



**FOR IMMEDIATE RELEASE**  
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## **Local Taekwondo Athletes Master Regional Invitational**

COPPELL – Local athletes from the NTA Taekwondo Center at EveryBody Fits dominated during a regional invitational in Wichita, Kans. Of the 93 students who represented the NTA Taekwondo Center, 100 percent placed in the top three of their respective belt, weight, and age divisions.

More than 350 athletes from five states had the opportunity to compete in two different types of events during the invitational. 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.

“The Kansas tournament is a great warm-up to state, regional, and national tournaments,” said Master Sang Cha, director of NTA Taekwondo Center at EveryBody Fits. “I’m so proud of each and everyone of these kids because they train especially hard during this time of year. It’s great that they get to experience a bit of glory before heading to regional qualifiers.”

The following 24 NTA Taekwondo students are at least a 1<sup>st</sup> Degree Black Belt (the highest level of belt obtained) and finished in the top three in their divisions during the tournament:

### **8- and 9-year-olds**

- Matthew Galea, of Coppell, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring
- Nicholas Barker, of Coppell, placed 2<sup>nd</sup> in forms and 2<sup>nd</sup> in sparring

### **10- and 11-year-olds**

- Zach Marshall, of Lewisville, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring
- Mitchell Solomon, of Coppell, placed 1<sup>st</sup> in forms and 3<sup>rd</sup> in sparring
- Shane Gothman, of Flower Mound, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring
- Russell Smith, of Coppell, placed 3<sup>rd</sup> in sparring

### **12- and 13-year-olds**

- Keaton Ozymy, of Coppell, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring
- Vikram Kumar, of Coppell, placed 3<sup>rd</sup> in forms and 3<sup>rd</sup> in sparring
- Jake Busboom, of Coppell, placed 2<sup>nd</sup> in forms
- J Thomas Zamecnik, of Flower Mound, placed 2<sup>nd</sup> in forms and 2<sup>nd</sup> in sparring
- Rishi Samani, Coppell, placed 3<sup>rd</sup> in forms and 3<sup>rd</sup> in sparring
- Thomas Rahimi, Irving, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring

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### 14- and 15-year-olds

- Lily Benefiel, of Flower Mound, placed 2<sup>nd</sup> in forms and 3<sup>rd</sup> in sparring
- Tesia Pham, of Coppell, placed 2<sup>nd</sup> in forms
- Hali Pham, of Coppell, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring
- Dominique Pianelli, of Coppell, placed 1<sup>st</sup> in forms and 2<sup>nd</sup> in sparring
- Davina Nguyen, of Coppell, placed 3<sup>rd</sup> in forms
- Kyle Gothman, of Flower Mound, placed 2<sup>nd</sup> in forms and 1<sup>st</sup> in sparring
- Tyler Stiles, of Coppell, placed 2<sup>nd</sup> in forms and 1<sup>st</sup> in sparring

### 16- and 17-year-olds

- Vatti Howe, of Coppell, placed 2<sup>nd</sup> in forms and 2<sup>nd</sup> in sparring
- Lauren Marsolek, of Coppell, placed 1<sup>st</sup> in forms and 1<sup>st</sup> in sparring
- Jason Stiles, of Coppell, placed 1<sup>st</sup> in sparring
- Kacy Howe, of Coppell, placed 3<sup>rd</sup> in forms and 1<sup>st</sup> in sparring

### 18 and older

- Bharat Wadhwa, of Coppell, placed 3<sup>rd</sup> in forms and 1<sup>st</sup> in sparring

Taekwondo, translated, means “Foot, Hand, Way-of-Life” and is a martial art form that originated in Korea thousands of years ago. According to the World Taekwondo Federation, [www.wtf.org](http://www.wtf.org), Taekwondo is a discipline that enhances ones spirit and life by training both mind and body together. It consists of a dynamic series of active movements – fast, high jumps, spin kicks, and quick footwork – that train students how to block and control an attack.

### About the NTA Taekwondo Center and EveryBody Fits

The NTA Taekwondo Center, which is directed by 6<sup>th</sup> 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](http://www.EveryBody-Fits.com) or call 972-471-2345.

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Kacy Howe, 17, of Coppell



Shane Gothman, 11, of Flower Mound