whole of you. It may reveal your discipline, your work ethic, your responsibility...

but it does not fully define your character.

So look deeper.

Are you a caretaker—someone others rely on when things get hard?

A leader—someone who steps forward when others hesitate?

An empath—someone who understands without needing words?

A fighter—someone who refuses to quit, no matter how many times you’re knocked down?

These are the qualities that shape who you are.

Just like Taekwondo.

For some, it begins as an activity. A class. A way to stay active.

But over time, it becomes something more.

It becomes a mirror.

Taekwondo reveals your patience when progress feels slow.

Your resilience when training gets tough.

Your humility when you fail—and your courage to try again.

It shows you who you are under pressure, when excuses fade and only effort remains.

So is Taekwondo just something you do?

Or is it a part of who you are?

Perhaps it is another layer—one that strengthens the others.

A layer of discipline. Respect. Perseverance.

A layer that doesn’t replace who you are—but refines it.

So ask yourself again:

Who are you? Not what you do. Not what others expect. Not what’s written on a job title.

Who are you—when things get hard?

Who are you—when no one is watching?

Who are you—on and off the mat?

Because the answer to that question... is where your true strength begins.

Written by: Master Tammy Jo Budzynski



TAE PARK WEBSITE



WORLD CLASS WEBSITE



YOUTUBE

