

Cole Martial Arts Hosts 1st Black Belt Test featuring local Bonita Springs, Estero and Naples Students

FOR IMMEDIATE RELEASE – June 24, 2010 – Patricia Cole, 5th Degree Black Belt and Tae Kwon Do Master, is hosting the first black belt test featuring five students Saturday, June 26 at 12 noon. The promotion test will be held at Cole Martial Arts in the Shoppes at Hawthorne, Unit 13-1, 26455 Old 41 Rd. in Bonita Springs. The students, ranging in age from 14 to 56 include Edward Berg from Estero, Blake and Jerome Gardner (father and son) from Bonita Springs, John Stiffler from Naples, and Kaley Whipple, also from Naples. Special guest, Grand Master B.C. Yu, 9th degree black belt will preside over the test with school owner, Master Patricia Cole, 5th degree black belt. Master Yu is Ms. Cole's teacher of 30 years.

The students including, Edward Berg, Blake Gardner, Jerome Gardner, John Stiffler and Kaley Whipple have been training in Tae Kwon Do since Master Cole started teaching at the Bonita Springs YMCA in 2006. Each student is dedicated to training hard, has overcome personal obstacles, trained when they didn't feel like it, and has maintained a positive, winning attitude throughout the process. They have made Tae Kwon Do a way of life, staying physically fit, strong and confident. They are winners and role models. They have helped teach others, encouraged lower ranks to never give up and keep trying, and have demonstrated the five tenets and three student creeds in their daily lives - at the dojang, at home, at school and in their business.

“Ed, Blake, Jerome, John and Kaley are the first graduating class of Cole Martial Arts and represent the school with dignity, honor and excellence. I am proud of each and every one of these fine young adults and look forward to awarding them their prestigious Black Belt with Grand Master Yu,” stated Ms. Cole.

The black belt test is challenging and rewarding, as they will perform everything they have learned to date. They will perform all 10 forms, from Chon-ji through Choong-Moo and must know the meaning of each form. They will perform all combinations through brown belt, all sparring drills, self defense techniques, free sparring and

breaking boards with a side kick, spinning kick and forefist, hammerfist or elbow. They must also submit an essay on the topic of their Tae Kwon Do training.

Ms. Cole has been teaching martial arts for over 15 years and practicing Tae Kwon Do for over 30 years. She owned and operated Cole Martial Arts Center in Hooksett, NH from 1999 - 2005 and also ran her instructor's school in Ann Arbor, Michigan for 10 years. The studio offers Tae Kwon Do, Self Defense, Cardio Kickboxing, (KUBA) and other fitness and nutrition programs.

"Martial arts training offers something for everyone, from age 5 to 75. The physical fitness and mental discipline build character and confidence in people, no matter what age. When you are confident and strong, you are less likely to be a victim of bullies. And, martial arts training exercises every muscle in the body to keep us fit, toned and strong. The more we move and stay fit, the more positive we become," stated Master Cole. "There is nothing like the group energy exchange of a fitness class to get motivated, have fun and build new friendships."

Classes are offered six days a week. For more information, contact Patricia Cole at 495-7724 (work) or on her cell at 239-273-2404.

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