THE ROCK

proudly presents its



35TH BLACK BELT *Promotion*

"A Foundation To Build On"

Black Belt Testing

Saturday, October 10th, 2026

HEAD INSTRUCTORS

Kwanjangnim Carr	7th Dan Black Belt
Sabumnim Prueitt	5th Dan Black Belt

CANDIDATES	EARNING
Nishi Desai	2nd Dan Black Belt
Sarah Hagan	2nd Dan Black Belt
Alisa Rothe	2nd Dan Black Belt
C.J. Tweedy	2nd Dan Black Belt
Rachel Heath	1st Dan Black Belt
Brandon Heath	Jr Black Belt
Libby Lewis	Jr Black Belt
Blake Nusbaum	Jr Black Belt
Avarie Rothe	Jr Black Belt
Andrew Sarver	Jr Black Belt
William Sarver	Jr Black Belt

SPECIAL THANKS AND RECOGNITION

Head table, 4th Dan master instructors

Black belt support team

Candidates' family members

The Test

PREVIOUSLY COMPLETED

- [x] Thousands of hours of training
- [x] Hundreds of classes
- [x] Years of sweat
- [x] Countless bumps and bruises

PAST 10 WEEKS

- [x] 5000 pushups
- [x] 4000 mountain climbers
- [x] 3000 surfer squats
- [x] 600 minutes of running
- [x] Dozens of hours of extra training
- [x] Written terminology exam
- [x] Personal essay
- [x] Letter of recommendation
- [x] 5 mile run (2.5 for Jr candidates)

TODAY'S OUTLINE

- [ ] Sport combatives in place
- [ ] Sport combatives across the floor
- [ ] Paddle kicks, combos, sparring
- [ ] Shield kicks, combos, sparring
- [ ] Mitt drills, combos, sparring
- [ ] Heavy bag drills & freestyle
- [ ] Self defense: grabs
- [ ] Self defense: bear hugs
- [ ] Self defense: chokes
- [ ] Self defense: strike defense
- [ ] Self defense: multiple attackers
- [ ] Taekwondo sparring
- [ ] Boxing sparring
- [ ] Kickboxing sparring
- [ ] 3v1 sparring
- [ ] Individual performances
- [ ] Board breaking routines
- [ ] Power breaks
- [ ] Pushups and crunches
- [ ] Belt ceremony

William Sarver



Taekwondo has pushed me to improve in several key areas of my life. I've become more disciplined, which has helped me build habits. It's helped me become more confident and more assertive, which has allowed me to become better at talking to people. Physically I have much greater endurance and I'm stronger than I would be without Taekwondo. Intellectually, I have greater mental toughness which in turn has helped me to improve at dealing with hard things. All of these things combined have helped me become a harder worker, a better student, and a better friend.

Candidate Info

Testing For: **Jr. Black Belt**

Training For: **4 years**

Fav. Subject: **Sparring**

From Carr Kwanjangnim

Congratulations, William! You have trained hard and pushed yourself to earn this rank in this amount of time. Your efforts have helped you become a leader in classes, giving the younger belts and clear picture of what to aim for when it comes to intensity, work ethic and grit. You've pushed hard to earn this rank, and earned it you have! Your consistent showing-up has paid off huge. Team Rock students are better having you here! I'm very proud of you. Thank you for pushing yourself to the uncomfortable zones of the training to improve yourself and others. You Rock! Master Carr

Andrew Sarver



Taekwondo has made a big positive impact on my life. Through training I've become more confident, competent, and happy. Consistent class attendance has pushed me to become better in every area of my life. At school I feel more focused, with others I feel more confident, at home I try to help out, and when I'm alone I feel capable of doing the things I need and want to do. I would not be the person I am today without Taekwondo, it's truly made a difference in my life.

Candidate Info

Testing For: **Jr. Black Belt**

Training For: **4 years**

Fav. Subject: **Kicking**

From Carr Kwanjangnim

Way to go, Andrew! Wow, what a journey it's been watching and coaching you to push yourself and earn your Jr. Black Belt at such a great pace. Consistency, focus, effort and attention to detail are a handful of the qualities you show at every class and it positively pushes you to improve and all those around you, every class! There's always another level of drive and growth and you push yourself to keep pushing those boundaries. You Rock!! Keep pushing and keep inspiring. These qualities will follow you in every aspect of life.
Sincerely, Master Carr

Avarie Rothe



Martial arts training has taught me that even when you feel like you can't work any harder, your level 10 effort is expanding. I have learned that every time you reach 100%, you improve. It has given me the courage to get out of my comfort zone every day!

Candidate Info

Testing For: **Jr. Black Belt**

Training For: **7 years**

Fav. Subject: **Sparring**

From Carr Kwanjangnim

Avarie! Absolutely awesome watching you grow in your martial arts journey. Your entire path has been one of continual improvement and the last few months have been even more impressive as you've pushed so hard to push your limits. This is a skill you've developed that will follow you everywhere you go in life! Never forget what you're capable of and what putting your laser like mind can do to any task in front of you. You have what it takes to achieve great success in life and I'm so proud of how you've stepped up for this challenge. Keep going! Sincerely, Master Carr

Blake Nusbaum



Martial arts has been a huge part of my life since I had just started as a white belt. It was really important to me that I trained in taekwondo because I would be able to learn self-defence but also to get to be in a great community. When I first started all it was to me was a sport. But, over the years I have learned that it is not about the sport of it but about the community building it supports. This has been such a huge impact on my life and I am excited to get my junior- black belt and keep the journey going.

Candidate Info

Testing For:	**Jr. Black Belt**
Training For:	**5 years**
Fav. Subject:	**Sparring**

From Carr Kwanjangnim

Congratulations, Blake! You have grown SO MUCH this entire martial arts journey you've been on, and especially the past few months. You've pushed through workouts, grinded out the reps, and faced head on the discomfort of training limits and slammed through to the other side. All this has made you a stronger person. All this effort and grit has become YOU. Set your sights high because you have proven to yourself what happens when you get focused - you step up! And you've pulled others along with you; always a source of encouragement, kindness and respect - exactly what we stand for. Thanks for making The Rock a better place for being here, Blake. You Rock, Master Carr

Libby Lewis



Candidate Info	
Testing For:	**Jr. Black Belt**
Training For:	**8 years**
Fav. Subject:	**Self defense & kicks**

Before I started taekwondo, I had never heard of martial arts. After I started at 5 years old, I began to become stronger physically and mentally. I would come to school with more confidence and joy from doing martial arts. As I began to attend more classes, I found myself growing in my love for the sport. Later on, when I was in fourth grade, my taekwondo shut down. Soon after, I came to the Rock. I found more people to talk to and I began the journey to black belt at the Rock. Not only has the Rock given me strength and knowledge, but a huge group of people to get me to where I am now. I am very grateful God brought me to the Rock. It has been a gift in my life over the years.

From Carr Kwanjangnim

Well, Libby, you are still crushing it after all these years. I was so honored to have you team up with us for the martial arts path you were on. You brought the intensity and work ethic to become outstanding, and while YOU have always been outstanding in your efforts and attitude, your skills are outstanding as well. You smile shines in every class and your attitude and spirit encourage all those who get to train with you. All your instructors and I are so pumped for you and think so highly of you. Your passion for excellence make The Rock an awesome place to get inspired. Congrats! Master Carr

Brandon Heath



Candidate Info	
Testing For:	**Jr. Black Belt**
Training For:	**5 years**
Fav. Subject:	**Self defense**

Taekwondo has changed my life in multiple ways in the past five years. One of the ways was teaching myself that I can do anything as long as I do my best. One time before my promotion, the entire class was sparring, which caused fatigue. Then for promotion, I had to do three more rounds of sparring. This was a challenge that I knew was going to be hard and I was not very confident. But, I did my best at that time and I did well. I was able to push through by doing my best. This is something that I have learned from taekwondo.

From Carr Kwanjangnim

Brandon! What a blast and honor it's been witnessing you grow into the athlete, martial artist and person you are! You've had a consistently great attitude which has not only helped you become your best and demonstrate mental toughness, but it has made you an outstanding partner for all your classmates! Attitude and effort...some of the most important qualities of becoming a black belt and those are just the traits you bring to every class. It is so cool to see you earning this prestigious rank. I'm so proud of you and also very excited to witness your bright future open up for you! Keep kicking, Master Carr

Rachel Heath



Candidate Info	
Testing For:	**1st Dan Black Belt**
Training For:	**8.5 years**
Fav. Subject:	**Paddles**

In my nearly nine years of training, I've had many ups and downs. Martial arts has grown to be not only a physical activity to maintain fitness, push my limits and learn new skills, but it has also fostered many meaningful relationships, realizations, and meaningful memories. In my years of training I have been coached, conditioned and pushed by my mentors, classmates, and friends, but more importantly I have been supported, guided and loved. Without martial arts and the ROCK community, there is no doubt that I wouldn't be who I am, or where I am today.

Thank you to everyone that took time to support us today!

From Carr Kwanjangnim

Rachel, what a blast it has been watching you get to this point! You've overcome tough obstacles and have come back and more focused. You are an outstanding example of how we should all face challenges. When doctors have given you orders to pull back a little, you did, and then, at the first chance you could, you came back stronger. This is exactly what we all need to learn to do and you have handled every challenge like a pro. And it's paid off! You are an outstanding student, martial artist and person and we are all blessed to have you on Team Rock. Thanks for making us all better! Master Carr

C.J. Tweedy



Candidate Info	
Testing For:	**2nd Dan Black Belt**
Training For:	**12 years**
Fav. Subject:	**Self defense & sparring**

I have been practicing Taekwondo for over half my life. I started Taekwondo in 2012 with my family at Eagle Spirit Academy. During my time there I learned a great deal of perseverance and indomitable spirit. Anyone in my family would be able to talk about having to drag me there and how much of a pain I was. At testings I would really show how much potential I had and that got everyone to push me harder. Over time I gained more discipline and I fell in love with Taekwondo. At Eagle spirit academy I was pushed beyond my limit out of my comfort zone and looking back I see how much I thrived and grew spiritually, mentally, and physically. Here at the ROCK I have formed one of the strongest bonds I have in my life and found a great community. Taekwondo has pushed me to better myself. It's pushed me to grow beyond myself and help pass on what I've learned. I love how it keeps going, how there is always a new challenge to push me to be better.

From Carr Kwanjangnim

C.J. 2nd Dan, already? Time has flown by and what a joy it's been having you on Team Rock. You came in with a solid foundation and just kept on building, never letting up! You inspire the kickboxers, the TKD students and your instructors. You encourage and edify all who you work with, and you've become a great leader and mentor. Your trustworthiness is such a blessing. You work with the little kids and the big ones (the adults!) and we all get to benefit from your kindness and motivation. What a great man you are to have on the Team! Keep kicking, Sir. It's an honor, Master Carr

Alisa Rothe



Candidate Info	
Testing For:	**2nd Dan Black Belt**
Training For:	**9 years**
Fav. Subject:	**Kickboxing**

Taekwondo has changed my life by transforming how I see myself and my limits. Training in Taekwondo has given me a new identity, proving to myself that I am athletic, strong, and capable. Instead of fearing mistakes, I have come to see failure as a necessary step in learning and growing. Failure doesn't embarrass me or make me want to quit; it makes me want to work harder in order to master the challenge! I've learned to push myself beyond what I thought I could do, and by constantly testing my boundaries, I found new limits I never knew I had, making me stronger in both body and mind.

From Carr Kwanjangnim

Way to go, Alisa! You are hammering a path for not only your daughters, but for so many of us here at The Rock. It's been so cool to watch your continual improvement from 1st dan to now. Your consistency and effort have definitely paid off and now we all get to be inspired at your 2nd dan promotion. Awesome! Thank you for always showing up and for pushing yourself. You really do have a way of inspiring those around you and bringing a smile along the way. It's just what we need here at The Rock and the kind of qualities that make this a special place. Thank you & congratulations, Master Carr

Sarah Hagan



Candidate Info	
Testing For:	**2nd Dan Black Belt**
Training For:	**10 years**
Fav. Subject:	**Boxing**

I first joined taekwondo when I was 8 because I wanted to be a ninja; now, because of it, I am so much more confident in myself, mentally healthy, and a more well-rounded person. I have never been very outgoing or confident, but The Rock gives me a place where I can be completely myself. The person that I am at the Rock spreads throughout the rest of my life increasingly with time so I can be myself no matter where I am. When I tested for my first degree black belt it was one of the hardest experiences of my life but helped me learn I can do anything I put my mind to. I am so thankful for this experience again to push myself more than I thought I could.

From Carr Kwanjangnim

Sarah! What a blast it has been having you on Team Rock. Your laugh and your humble spirit are such a blessing to this place. Your kindness is unmatched and your ability to connect with people and help them is just outstanding. You bring a light-heartedness that takes the pressure off of others when they're trying to learn and they see you rolling with the punches and enjoying the adventure of learning tough stuff! We all need more people like you in our lives. Thanks for working so hard all these years and stepping up for this 2nd dan challenge! You have definitely earned it. Very proud of you, Master Carr

Nishi Desai



Candidate Info	
Testing For:	**2nd Dan Black Belt**
Training For:	**8 years**
Fav. Subject:	**Kicks**

I was forced to start martial arts as a kid, and I thought I would quit as soon as my parents would allow me to; however, I'm so glad I didn't because joining The ROCK and doing martial arts is one of my favorite things in the world. I love the community I have had the honor to join, and I really appreciate all of the skills I've learned over the years. Martial arts has given me confidence, self-discipline, exciting skills, and new friends. I hope to continue to practice taekwondo and take the skills I've learned here into the world!

From Carr Kwanjangnim

Nishi! You've grown so much as a martial artist these past few years. You stepped up big time when going for first dan and have done it again here for second. It's been awesome watching the growth. You are coachable, positive and detailed oriented and these traits help everyone around you grow and improve. Your technique gives your classmates a clear path of what to aim for. You rock! Besides the technical skills, you're always one to show up with a smile, bring the level 10 effort, and leave class having made yourself and all your training partners better. Congratulations!! Master Carr

Did You Know?



The ***3 unbroken bars***, found on the Korean flag and in our logo, represent **STRENGTH**, and signify **HEAVEN**.

"A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer.

<u>Three are even better</u>, for a triple-braided cord is not easily broken."

- Ecclesiastes 4:12

HUNDREDS OF **CLASSES**

THOUSANDS OF **HOURS**

YEARS OF **SWEAT**

COUNTLESS **BRUISES**

ONE BLACK BELT

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