



2014-15

AAU Taekwondo National

Seniors Female Team for Ages: 18 - 32



**Emily
Kaii-Ziegler
-101.4**



**Katheryne
Puentas
101.5 – 107.9**



**Cody
Crawford
108 – 116.7**

NO PHOTO PROVIDED



**Devon
Lewis
116.8 – 125.6**

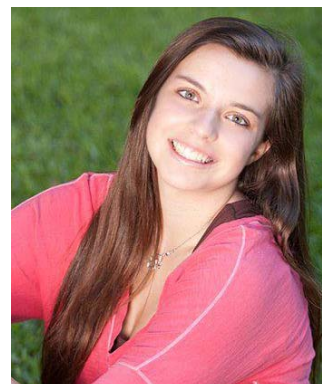


**Sara
Sayles
125.7 – 136.6**

NO PHOTO PROVIDED



**Brittany
Strauss
136.7 – 147.6**



**Heather
Dileo
147.7 – 160.8**



**Zahia
Abdella
160.9 - 999**



2014-15

AAU Taekwondo National

Seniors Male Team for Ages: 18 - 32

	<p>NO PHOTO PROVIDED</p> 	<p>NO PHOTO PROVIDED</p> 	
<p>David Kim - 119</p>	<p>Dominic Hilaman 119.1 – 127.9</p>	<p>Fouad Elchemali 128 – 138.9</p>	<p>Isiah "Rashid" Muhammad 139 – 149.9</p>
<p>NO PHOTO PROVIDED</p> 		<p>NO PHOTO PROVIDED</p> 	
<p>Arron Rogers 150 – 163.1</p>	<p>Ryan George 163.2 – 176.4</p>	<p>Christopher Smith 176.5 – 191.8</p>	<p>Samuel Catan 191.9 - 999</p>

014-15 AAU Taekwondo National Female & Male Senior Teams

Team Members & Biographies



David Kim

School: Ballantyne Kicks

Location: Charlotte, NC

Instructor: Master Justin Laloan

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold

2012 US Open
Medal – Bronze



Emily Kaii-Ziegler

School: East Coast Martial Arts & Peak Performance

Location:

Instructor: Master Tommy Lee & Master Scott Snow

Bio: I am a senior at Annapolis High School. I train at East Coast Martial Arts with Thomas Jenkins, and also at Peak Performance Virginia with Scott Snow. I enjoy art and volunteering with the special need kids at my school.

National Experience:

2014 AAU Taekwondo
Medal – Gold

2012 AAU Taekwondo
Medal – Gold

NO PHOTO PROVIDED



Dominic Hilaman

School:

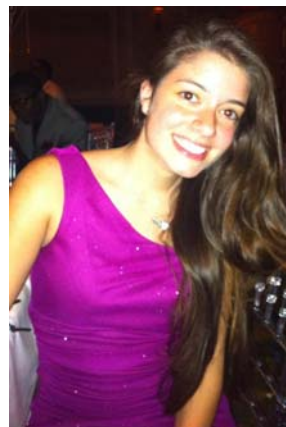
Location:

Instructor: Master Fred Estrada

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold



Katheryne Puentes

School: 1AF

Location: Miami, FL

Instructor: Master Daniel Espinosa

Bio: I have trained in Taekwondo for 16 years, still loving it every day that I train. I am currently going to college to finish my BA degree that only took me two years to complete. Soon I will be starting to get my Master's Degree in Psychology.

National Experience:

2014 AAU Taekwondo
Medal – Gold

2011 Mexico/Miami
Taekwondo Federation
Medal – Gold

I train almost every day in Taekwondo as well as run every morning. I am currently training for Marathons and obstacle races.

NO PHOTO PROVIDED



Fouad Elchemali

School: Robinson's Taekwondo

Location: Roseville, CA

Instructor: Master Clint Robinson

Bio: I am a very hard worker and a very determined human being. I am a lover of God and school. Family is very important to me. I am an AP student and I am involved with many school activities.

National Experience:

2014 AAU Taekwondo
Medal – Gold



Cody Crawford

School: Forney Taekwondo

Location: Forney, TX

Instructor: Master Aaron Crawford

Bio: Growing up in a town of 900 people in Centerville, Texas, I played basketball for 13 years. In high school, I went to the state finals in volleyball and was voted defensive player of the year. I also ran track, winning district and making it to regional's two years in a row. I graduated from the University of Texas at Arlington with a bachelor's degree in kinesiology. I started taekwondo in 2010 shortly after I started dating my husband (who is also my coach.)

National Experience:

2014 AAU Taekwondo
Medal – Gold



Isaiah "Rashid" Muhammad

School: GT Sport Taekwondo

Location: Plano, TX

Instructor: Master Greg Tubbs

Bio: My name is Rashid Muhammad, I am 21 years old. I come from a family of 7 siblings who've all done or do taekwondo. I've been doing taekwondo pretty much my whole life. My goal is to eventually win a gold at worlds and also the Olympics! I train every day except for Sundays, but when I'm not doing taekwondo I like to play basketball, football, or just hanging out with friends!

National Experience:

2014 AAU Taekwondo
Medal – Gold

NO PHOTO PROVIDED



Devon Lewis

School:

Location:

Instructor: Master Arlene Limas

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold

NO PHOTO PROVIDED



Arron Rogers

School:

Location:

Instructor: Master Nam Min Kim

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold



Sara Sayles

School: Blue Wave Taekwondo

Location: Burlington, VT

Instructor: Master Gordon White

Bio: I started taekwondo training when I was five years old and began competing a year after. Outside of taekwondo, I am an F-16 crew chief in the Vermont Air National Guard and an equipment technician at IBM. I love to travel and also represent my country.

I'm excited to be able to do both with the AAU National Team this year!

National Experience:

2014 AAU Taekwondo
Medal – Gold



Ryan George

School: Louisiana Sport Taekwondo

Location: Metairie, LA

Instructor: Master Larry Billingsley

Bio: I am a New Orleans native. Presently, I am a senior at Northwestern State University majoring in Pre Physical Therapy. I enjoy martial arts competition, training and researching how to further my martial arts skills. My dream is to qualify for the USA Olympic Taekwondo Team to represent my country and one day own my own PT clinic and martial arts studio. My greatest inspiration is my Dad, who encourages me in all my endeavors.

National Experience:

2014 AAU Taekwondo
Medal – Gold

NO PHOTO PROVIDED



Brittany Strauss

School: Young Brothers

Location: Houston, TX

Instructor: Master Gianni Giambi

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold

NO PHOTO PROVIDED



Christopher Smith

School:

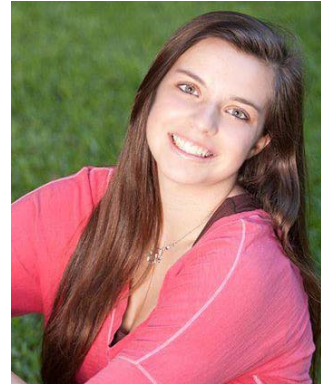
Location:

Instructor: Master Fred Estrada

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold



Heather Dileo

School: MuSool Academy of Martial Arts

Location: Port Orange, FL

Instructor: Master Shelby Creech

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold



Samuel Catan

School: Team Force

Location: Woodstock, IL

Instructor: Master Rikki Valle

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold



Zahia Abdella

School: Peak Performance New York

Location: Schenectady, NY

Instructor: Master Tim Tocco

Bio: *(Not Provided)*

National Experience:

2014 AAU Taekwondo
Medal – Gold