

THE
ROCK
proudly presents its



34TH **BLACK BELT**
Promotion

“A Foundation To Build On”

BLACK BELT TESTING

Saturday, April 26th, 2025

HEAD INSTRUCTORS

KWANJANGNIM CARR

6th Dan Black Belt

SABUMNIM PRUEITT

4th Dan Black Belt

CANDIDATES

EARNING

JULIA TIMMERMAN

2nd Dan Black Belt

JACK CLOUTIER

Jr Black Belt

GREYSON DIPENTINO

Jr Black Belt

SAVANNAH DIPENTINO

Jr Black Belt

SPECIAL THANKS AND RECOGNITION

Head table, 4th Dan master instructors

Black belt support team

Candidates' family members

THE TEST

PREVIOUSLY COMPLETED

Thousands of hours of training

Hundreds of classes

Years of sweat

Countless bumps and bruises

PAST 10 WEEKS

5000 pushups

4000 mountain climbers

3000 surfer squats

600 minutes of running

Dozens of hours of extra training

Written terminology exam

Personal essay

Letter of recommendation

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 surfer squats

Belt ceremony

THE CANDIDATES



(From left to right)

JULIA TIMMERMAN

JACK CLOUTIER

GREYSON DIPENTINO

SAVANNAH DIPENTINO

SAVANNAH DiPENTINO



I joined the ROCK in 2018, as a little ninja, shortly after my little brother. I was inspired by watching, all the Tae Kwon Do skills he was learning. I just had to do it too. I couldn't let him have all the fun! While being a little ninja was a bit of a challenge, it was mostly fun. When I was moved up to tigers, is where I grew the most. I improved my form, developed courage to conquer hard challenges, and gained leadership skills I will use through life. In the future, I would like to apply all I've learned, to mentoring the youth at the ROCK.

CANDIDATE INFO

Testing For: **Jr. Black Belt**

Training For: **6 Years**

Fav. Subject: **Paddles**

FROM KWANJANGNIM CARR

What a great adventure it's been, Savannah! Wow. You've grown so much and have developed some outstanding taekwondo skills. It's been such a joy watching you apply more and more of yourself and find your voice. The lessons you've picked up will last you for all your life as they are truly becoming part of you. Keep up the great work and keep using your powerful voice. I'm so proud of you, Master Carr

GREYSON DiPENTINO



In 2018, just shy of my fifth birthday, I joined the ROCK. I was determined to achieve the ultimate goal, Black Belt. Little did I know, it would be the beginning of something that would impact and shape my life physically, mentally and morally. When I was a little ninja, I took it seriously, but it was mostly just fun. As a tiger, I have been both stretched, and challenged to push myself beyond limits, in my art, and in leadership. In the future I hope to give back by mentoring and teaching at the ROCK.

CANDIDATE INFO

Testing For: **Jr. Black Belt**

Training For: **6 Years**

Fav. Subject: **Sparring**

FROM KWANJANGNIM CARR

Way to go, Greyson! You have the fighting spirit and seeing that come out of you over the past years and especially this past 6 months has been such a reward for me and all your instructors! You bring a smile and a hard working, fun attitude with you to every class and it's such a blessing. Keep shining the Light and keep working hard to achieve your goals and press on to the abundant life. I'm proud of you, Master Carr

JACK CLOUTIER



Martial arts has impacted me in a lot of ways like how I can defend myself if someone attacks me, for example, if someone put me in a side choke I could use my taekwondo to get out of the attack. My second reason is that taekwondo teaches me to be a more respectful person like holding the door for someone or helping them when they are hurt. My 3rd and final reason is that it is good physical activity for me to be doing to help me get fit and be strong. That is how taekwondo has impacted my life.

CANDIDATE INFO

Testing For: **Jr. Black Belt**

Training For: **5.5 Years**

Fav. Subject: **Sparring**

FROM KWANJANGNIM CARR

Jack, you are incredible! What an honor it is to have you out there working so hard and giving your very, very best in every class. You set a standard for all of us to look up to. Not only do you do your best to become your best, you shine with positive energy that affects those around you. You're a great influence, mentor and leader to your classmates and will be a huge success in life. Keep up the great effort and great attitude. You Rock, Master Carr

JULIA TIMMERMAN



I have been training at The Rock since I was 7 years old and I wouldn't know a life without martial arts. I have learned and grown so much over the years. I just love how I can focus on my training and forget about everything else when I walk through those doors. The Rock is my second home without a doubt. I love putting on my uniform and jumping out onto the mats and training with everyone else. Martial arts has made me stronger mentally and physically and it has shaped my life for the better. A quote by Bo Bennett reads, "Martial Arts is not about fighting; it's about building character."

CANDIDATE INFO

Testing For: **2nd Degree**

Training For: **10 Years**

Fav. Subject: **Kickboxing**

FROM KWANJANGNIM CARR

Julia, wow...10 years! What an honor and joy it's been watching you grow as a martial artist and now as an instructor! Your patience and ability to help others and meet them where they're at is outstanding and makes The Rock a better place. Your skills have grown tremendously too and it's so exciting to see you move into your 2nd degree. I'm so happy you've stuck with your training and let it have the impact on your life that martial arts offers, but few experience. Way to go. Keep positive, keep the level 10 effort and keep smiling! Sincerely, 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.

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

- Ecclesiastes 4:12

RESPECT

 **BEDIENCE**

COURAGE

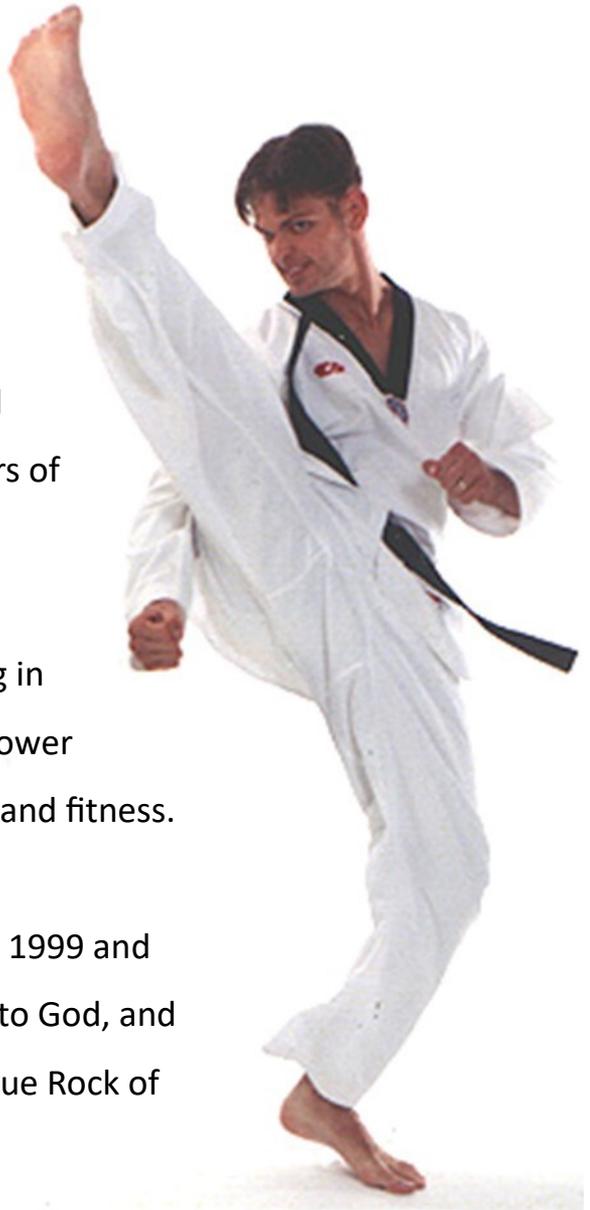
KINDNESS

ABOUT KWANJANGNIM CARR

Darin Carr

is the owner, founder, and master instructor of The Rock Martial Arts and Fitness. With over 30 years of martial arts training and teaching, Master Carr has definitely found his calling in life. His mission is to empower lives through martial arts and fitness.

Darin opened The Rock in 1999 and gives credit for the name to God, and named it that after The True Rock of his life, Jesus Christ.



HUNDREDS OF **CLASSES**

THOUSANDS OF **HOURS**

YEARS OF **SWEAT**

COUNTLESS **BRUISES**

ONE BLACK BELT

The ROCK Martial Arts & Fitness
(303) 971-0761
ROCKMartialArts.com

SCAN ME
TO LEARN MORE

