



## Fit mind and fit body demonstrated at Milan Tae Kwon Do

Added by [Joyce Irvin](#) on October 29, 2012.

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Regular testing to facilitate color belt advancement is held monthly at the Tae Kwon Do studio in Milan by Master R. Christian Dykes. Testing is always an anticipated event for students of all ranks; however, a recent testing proved to be unique. “The participating students covered the entire spectrum of ranks,” Dykes said.

Six-year-old Wyatt Carson represented the beginning rank or white belt, while 10-year-old Ahjanay Beck tested for her last student rank earning her red-black stripe belt. It was a special day for the youth. Ahjanay’s next exam will be for the coveted black belt Dykes said.

Ahjanay said she was proud of her new belt and it was worth all the hard work and several years it took to earn. “I’m happy,” she said, as she adjusted the new belt.

All students, from various ranks, demonstrated their skills that evening. The color belt test is comprised of multiple curriculum requirements established by the master and endorsed by the World Tae Kwon Do Federation located in Seoul, South Korea, Dykes said.

The students demonstrated basic and sparring fundamentals and “poomse”, which is patterns popularly known as Kata in Japanese. Other skills demonstrated were self-defense techniques used in one-step sparring, breaking of holds, take-downs and weapons defense. Higher ranks demonstrated Olympic-style free sparring, board breaking and all participated in knowledge testing of the art.

Testing is rigorous at all levels. “At Milan Tae Kwon Do students are expected to be well-rounded martial artists that fully understand the philosophy and history, as well as, the physical elements of Tae Kwon Do,” Dykes said.

Many family members and friends gathered to watch and applaud the students’ accomplishments. After the presentation of the new color belts, attendees were invited on the training floor to take pictures of the participants. Many posed in front of the large logo created by Dykes and painted on the wall of the dojang (studio) that symbolizes “The Eight Powers of the Universe”.

The studio is located at 7 East Main St. For information on the martial arts studio call 439-5425 or visit [milantkd.com](http://milantkd.com).