



2016-17

AAU Taekwondo National

Cadet Female & Male Teams for Ages: 10 - 11

**10 – 11 FEMALE CADET TEAM MEMBERS**

					
<b>Sally Ismael -63.9</b>	<b>Caitlin Nguyen 64.0-78.0</b>	<b>Kristina Teachout 78.1 – 90</b>	<b>Michelle Mancuso 90.1 - 102</b>	<b>Maya Mata 102.1 - 115</b>	<b>Alyssa Larson 115.1 - 999</b>

**10 – 11 MALE CADET TEAM MEMBERS**

					
<b>Jonah Ismael -63.9</b>	<b>Ryan Wong 64.0-78.0</b>	<b>Jordan Pan 78.1 – 90.0</b>	<b>Logan Thompson 90.1 – 102.0</b>	<b>Sheldon Wilcox 102.1 – 115.0</b>	<b>Jayden Perez 115.1-999.0</b>

# 2016-17 AAU Taekwondo National Female & Male Cadet Teams

## Team Members & Biographies



### Jonah Ismael

**School:** GT Sport Taekwondo

**Location:** Plano, TX

**Bio:** I started Taekwondo when I was 6 years old, I love tournaments and training hard. I train at GT sport with Master Greg Tubbs, I do a lot of marathons. My favorite thing to do if I have free time is Dancing and playing soccer, the most I like is Fishing. I like to sit Goals and work hard to achieve it. I have a twin sister who challenges me every day during training.

**National Experience:**

2016 AAU Taekwondo Medal – Gold  
2014 Las Vegas Open Medal – Silver



### Sally Ismael

**School:** N/A

**Location:** N/A

**Bio:** N/A

**National Experience:**

None Provided



### Ryan Wong

**School:** Ultimate Champions Taekwondo

**Location:** Bayside, NY

**Bio:** I'm a freshman at Great Neck South Middle School. My favorite subjects are math and science. In addition to taekwondo, I love playing basketball and lacrosse with my friends. I have been training competitively with Master Andrew Oh for five years. I look forward to competitions. My dream is to one day compete in the Olympics.

**National Experience:**

2016 AAU Taekwondo Medal – Gold  
2014 AAU Taekwondo Medal - Bronze



### Caitlin Nguyen

**School:** N/A

**Location:** N/A

**Bio:** N/A

**National Experience:**

None Provided



## Jordan Pan

**School:** Ultimate Champions Taekwondo

**Location:** Flushing, NY

**Bio:** I started Taekwondo when I was 3 years old and is my passion. In my spare time, when I'm not training, I like to play Minecraft and Pokémon Go. My favorite food is Italian. My favorite Taekwondo athlete is Steven Lopez, whom I met a couple times at NYC Times Square.

**National Experience:**

2016 AAU Taekwondo Medal – Gold  
2015 AAU Taekwondo Medal – Gold  
2014 AAU Taekwondo Medal - Gold



## Kristina Teachout

**School:** US Pro Tae Kwon Do

**Location:** Jupiter, FL

**Bio:** I'm 10 years old and attend Limestone Creek Elementary in Jupiter, FL entering 5th grade. I fell in love with Olympic sparring the first time I watched it. I've been honored to train not only at my dojo U.S. Pro Tae Kwon Do, but also have been welcomed into other schools to train, make friends and continually evolve as an athlete. I am excited to be a part of AAU team.

**National Experience:**

2016 AAU Taekwondo Medal - Gold  
2015 AAU Taekwondo Medal – Silver  
2015 Los Gallitos TK-5 Medal - Gold



## Logan Thompson

**School:** US Pro Taekwondo

**Location:** Jupiter, FL

**Bio:** I began studying the art of Taekwondo at age 5 in Fort Myers, FL and am now a 2nd Dan Black Belt. I quickly fell in love with the sport of Olympic Sparring competing as a white belt at my first competition. I recently joined Master Han at US Pro Taekwondo where I was challenged to learn a different approach to my competing style which has helped me achieve the personal goal I had to win Gold at AAU and USAT Nationals. I am thankful to Master Han and everyone else who has been part of my journey. As I continue in Taekwondo my goal is to eventually become a Master. In addition to Taekwondo I enjoy Jiu Jitsu, Football and running Track.

**National Experience:**

2014 AAU Taekwondo Medal – Bronze



## Michelle Mancuso

**School:** Champions Taekwondo

**Location:** Bayside, NY

**Bio:** I am going into 6th grade. I like to play with my 4 siblings, and I am learning how to play the guitar. My favorite food is pasta and meatballs. My favorite TV show is The Thundermans.

**National Experience:**

2016 AAU Taekwondo Medal – Gold  
2015 AAU Taekwondo Medal – Gold





## Sheldon Wilcox

**School:** American Taekwondo

**Location:** Hartford, WI

**Bio:** I would like to thank Master Cruft for helping me make sure my stances and footwork were always correct. I would also like to thank Master Vorpahl for teaching me all of the basics and for teaching me my counters. He also taught me from when I was 5 to now which I am 11. I would like to thank Master Aaron Vorpahl for teaching me my movement, footwork, my spinning kicks, and being a great coach for me. I would like to thank everyone who helped me get to where I am my teammates friends and family I appreciate all you have done. I love taekwondo and giving back to the sport.

**National Experience:**  
2015 AAU Taekwondo  
National Team Member



## Maya Mata

**School:** NTA Taekwondo - Coppell

**Location:** Coppell, TX

**Bio:** My name is Maya Mata and I am a black belt with 8 years of Olympic Style Sparring experience. I have fought both boys and girls of all ages and am a decorated fighter. Every fight has taught me how to gain confidence, remain humble and to know that win or lose I learn. I am only 11 years old and know that my dream of representing my country gets closer every day.

**National Experience:**  
2016 AAU Taekwondo  
Medal – Gold  
2016 US Open  
Medal - Gold  
2015 AAU Taekwondo  
Medal - Silver



## Jayden Perez

**School:** US Tigers

**Location:** Gainesville, VA

**Bio:** While my heart and passion are with Tae Kwon Do I also enjoy doing other sports such as Basketball and Football. I enjoy spending time with my family to include my older brother who was once ranked 7th Nationally in his sparring division. My favorite subject is math and in my spare time I like to play video games such as monster squad and mortal kombat. I am also working on expanding my shoe collection with my favorite shoes being my Blue Jordan 11s.

**National Experience:**  
None Provided



## Alyssa Larson

**School:** American Taekwondo Center

**Location:** Hartford, WI

**Bio:** My name is Alyssa Larson. I am eleven years old. I'm a middle school student in West Bend, WI. This year, my GPA for the entire year was 4.0! I have two cats and one dog and I have two brothers. My fourteen year old brother Joshua and I began Taekwondo together five years ago. This is our third year on the black belt sparring team at our school. We will be testing for our second degree black belts in March! I love Taekwondo and I love my coach Master Vorpahl!

**National Experience:**  
2016 AAU Taekwondo  
Medal – Gold  
2014 AAU Taekwondo  
Medal – Bronze