

THE  
**ROCK**  
*proudly presents its*



# **33<sup>RD</sup> BLACK BELT** *Promotion*

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*“A Foundation To Build On”*

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# BLACK BELT TESTING

Saturday, October 5<sup>th</sup>, 2024

## HEAD INSTRUCTORS

KWANJANGNIM CARR	6 <sup>th</sup> Dan Black Belt
SABUMNIM PRUEITT	4 <sup>th</sup> Dan Black Belt

## CANDIDATES

## EARNING

AARON FAUST	2 <sup>nd</sup> Dan Black Belt
SETH HONNIGFORD	2 <sup>nd</sup> Dan Black Belt
NATALIE LINDSEY	1 <sup>st</sup> Dan Black Belt
NATALIE FAUST	1 <sup>st</sup> Dan Black Belt
TAVIAN MILLER	Jr Black Belt

## SPECIAL THANKS AND RECOGNITION

- Head table, 4<sup>th</sup> 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

# TAVIAN MILLER



“Taekwondo changed my life! It has taught me the meaning and reasoning behind self-defense, self-advocation and why you should always work hard. When I first came to taekwondo at the age of six, I didn’t want to be there, because, I didn’t understand the purpose of my parent’s decision to have me participate. Over the years, as I kept going to classes, I thought Master Carr and Master Prueitt pushed me too hard! However, as I got older, I finally began to realize that they were not only making me a better student at both Taekwondo and school, they were teaching me how to be respectful, have self-discipline and achieving goals. I also learned self-defense along the way. All of these things have led me to my goal of testing for a Jr. Black belt.”

**CANDIDATE INFO**

*Testing For:*    **Jr. Black Belt**

*Training For:*    **8 Years**

*Fav. Subject:*    **Mitt Combos**

**FROM KWANJANGNIM CARR**

Hey Tavian! Congrats on pushing through and making it to this very big day. It’s been a blast watching you grow in strength and stature, as well as a martial artist. You’ve been a huge presence in the Tiger program, inspiring the younger kids and lower belts and always a respectful and encouraging peer to your fellow students. Now, watching you in the adult classes has been exciting too! You have stepped up big time and improved many times over in the past few months. Congratulations and keep kicking. Sincerely, Master Carr

# NATALIE FAUST



“Training in taekwondo at the Rock has challenged me both physically and mentally in the best way. I have been training at the Rock for almost 8 years and because of my training at the Rock, especially for black belt, I feel stronger, more motivated and more prepared every day. The Rock has not only helped me grow significantly in my taekwondo abilities but has also made me feel more prepared and confident in everyday life and I look forward to continue my training here.”

**CANDIDATE INFO**

*Testing For:*    **1<sup>st</sup> Dan Black Belt**

*Training For:*   **7.5 Years**

*Fav. Subject:*    **Kicks & Paddles**

**FROM KWANJANGNIM CARR**

Way to go Natalie! How fun it is to have you and your family on Team Rock. It’s been an honor watching you move through the Tiger classes as a focused and poised kid to now earning your 1st degree black belt as a strong (and even more focused) teen in our adult classes. Your ability to connect with other students and be a source of encouragement and support is always appreciated. Keep using your voice and standing tall as the powerful woman God made you to be. I’m very proud of you, Master Carr

# NATALIE LINDSEY



“I started to do taekwondo at the rock at the age of 4 in the Little Ninjas class. I have grown a lot since then, I am more confident in myself and I have learned to lead by example. Every time I go to the Rock I know that I can step on the mats and forget everything that has happened in my day and I know once I step on those mats my day is so much better. For the last 10 years of my life taekwondo has taught me to be a better person in life and has shown me how I can make the world a better place.”

## CANDIDATE INFO

*Testing For:* **1<sup>st</sup> Dan Black Belt**

*Training For:* **10 Years**

*Fav. Subject:* **Self Defense**

## FROM KWANJANGNIM CARR

Congratulations Natalie!!! Wow. Not many go through all the Ninja belts, Jr. Black Belt, and then on to 1st degree. What an accomplishment. I'm so humbled to have you on our team and so thrilled to see you make it to another milestone. Your ability to know what you want and to do all that you can to make it happen is so impressive. You set an outstanding example to all who know you when it comes to determination, organization to get tasks completed, and a positive mental attitude to push through set-backs. I couldn't be more proud of you and all your efforts. Sincerely, Master Carr

# SETH HONNIGFORD



“I have trained Taekwondo since I was 10, and it has guided my growth as a person every day. I have built myself physically, maintaining my health, strength, and agility. More importantly however, it has given me a sense of purpose and drive I have found nowhere else. I have found a strength of character and confidence in myself that allows me to continually grow and evolve into a stronger, more compassionate, intelligent, and balanced person to be able to raise up the people around me, and to effectively care for the ones I love. My father was a competitive taekwondo fighter, and I intent to continue his purpose and legacy into my future to make him proud and embody everything he stands for. I will work and persevere through anything to be the kind of role model he is to me.”

## CANDIDATE INFO

*Testing For:*     **2<sup>nd</sup> Dan Black Belt**

*Training For:*   **10 Years**

*Fav. Subject:*   **Sport Combat**

## FROM KWANJANGNIM CARR

What a journey it’s been, Sir! I still remember you and your dad coming in so many years ago to get you started in Taekwondo. Knowing him, and earning his trust and confidence to have you start your martial journey with me and all of us at The Rock was (and is still) such an honor. I know he’d be proud of you, and I sure am as well. Watching you grow and move through some of the challenges you’ve faced has made you who you are. Keep fighting the good fight and keep pursuing your best. The world needs strong men! Sincerely,  
Master Carr

# AARON FAUST



“Taekwondo has greatly impacted my life in so many ways, on physical, spiritual, and emotional levels. I’m much tougher than I used to be, much stronger, and much more courageous. I have been given the tools I need to defend myself and others should the need ever arise, and I have experienced great benefits along the way, such as a strong but flexible body and a strong sense of balance. Thank you to everyone who has helped me along this journey and I give all the glory to Christ who is the source of my strength. “

**CANDIDATE INFO**

*Testing For:*    **2<sup>nd</sup> Dan Black Belt**

*Training For:*   **11 Years**

*Fav. Subject:*   **Self Defense**

**FROM KWANJANGNIM CARR**

What a light you bring! Aaron, it’s been such a blessing. From Nationals and sparring classes to watching you grow through all the ranks and now going for 2nd dan black belt and being a mentor to your family and all of Team Rock is such a joy for me to be a part of. I want to thank you for sticking with it all these years. Balancing all your activities and keeping strong with your martial arts was a tough act and you did awesome. I know college is going to be a handful (and I know you’re going to crush it) and I still expect to see you when you can! Congratulations, Sir. Keep making the world a better place, Master Carr



# ***DID YOU KNOW?***

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

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*"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

**R**ESPECT

 **BEDIENCE**

**C**OURAGE

**K**INDNESS

# ABOUT KWANJANGNIM CARR

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**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 and his beautiful wife, Kristin, are blessed with two wonderful daughters, Jadeyn and Ashtyn. Together, they opened The Rock in 1999 and give credit for the name to God, and named it that after The True Rock of their lives, Jesus Christ.



***HUNDREDS*** OF **CLASSES**

***THOUSANDS*** OF **HOURS**

***YEARS*** OF **SWEAT**

***COUNTLESS*** **BRUISES**

**ONE BLACK BELT**

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The ROCK Martial Arts & Fitness  
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TO LEARN MORE

