



Maggie Messina

“The Martial Arts woke up a fire and gave me the Platform for being the change the World needed...”

HOW MARTIAL ARTS CHANGED *my life!*

Martial Arts provided me with an inner strength that I thought only existed in others. Although there were setbacks every now and again. I always got back up and kept pushing forward. Being a woman and being treated so differently than men, never sat well with me. This only heightened my fighting spirit. The Martial Arts woke up a fire and gave me the Platform for being the change the World needed. We are who we choose to be. The harder the task, the bigger the victory. It started with kicking, punching, blocking. Here we are 35 years later, changing the World, one task at a time.

BIO

One day Maggie was in a park with her sister-in-law, Ewilda, she started to teach Maggie some basic kicks and punches. Maggie caught on really quick and loved the way it made her feel. The feelings of freedom matched with control is what she fell in love with. Taking her outside of herself into a more peaceful place. Maggie Messina started



TRAINING INFORMATION

- Martial Arts Styles & Rank: TaeKwon Do, 7th Dan; Shotokan, Black Belt
- Instructors/Influencers: GM Cho, GGM Suh Chong Kang, GM Tae Sun Kang
- Birthdate: March 1, 1967
- Birthplace/Growing Up: Nyack, NY
- Yrs. In the Martial Arts: 35 years
- Yrs. Instructing: 33 years
- School owner, Manager & Instructor at Taecole Tae Kwon Do and Fitness Inc., Entrepreneur, Author

PROFESSIONAL ORGANIZATIONS

- International TaeKwonDo Federation (ITF)
- Kuk Mu Kwan (KMK)
- All American Black Belt Association (ABBA)
- WKC
- NASKA
- National Association Education of Young Youth (NAEYC)
- Marquis Who's Who Publication
- Action Martial Arts Organization

training with one of Grandmaster Sir Henry Cho black belts privately in her late teens. She made her way to green belt with GM Cho. Maggie loved the arts and wanted to train with other martial artists. So, she sought out her first “real” martial arts school.

This was hard for her. It was in the mid 80’s and not many women trained. Her search went on for a long time but she kept hearing about a school that was known for its hardcore, no-nonsense training in Brooklyn. As it turned out, it was just what she was looking for. But, when she went to check it out, she couldn’t work up the courage to walk up the long, dimly lit stairs. It took her three months to finally climb those steps.

Once inside, she loved the smell of sweat and the sound of training. While the black belts standing in the back did intimidate her a bit, she continued to train. This environment was definitely different from the basement she’d been training in previously.

Maggie states, “since earning the rank of brown belt, her vision of having her own School was born. I knew there were many hurdles to overcome. Those early days were tough, but they made me who I am today. To this day, I stay true to my core values, and remember why I am here. I fell in love with how Tae Kwon Do helped to develop people, and it certainly helped me to develop into the woman I am today.”

“I had started teaching at the Brooklyn school,” said Maggie, “That is when, I, as a student, really began to

PERSONAL ACHIEVEMENTS

- Published her (memoir) book, making Maggie "Little Miss Tri-County"
- Earned CDA National Credentials
- Awarded 6th Dan Black Belt by the ITF (A-6-95)
- BBB A+ Accredited since 2006-Present
- Taecole earns ITF Certified
- Volunteer for Girls, Inc.
- Volunteer for Isaacs Park/Recreation
- Master Instructor of the Herricks Junior / High Schools Community Center Martial Arts Program Best Adult Black Belt of the Year, 2001-2003 (WCMAO)
- 2001 Master Instructor of the JCC/Searingtown After School TaeKwonDo Program World Champion Korean Traditional Forms / Fighting / Breaking (2000*2004) 2010 Hall of Fame Golden Warrior Lifetime Achievement Award Teach Self Defense / Fitness Awareness to several NYC Youth Organizations
- 15 Years Medical Experience with Sloan Kettering Cancer Hospital. Major Achievements
- Member USA 2018 USA Martial Arts Team (WKC) USA GOLD MEDALIST.
- 2018/19 Voted Best Martial Arts School Long Island NY
- NASKA World Champion Women's lightweight BB fighting
- NASKA World Champion in BB Tradition and Creative
- Forms
- WKC USA Team (Ranked #1 Traditional Forms)
- Team USA GOLD Medalist (Traditional Forms)
- WKC USA Team (Ranked #1 Traditional Forms)
- NYS 2009 Champion in Woman's Black Belt Fighting
- Woman's Grand World Champion in Fighting (WCMAO)

understand and know the material. You cannot be a good instructor unless you truly know the material.” Upon leaving the school, Maggie began teaching at various community centers and upscale high rises in New York City, but owning her own school was her true vision.

She did a lot of research, finally deciding upon a location in Albertson, New York, feeling that the neighborhood was a strong community with family values. She signed the lease for her school the same time of the 9/11 attacks, creating a need for intense perseverance as she battled the emotional conflict of the nearby terrorist attacks along with building a school from the ground up.

She outgrew the building by 2005 and needed to find a new location. Luckily, right across the street was the perfect spot for a new state-of-the-art facility. TaeCole Tae Kwon Do & Fitness prospered at the new location, as well as several community programs that Maggie instructed at local schools and centers.

As Maggie puts it, “We turn no one away, keeping children safe and aware is our number one priority.” She goes on to say, “My students come first. I use TKD as a tool to help others be all they can be. Planting the seed of confidence in a child, that they can be all they dream, is the key. TKD has allowed me to make the difference I want to see in the world by reaching out to others. People trust us, it is important that we do not abuse our position to hurt others. We are all just people at the end of the day. The question is, did we make a POSITIVE impact on the

MAJOR ACHIEVEMENTS

- 2021 Inducted into the Amerikick International Martial Arts hall of fame
- 2020 Inducted into the Ocean State International Martial Arts hall of fame
- 2019 Awarded The Most Powerful Woman in Business for NYS (Schneps Media).
- 2019 Presented Special Congressional Recognition for her outstanding and Invaluable service to her Community, and everywhere she makes her mark.
- 2019 New York Assembly Certificate of Merit for Female Fighters Matter Too (Founder and President) mission to bring equality to young girls and women worldwide.
- Recognized by NYS Senator Joseph P. Adabbo, Jr. for her selflessly and tirelessly commitment to the State of New York, and for her Loyalty and Dedication to the betterment of the State of New York.
- 2019 Marquis Who’s Who woman of Integrity, Excellence/ Entrepreneur Award
- 2017 Awarded Women of high honors distinction award 2019 Cover of Tae Kwon Do Life Magazine (First women to make the cover edition).
- 2018 #FFM2 (#Femalefightersmattertoo) World Wide Campaign, Bringing attention to equality for Female Athletes Worldwide.



day of another.”

Staying true to your heart is success, because at the end of the day this is all you have. The richest person is the one richest in the heart. It is very easy to live against your values, gaining popularity. One can be comfortable, or have a million-dollar home, or a fancy car, but I believe that I don't have anything to prove to anyone.



MAJOR ACHIEVEMENTS

- Founded SWERV.CHANGE an Organization helping "at risk" youth, adults and promoting various campaigns to promote equality and empowerment for young girls and women.
- 2014 Twin Towers Hall of Fame
- 2014 ISKA Forms Champion
- 2014 NASKA World Champion Women's Forms
- 2014 Our LIWO is the Northeast Regional Championship for the World Class Martial Arts Organization
- 2012 Earned her 7th Dan under GGM S.C. Kang (Kuk Mu Kwan Kang System)
- 2012 Hosted her first tournament LIWO (Long Island Martial Arts Winter Open)
- 2012 Inducted into the Martial Arts Hall of Fame
- TKD Times School of the Month (March 2010)
- 2007 New York / New Jersey U-ITF Regional Director
- Certified International (#A-17-Class A) Instructor
- Founder/President at TaeCole Tae Kwon Do & Fitness, Albertson, New York
- Director of TaeCole Tae Kwon Do & Fitness House Call Network

