



2014-15

# AAU Taekwondo National

## Cadets Female Team for Ages: 12 – 14



**Shaula  
Gomez**  
 <65.9 lbs



**Aiko Bianca  
Coloso**  
 66.0 – 72.8 lbs



**Kiana  
Chai Chong**  
 72.9 – 81.6 lbs



**Ana Paula  
Aguilera**  
 81.7 – 90.4 lbs



**Kianna  
Louissaint**  
 90.5 – 97.0 lbs



**Isabella  
Hrunka**  
 97.1 – 103.6 lbs



**Natalie  
Loureda**  
 103.7 – 112.4 lbs



**Kamaria  
Harris**  
 112.5 – 121.3 lbs



**Becka  
Butler**  
 121.4 – 130.1 lbs



**Naishka  
Roman**  
 130.2 – 999.0 lbs



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# AAU Taekwondo National

## Cadets Male Team for Ages: 12 – 14



**Omar  
Shuhait**  
<72.8 lbs



**Zachary  
Paustenbach**  
72.9 – 81.6 lbs



**Joshua  
Kosloski**  
72.9 – 81.6 lbs



**Timothy  
Snow**  
90.5 – 99.2 lbs



**Derrick  
Kwak**  
99.3 – 108.0 lbs



**Juan Pablo  
Alvarado**  
108.1 – 116.8 lbs



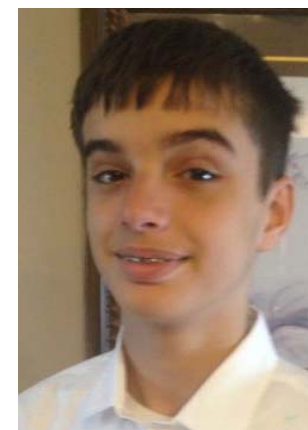
**Joshua  
Liu**  
116.9 – 125.7 lbs



**Gabriel  
Rosa**  
125.9 – 134.5 lbs



**Emmanuel  
Davis**  
134.6 – 142.3 lbs



**Alban  
Kalaj**  
143.4 – 999.0 lbs



# 2014-15 AAU Taekwondo National Female & Male Senior Teams

## Team Members & Biographies



### Omar Shuhait

**School:** Power Kix Martial Arts

**Location:** Stafford, VA

**Instructor:** Master Arlene Limas

**Bio:** I enjoy taekwondo. My brother and I have been doing taekwondo for seven years and I enjoy working out together. I am going to seventh grade and I am looking forward to the upcoming year.

**National Experience:**  
2014 AAU Taekwondo  
Medal – Bronze



### Shaula Gomez

**School:** Gomez

**Location:** McAllen, TX

**Instructor:** Master Jorge Gomez

**Bio:** I'm 12 and taekwondo is a way of life to me. Now that I have been in the team and generally been in taekwondo for 7 years I look forward to being in the team again

**National Experience:**  
Past Team Member  
2014 Canada Open  
Medal - Silver



### Zachary Paustenbach

**School:** Robinson's Taekwondo

**Location:** Lodi, CA

**Instructor:** Master Fouad El-Chemail

**Bio:** I have been a student of Taekwondo since the age of 4 when my Grandpa enrolled me in our local school. My initial training included learning the forms, the art and history of the sport. It was four years ago I was introduced to Olympic Sparring and now spend 100% of training in this area.

**National Experience:**  
2014 AAU Taekwondo  
Medal – Bronze



### Aiko Bianca Coloso

**School:** US Best Taekwondo Center

**Location:** Seminole, FL

**Instructor:** Master Dennis White

**Bio:** I enjoy seeing my friends at Taekwondo tournaments. I like to draw, read books and outdoor activities. I also like to read and draw manga (Japanese comics).

**National Experience:**  
2014 AAU Taekwondo  
Medal – Gold  
2013 AAU Taekwondo  
Medal - Gold



## Joshua Kosloski

**School:**

**Location:** Aurora, CO

**Instructor:** Master Bill Pottle

**Bio:** Joshua Kosloski, made history by becoming the first and only Gold World medalist for Team U.S.A. at the 2014 1st WTF Cadet World Taekwondo Championships in Baku, Azerbaijan; this also makes him the youngest Gold World medalist in the U.S. for Olympic Sparring. His next goal is to represent Team U.S.A. in the Juniors division. Joshua is thankful for his coaches, the schools and coaches around the U.S. and Colorado that have supported him; and to God, to his family and to his friends, fans and teammates for all of their constant encouragement.

**National Experience:**

Past Team Member

2014 WTF Cadet World Taekwondo Championships Medal – Gold

2014 Canada Open Medal – Gold



## Kiana Chai Chong

**School:** Black Belt Academy

**Location:** Bowie, MD

**Instructor:** Master Nigel Chai Chong

**Bio:** I am always ready and willing to learn.

**National Experience:**

2014 AAU Taekwondo Medal – Gold



## Timothy Snow

**School:** Peak VA

**Location:** Nokesville, VA

**Instructor:** Master Scott Snow

**Bio:** I represented USA at the 1<sup>st</sup> World Cadet Championship in 2014 in Baku, Azerbaijan for feather WT. I love to play the piano and the drums.

**National Experience:**

2014 AAU Taekwondo Medal – Gold



## Ana Paula Aguilera

**School:** Victory Taekwondo Academy

**Location:** Rancho Viejo, TX

**Instructor:** Master Estuardo Teran

**Bio:** I love taekwondo!

**National Experience:**

Past Team Member



## Derrick Kwak

**School:**

**Location:** Simi Valley, CA

**Instructor:** Master Dean Vargas

**Bio:** I am Korean American and I was born into Taekwondo Family. I trained under Derrick Kwak Sr. and he is the founder of American Martial Arts Academy. When I grow up, I want to be Taekwondo Master. One of my favorite things to do beside Taekwondo is vacationing with my family and also spending time with my friends. I also like to read good novels. I have one brother and a sister who also practice Taekwondo.

**National Experience:**

2014 AAU Taekwondo Medal – Bronze

2013 Pam Am Open Medal - Gold



## Kianna Louissaint

**School:** The Masters Academy

**Location:** Norcross, GA

**Instructor:** Master Richard Louissaint

**Bio:** I started taekwondo training at the age of 10. I enjoy the sport very much. I love school, I'm a straight A honor student in the 8th grade. I'm excited to see what The Lord has in store for me in taekwondo and in life in general.

**National Experience:**

2014 AAU Taekwondo Medal – Silver



## Juan Pablo Alvarado

**School:** Victory Taekwondo Academy

**Location:** Brownsville, TX

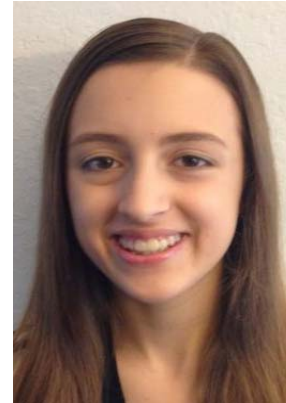
**Instructor:** Master Estuardo Teran

**Bio:** My name is Juan Pablo Alvarado but most people call me JP or Canelo. I am 13 years old and the oldest of three children. I have twin brothers, Joaquin and Patricio who also practice taekwondo. I always strive to do my best in everything that I do because I know I am their role model. I am an honor roll student and last year I was top 4 in my class. Besides taekwondo. I am also involved in cross country, soccer, swimming, track, and cross fit but taekwondo is my life. I know without my parents, family, and coaches support none of this would be possible that is why I would like to give them a special thanks.

**National Experience:**

2014 AAU Taekwondo Medal – Gold

2014 Canada Open Medal - Gold



## Isabella Hrunka

**School:** US Best Taekwondo Center

**Location:** Fort Myers, FL

**Instructor:** Master Dennis White

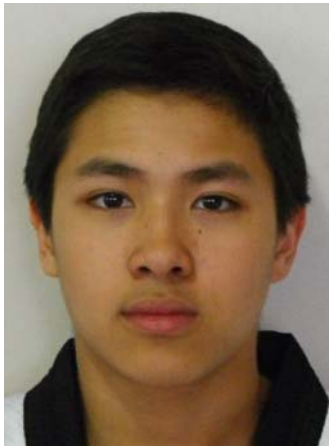
**Bio:** I am a freshman in High School at Lee Virtual School, which allows me more time to train. I am a member of the National Honor Society. I love to spend time with my family, read and play piano. I currently train with Master Dennis White and Master Jermaine James. I am a 2014 AAU National Team Member, USAT National B Team Member and Florida State Team Member. I have competed all over North America, Central America, Europe and Asia.

**National Experience:**

2014 AAU Taekwondo Medal – Silver

2014 Korea Open Medal - Gold





## Joshua Liu

**School:**

**Location:** Ashburn, VA

**Instructor:** Master Dennis Kim

**Bio:** I have been training and competing since I was 6. Three time national team member with USAT. I won a bronze medal at Cadet Worlds in Azerbaijan. I love this sport and fully plan on continuing my training into my senior years.

**National Experience:**

2014 AAU Taekwondo  
Medal – Gold



## Natalie Loureda

**School:**

**Location:** Miami, FL

**Instructor:** Master Francisco Loureda

**Bio:** I have been in taekwondo even before I was born because my father is my coach and master. My sister is my training partner and role model. I participated in the first cadet world championships but fell short in sudden death with 2 kyongoes. I represent the beautiful county of Puerto Rico and am full of pride when I step on the mat representing the beautiful flag.

**National Experience:**

Past Team Member

2013 Pan American Open  
Medal - Gold



## Gabriel Rosa

**School:** World Championship Taekwondo

**Location:** Fort Myers, FL

**Instructor:** Master Toby Oliver

**Bio:** I'm 13 years old from Florida and my coach is Toby Oliver. I love sports and music. I was a 2014 AAU National Team Member. "Train hard, fight easy."

**National Experience:**

2014 AAU Taekwondo  
Medal – Bronze

2014 Puerto Rico  
Medal - Gold



## Kamaria Harris

**School:**

**Location:** Riverview, FL

**Instructor:** Master Henry Giles, Jr.

**Bio:** My name is Kamaria Harris. I'm thirteen years old. I'm currently an A student. I have been doing Taekwondo for about seven years and I enjoy it. I love to compete in poomae and olympic sparring. I like taekwondo because I get an opportunity to travel, meet new people and learn different cultures. My dream is to someday become an Olympic champion.

**National Experience:**

2014 AAU Taekwondo  
Medal – Gold

2014 Puerto Rico Guyama  
Medal - Gold



## Emmanuel Davis

**School:** Epic Martial Arts

**Location:** Richmond, VA

**Instructor:** Master Joshua Kim

**Bio:** I am 14 years old. My favorite food is watermelon. On my days off I enjoy skateboarding. I am the middle child of 5. The most important person in my life is my mother who has supported me.

### **National Experience:**

2014 AAU Taekwondo  
Medal – Gold



## Becka Butler

**School:** Great American Taekwondo

**Location:** Tomball, TX

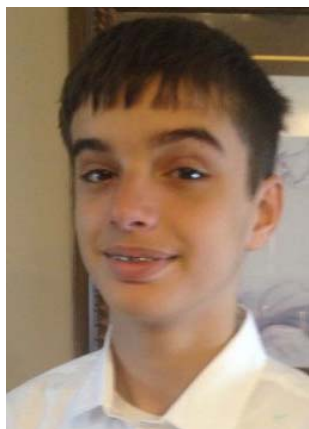
**Instructor:** Master Andreea Kovacs Lester

**Bio:** I am Becka Butler and Taekwondo is my passion. My dream is to one day compete in the Olympics. This past year I have gotten to opportunity to compete in the Canada Open and US Open where I won gold. I also competed in the Korean Open as a Junior and it was a wonderful growing experience. While in Korea I participated in the World Youth TKD Camp and learned so much about the art that I love.

### **National Experience:**

2014 AAU Taekwondo  
Medal – Gold

2014 Canada Open  
Medal - Gold



## Alban Kalaj

**School:** US Pro Taekwondo

**Location:** Palm Beach Gardens, FL

**Instructor:** Master Jung Han

**Bio:** I am 14 years old and am a Black Belt.

### **National Experience:**

2014 AAU Taekwondo  
Medal – Silver



## Naishka Roman

**School:** Puerto Rico AAU Taekwondo

**Location:** Morovis, Puerto Rico

**Instructor:** Master Luis Pena

**Bio:** Naishka is part of the Cadets Taekwondo National Team of Puerto Rico. She is the Cadet Champion in heavyweight division in Puerto Rico. She won gold medal in Queretaro Open in Mexico. She won silver medal in the Colorado International Taekwondo Classic Open 2014 in Denver, Colorado.

### **National Experience:**

2014 AAU Taekwondo  
Medal – Gold

2014 AAU Regional Puerto  
Rico  
Medal - Gold