

Master Lynnette Love-Olympian



<https://www.lovestaekwondo.com/master-love>

<https://www.facebook.com/ctshofctmhof/>



Lynnette A. Love (born September 21, 1957) is a former United States Olympian in taekwondo.

Born in Chicago, Illinois and raised in Detroit Michigan. She attended Schulze Elementary School, Beaubien Jr High School and graduated from Cass Technical High in Detroit, Michigan. She was one of two centers for the CT girls' basketball team and was Captain and MVP while at Cass.

She went on to receive her bachelors from Wayne State University and a master's from Devry University.

With over 34 years' experience in Taekwondo, which she started taking at about age 18 years old she is still a force in the sport instructing classes under Love Taekwondo Academy at Andrews Airforce Base and afterschool programs in Maryland and DC.

She achieved a gold medal in the 1988 Seoul Olympics and a bronze medal in the 1992 Barcelona Olympics. She trained was trained by Dong Ja Yang Howard University. Master Love was nominated for the Sullivan Award in 1988. In the World Guinness Book of Records in 1993 for being the only American to win 9 national titles and 2 world titles. She has trained teams from Egypt to Alaska and places in between.

All of this started from a little school in Detroit, Michigan on West 7-mile rd. and the Southfield Fwy service drive with her teacher and mentor Master Chung

If you are in the Detroit area August 4-6 and want to get your foot into the sport of taekwondo, consider joining the camp activities. Master Love along with other Olympians and master's will be Instructors that weekend. Click on the latest newsletter for information on classes.



Lotus Peace Arts



Mejishi Martial Arts Presents



Thousand Waves
Martial Arts & Self-Defense Center, LLP
CHICAGO



Mejishi Alliance Camp

~Creating Joy~



Thank you for joining us for this once a lifetime event.
Twenty Master instructors representing a multitude of
martial and healing arts and self-defense systems will be your guides.



Friday
August 4
2:30pm - 7:30pm
8 class choices

Saturday
August 5
9:00am - 5:30pm
17 class choices
Zom Dinner & Demo

Sunday
August 6
8:30am - 12:00pm
7 class choices



Anderson
Martial
Arts

WHERE
Mejishi Martial Arts | 247 W. 9 Mile Rd, Ferndale MI 48220
Affirmations | 290 W. 9 Mile Rd, Ferndale MI 48220
Hazel Park Rec Center | 620 W. Woodward Heights Blvd Hazel Park MI 48030



PROGRESSIVE
TACTICS
MARTIAL ARTS

Shinshii Janet Aalfs
Professor Dan Anderson
Master Bill Barker
Shihan Darlene DeFour
Shifu/Sensei Koré Grate
Sifu Dave Hatch & Simo Lynda Hatch
Instructor Karl Hatcher
Sensei Jay Hawkins
Dr. Amelia Jones
Instrutora Sabiá Jones

Shihan Nancy Lanoue
Sifu Wendy Lathrop
Olympic Champion Arlene Limas
Sensei Teddie Linder
Olympic Champion Lynnette Love
Sifu Sarah Ludden
Cikgu Jen Para
Instructor Lisa Santi
Sensei Janis Totty
Master Wasentha Young



Tiger Lily
Eastern Arts



F.E.M.A.



Olympic Champion Lynnette Love



Love's Taekwondo Academy was founded in 1994 by Master Lynnette Love. Master Love is a 1988 Olympic Gold Medalist and 1992 Olympic Bronze Medalist. She has been teaching for over 30 years in Washington D.C. and Southern Maryland.

Olympic Style Taekwondo Sparring Class

Master Love will teach various sparring techniques, footwork and kicking drills (on targets) to enhance actual sparring. Students will use a combination of drills and strategy to explore different combinations to perfect the sparring challenges. These include kicking drills, punching drills and footwork drills.

Exertion Level for sparring: Medium-High

Exertion Level to learn techniques: Medium

The key to practicing safely is to partner with someone who matches your exertion level.

Equipment needed:

- Long pants. A long sleeve shirt or martial arts top is recommended so that the sparring equipment is not against the body.
- All participants need sparring equipment. Bring head gear. No gloves or boots are needed, but please bring leg and arm protection if you have it. I will bring some chest protectors and some head, arm and leg protection for those who don't have it

Friday 4:00pm – 5:30pm Mejishi

Kicking Drills and Techniques

We will be doing speed drills, offensive/defensive kicking drills and one on one techniques to develop strength and stamina for sparring matches.

Exertion Level to learn techniques: Medium

Equipment needed:

- Long pants. A long sleeve shirt or martial arts top is recommended so that the sparring equipment is not against the body.
- All participants need sparring equipment. Bring head gear. No gloves or boots are needed, but please bring leg and arm protection if you have it. I will bring some chest protectors and some head, arm and leg protection for those who don't have it

Saturday 4pm – 5:30pm Mejishi

48 Years in Martial Arts

Did I mention Lynnette Love is my younger sister. She was instrumental in get my daughter Eboni Love-Peel into the sport. Eboni, born deaf started taking summer lesson in her kid's camp program in Maryland at about age 4 ½. She is a black belt and like her aunt loves sports and currently plays with a deaf basketball team from Indiana while attending College in DC.

Master Love's Accomplishments

1979-1992

NATIONAL TEAM MEMBER

1993-2000

NATIONAL TEAM COACH

1992

OLYMPIC BRONZE MEDALIST

Barcelona, Spain

1985/1987/1991

THREE-TIME WORLD CHAMPION

1990

WORLD CUP CHAMPION

Madrid, Spain

1989

GUINNESS BOOK OF RECORDS

American Female Winner of the Most National and World Records

1988

OLYMPIC GOLD MEDALIST

Seoul, Korea

1980/1982/1984/1986/1988/1990

SIX-TIME PAN AMERICAN CHAMPIONSHIP GOLD MEDALIST

1983

WORLD SILVER MEDALIST

Quoted in the inspirational book Pearls of Wisdom



1988 Olympic Games, Seoul, Korea



GAMES OF THE XXIVTH OLYMPIAD

1988 U.S. OLYMPIC
WOMEN'S TAEKWONDO TEAM



