



EVERYBODY FITS

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Contact: Randa McMinn
Director of Marketing
972-471-2345
Cell: 469-767-0877
RandaM@EveryBody-Fits.com

Six-Year-Old Irving Student Packs a Big Punch

COPPELL – Tucker Ribman, 6, from Irving, isn't your typical six-year-old. He is a national Taekwondo champion who has yet to lose a sparring match in competition.

While most kids his age spend their spare time at play, Ribman spends his spare time fine-tuning his Taekwondo skills for the next tournament. Most recently, he was in the gym training seven days a week for his first Junior Olympic (JO) National Championships in San Antonio.

Ribman made a grand entrance into the Championships by leading in the Texas athletes while he held the state sign on his coach's shoulders. He finished with a gold medal in sparring for his belt, age, and weight division, and he won a silver medal in forms.

During the JO Championships, more than 5,000 athletes from 50 states had the opportunity to compete in two different types of events. Poomse, also known as forms, is a pre-arranged series of blocks, strikes, and kicks. Gyorooigi, or sparring, involves attacks made to the trunk by the fist or foot and controlled contact made to the face by the foot.

"Taekwondo has made such an amazing impact on Tucker in all aspects of his life," said Darcy Ribman, Ribman's mother. "He's more focused than ever before, his body's in great shape, and he's made the best of friends."

Ribman's favorite part about Taekwondo is going to tournaments and competing with his team. He has been taking Taekwondo for the past two and half years and has accumulated nine medals and trophies. He takes Taekwondo under the direction of Master Sang Cha, a sixth-degree Black Belt, at the NTA Taekwondo Center at EveryBody Fits in Coppell.

"It's not every day you get the opportunity to work with such a young, talented, and devoted athlete," Master Cha said. "I'm so proud of Tucker and can't wait to see what the future holds for him."

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6-Year-Old Irving Student Packs a Big Punch cont.

In addition to Taekwondo, Ribman enjoys swimming, rock climbing, and playing soccer. He lives at home with his mom, Darcy, dad, Jaime, and his two-year-old younger brother, Cooper. When Ribman grows up, he wants to be an astronaut.

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, Tex. 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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