

Master Cornelia Moore

Master Cornelia Moore, currently a Taekwondo Sa Dan, 4th degree black belt, has over thirty years' experience practicing and teaching Taekwondo, initially at the University of Pittsburgh as a student of the late Grandmaster Kyu Ha Kim, later as a senior student and instructor at his school in Brentwood, Pennsylvania. Master Moore has been a senior student and instructor at Spirit Forge Martial Arts since the latter's founding in 2013. Master Moore was a highly decorated competitor at the state and national level, winning gold and silver medals in both *kyorugi*, sparring, and *poomsae*, forms, over the course of her competitive career. In addition to achievements as a Taekwondo practitioner, Master Moore is a R.A.D. Systems (Rape Aggression, Defense) instructor. R.A.D. is a program of realistic self-defense techniques specifically designed for women of all ages. Master Moore has taught modified versions of the R.A.D. System to students of the Oakland Catholic High School, the Academy of Westinghouse and has taught Taekwondo through Allegheny Partners for Out-of-School Time (APOST) as well as numerous small church and family groups. As Youth Programs Partner/Collaborator for Summer Day Camp and After School Programs at the Rankin Christian Community Center, Master Moore teaches Taekwondo during the Center's after school program and conducts Taekwondo classes for students in grades one through six.