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Six Local Women Fight to the Top

Submitted by Johnah Bodden



Front row (L-R): Dawn Kurisu, Parker Jones, Amanda DeVecchi; back row (L-R): Ali Bodden, Ann Karazeris, Taylor Jones Photo provided

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On December 12th, the Lamorinda Martial Arts Studio (LMAS) hosted its sixth Tae Kwon Do Black Belt Ceremony in Orinda. This test was special due to the fact that all six candidates were female. Previously, LMAS has awarded 19 black belts (only four of them to women) over five tests that typically occur bi-annually.

The candidates had been training for three hours a night for weeks leading up to the test, which had several sections covering 17 basic and advanced techniques. They performed 15 of their own self-defenses against different types of strikes and a series of traditional Tae Kwon Do forms (poomse), as well as one creative form of their own design. Each participant then broke ten wooden boards and one or more concrete bricks with the hand or foot to finish the test.