



FOR IMMEDIATE RELEASE
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Contact: Randa McMinn
Director of Marketing
972-471-2345
RandaM@EveryBody-Fits.com

Local Athletes Dominate State Taekwondo Championships

COPPELL – Local athletes from the NTA Taekwondo Center at EveryBody Fits brought home 43 gold medals from the Texas State Taekwondo Championships.

At the top of the victorious athletes were brother and sister Kacy and Vatti Howe of Coppell. Kacy, 15, and Vatti, 16, are both black belts and won their respective divisions of the 14 to 17-year-old Poomse and Gyoroogi competitions.

“I was really excited about winning double gold,” said Vatti Howe. “And getting to see my brother do the same thing made the whole experience very cool.”

The Texas State Taekwondo Championships is an important stepping-stone to the U.S. National Junior Olympic Taekwondo Championships that will be held this June. Poomse, also known as forms, is a pre-arranged series of blocks, strikes and kicks. Gyoroogi, or sparring, involves attacks to the trunk made by the fist or foot and controlled contact to the face made by the foot.

Twelve additional athletes from the NTA Taekwondo Center at EveryBody Fits joined the Howes by winning gold in both the forms and sparring categories for their age and belt divisions:

Black Belt

- Wesley Adams, 10/11, from Coppell

Red Belt

- Justin McCracken, 10/11, from Coppell
- Matthew Galea, 8/9, from Coppell

Blue Belt

- Graham Gow, 16/17, from Coppell
- Garland Siebert, 11/12, from Coppell
- Chris Blankenship, 8/9, from Coppell
- Arthur Pak, 6/7, from Carrollton

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Local Athletes Dominate State Taekwondo Championships Cont. Page 2

Green Belt

- Nate Putney, 14/15, from Coppell
- Goutham Kandru, 10/11, from Coppell
- Jessica Blankenship, 8/9, from Coppell
- Morgan Glover, 6/7, from Coppell
- Alec Miledi, 5, from Irving

The NTA Taekwondo Center is directed by Master Sang Cha, a sixth-degree black belt. "I am so proud of how all our students competed," Cha said. "They proved they are some of the best athletes in Texas."

In addition to those winning double gold, 15 athletes from the NTA Taekwondo Center won top honors in one of the categories. Other top-performing martial artists include:

Black Belts	Age Group	Forms	Sparring
• Michael Grant, from Lewisville	18-32		1
• Jake Busboom, from Coppell	12-13	1	
• Zack Marshall, from Coppell	10-11	1	
Red Belts	Age Group	Forms	Sparring
• Keaton Ozymy, from Coppell	10-11		1
• Deric Everett, from Coppell	10-11		1
• Nicholas Barker, from Coppell	8-9	1	
Blue Belts	Age Group	Forms	Sparring
• Evan Gow, from Coppell	12-13	1	
• Sky Pak, from Carrollton	10-11	1	
• Daniel Kim, from Irving	6-7		1
Green Belts	Age Group	Forms	Sparring
• Christopher Gagne, from The Colony	10-11	1	
• Miki Das, from Irving	10-11		1
• Alex Avalos, from Coppell	10-11		1
• Brendan Glover, from Coppell	8-9		1
• Steven Tower, from Coppell	8-9		1
• Tucker Ribman, from Irving	6-7		1

About the NTA Taekwondo Center and EveryBody Fits

The NTA Taekwondo Center, which is directed by sixth-degree black belt Master Sang Cha, is located in EveryBody Fits in Coppell, Texas. EveryBody Fits offers the finest artistic and athletic programs for the whole family including: Gymnastics, Dance, Cheerleading, Taekwondo, Fitness, Art, Acting, Sports Skills and a Café. The first of its kind, EveryBody Fits is a uniquely-designed facility providing one place to enroll kids in a diverse set of programs while also allowing parents to focus on their own fitness or leisure desires. To learn more about this

announcement or EveryBody Fits, visit our Web site at www.EveryBody-Fits.com or call 972-471-2345.

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