

## SGT TERRENCE JENNINGS

### TAEKWONDO ASSISTANT COACH



**Hometown:** Alexandria, Virginia  
**High School:** T.C. Williams High School  
**College:** Northern Virginia Community College  
**Joined Army:** April 2016  
**MOS:** 11B, Infantryman  
**Event:** Taekwondo

While strolling in the local mall, eleven-year-old SGT Terrence Jennings saw a kiosk promoting a new taekwondo school. Since his favorite cartoon featured the martial arts, he tried it out. By 2000, Terrence was traveling on his first plane ride to Hawaii for a competition, which he won. As a high school junior, he made the 2003 Junior National Team and won a bronze medal at the Junior Pan American Championships. As a WCAP Soldier-athlete, he trains remotely in Miami with the USA Olympic taekwondo coach, and recently won gold at the 2018 U.S. Nationals Championships in Salt Lake City.

*"No matter how big the step, just make sure you're moving forward."*

### CAREER HIGHLIGHTS

- 2020** U.S. Olympic Assistant Coach
- 2019** World Championship Team Coach  
Pan American Games Qualifier Team Coach
- 2018** U.S. Nationals Championships in Salt Lake City
- 2016** U.S. Olympic Team Member, Alternate
- 2015** Pan American Games Team Member
- 2012** U.S. Olympic Team Member
- 2011** Pan American Games Team Member

