



2015-16

AAU Taekwondo National

Cadet Female & Male Teams for Ages: 12-14

12 – 14 FEMALE CADET TEAM MEMBERS



**Katie
Smith
66**



**Makayla
Greenwood
66.0-72.8**



**Kiana
Chai Chong
72.9-81.6**



**Marissa
Mabanag
81.7-90.4**



**Faith
Dillon
90.5-97.0**



**Ashli
Timmons
97.1-103.6**

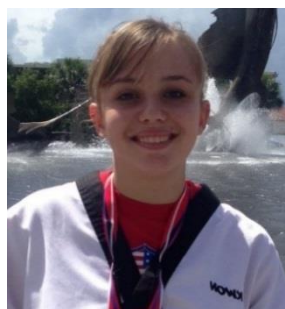


**Julianna
Zuniga
103.7-112.4**



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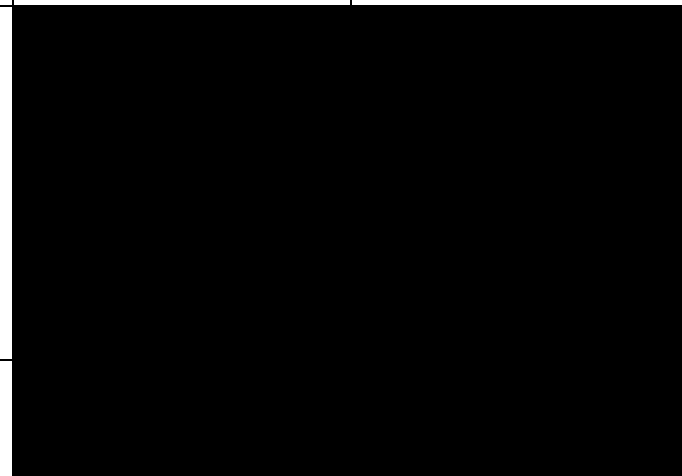
**Kamaria
Harris
112.5-121.3**



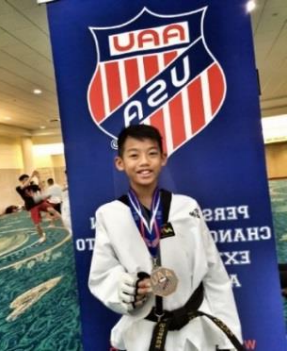









**Stephanie
Douglas
121.4-130.1**



**Melissa
Mancuso
over 130.1**



12 – 14 MALE CADET TEAM MEMBERS

					
<p>Aiden Suarez 72.9</p>	<p>Dylan Pabo 72.9-81.6</p>	<p>Bilal Hasan 81.7-90.4</p>	<p>Joshua Rebello 90.5-99.2</p>	<p>Tyler Nguyen 99.3-108.0</p>	<p>Julian Kim 108.1-116.8</p>
 <p>NO PHOTO PROVIDED</p>					
<p>Khalfani Harris 116.9-125.7</p>	<p>Adam Bartlett 125.8-134.5</p>	<p>Kef'Yohn Woodbury 134.5-143.3</p>	<p>Tristan Frisk over 143.3</p>		

2015-16 AAU Taekwondo National Female & Male Cadet Teams

Team Members & Biographies



Aiden Suarez

School: Modern Day Knights

Location: Simi Valley, CA

Instructor: Derrick Kwak

Bio: I really enjoyed the experience competing at AAU Nationals last June and am looking forward to team trials next month. Thank you for the experience.

National Experience:
2015 AAU Taekwondo
Medal - Bronze



Katie Smith

School: N/A

Location: Omaha, NE

Instructor: George Sloan

Bio: I love to play piano and run track. I run the 800m, the 400m, and the 80m hurdles. I hope to become an Olympic Gold Medalist!

National Experience:
2015 AAU Taekwondo
Medal – Gold



Dylan Pabo

School: TAEMA Taekwondo

Location: San Jose, CA

Instructor: Andrew Suh

Bio: My name is Dylan Pabo and I am 12 years old. I have been practicing taekwondo since the age of 5 at TAEMA Taekwondo. I am a two time USAT Cadet Fin National Team member and will be competing in the 2015 Cadet World Championships in Muju, Korea.

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



Makayla Greenwood

School: N/A

Location: Maple Grove, MN

Instructor: Tim Tocco

Bio: I have two dogs, I don't like cheese on my pizza, I love music, my nick name that my grandfather gave me is RED because of my hair color, I work out usually 5 days a week, my best friends name is Gia, I go to a catholic school, I like to sleep in, and I work so hard because I will be an Olympian one day.

National Experience:
2015 AAU Nationals
Medal – Bronze
2015 Canadian Open
Medal- Bronze
2012 AAU Nationals
Medal- Gold



Bilal Hasan

School: N/A

Location: Mukilteo, WA

Instructor: June Hwang

Bio: Hi my name is Bilal Hasan. I was born in Honolulu, HI and moved to Mukilteo, WA when I was 10 years old. In the beginning, I learned taekwondo at Oahu Taekwondo Center under coach Bryan M and when I resided to WA, I enrolled at Champion Taekwondo under Master June Hwang. My highest achievement in the National and International tournaments to include 2015 US Open G1 (bronze), 2014 Pan Am Intl Oregon G1 (gold), 2015 AAU National Tournament (gold) and 2015 National Tournament (silver).

National Experience:

2015 AAU Taekwondo Medal – Gold
2015 Pan Am International Medal- Gold
Pan Am International- Medal- Gold



Kiana Chai Chong

School: N/A

Location: Bowie, MD

Instructor: Nigel Chai Chong

Bio: Hi My name is Kiana! I've been doing Taekwondo since I was 3 years old. I love Taekwondo a lot and I am inspired by my father. I participated in 2 Cadet World Championships! I won a silver medal in 2015 at the 2nd WTF Cadet World Championships in Muju, Korea!

National Experience:

2015 Canada Open Medal – Gold
2015 US Open Medal – Open
2015 USAT National Championship Medal – Gold
2015 Trinidad & Tobago Open Medal - Gold



Joshua Rebello

School: N/A

Location: Roseville, CA

Instructor: Fouad EL-Chemali

Bio: I love TKD

National Experience:

2015 AAU Taekwondo Medal – Silver



Marissa Mabanag

School: N/A

Location: San Jose, CA

Instructor: Andrew Suh

Bio: My name is Marissa Mabanag. I am 13 years old and began taekwondo at 3 years old I have been competing for 6 years now. I like to draw and hang out with my friends and taekwondo family on my free time.

National Experience:

2015 AAU Taekwondo Medal – Gold
2015 U.S. Open Medal – Silver



Tyler Nguyen

School: Blue Dragon Taekwondo Academy

Location: Milpitas, CA

Instructor: Thac Nguyen

Bio: I have been practicing taekwondo ever since I was 2 years old at Blue Dragon Taekwondo Academy. I am the son of Grandmaster Thac Nguyen, the owner of the school. In previous years at the nationals, I did not have much success in Olympic sparring, but I did capture a Gold Medal in forms. This year, 2015, I was able to capture a silver medal in both forms and Olympic sparring.

National Experience:

2015 AAU Taekwondo Medal – Silver
2011 Pan Am Open Medal– Gold



Faith Dillon

School: N/A

Location: Las Vegas, NV

Instructor: Gergely Salim

Bio: I live in Las Vegas, NV with my Mom, Dad and dog, Kobe. I am in 8th grade at Roy Martin Middle School and have been on the cheerleading squad for two years. I love Taekwondo and have been training since age 5. Every other Friday my Dad and I drive from Las Vegas to Los Angeles (600 miles roundtrip) to train with the 1992 Olympic Gold Medalist Gergely Salim for two days and then back to Las Vegas; we have been doing this trip for 3 years. I am also a current member of USAT National Team.

National Experience:

2015 AAU Taekwondo Medal – Gold



Julian Kim

School: N/A

Location: Gainesville, VA

Instructor: Dennis Kim

Bio: I started taekwondo at age 4 under my father/coach Dennis Kim. I started competing at age 8. I like playing and watching just about every sport.

National Experience:

2015 AAU Taekwondo Medal – Gold
2015 USAT National Championship Medal- Gold
2015 Canada Open Medal- Gold
2015 USAT Nationals Medal- Gold



Ashli Timmons

School: N/A

Location: Gainesville, VA

Instructor: Master Dennis Kim

Bio: I have been practicing Taekwondo since I was six years old. I recently started competing in Sparring. TKD is my life and passion.

National Experience:

AAU Nationals Medal – Gold



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National Experience:

2015 AAU national Championship
Medal- Gold
2014 AAU national Championship
Medal- Gold
2014 AAU State Qualifiers
Medal- Gold

Khalfani Harris

School: N/A

Location: Riverview, FL

Instructor: Henry Giles JR

Bio: I love the sport of Taekwondo because I get the opportunity to travel and meet other competitors. My dream is to become an Olympic champion. I will continue to work hard to achieve my goal.



National Experience:

2015 AAU National Championships
Medal- Gold
2015 US Open
Medal- Silver
USAT Nationals
Medal-Bronze
2014 US Open
Medal- Gold

Julianna Zuniga

School: N/A

Location: Chicago, IL

Instructor: Luciano Medina

Bio: I am very friendly and outgoing. I enjoy taekwondo and also volleyball. I love hanging out with my friends whenever I get a chance. I also like to spend time and do things with my brothers and my little sister.



National Experience:

2015 Sparring
Medal- Gold
2015 US Open
Medal- Gold
2012 US Open
Medal - Gold

Adam Bartlett

School: Big Sky Martial Arts

Location: Kalispell, MT

Instructor: John Paul Noyes

Bio: I am from Kalispell, Montana and train under Grand Master John Paul Noyes. I enjoy hunting, fishing, hiking and wrestling at Glacier High School as a freshman. I am very excited for the opportunities that come with making the national team.



**NO
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PROVIDED**

National Experience:

2014 AAU Team Trials
Medal- Gold
2014 Nationals
Medals- Gold

Kamaria Harris

Location: Riverview, FL

Instructor: Henry Giles Jr.

Bio: I'm a 2nd Degree Black Belt in Taekwondo. I love teaching children about my favorite sport. I'm dream goal is to become the Gold medalist in the 2020 Olympics. I am determined to do my best.



Kef'Yohn Woodbury

School: N/A

Location: Mableton, GA

Instructor: Evan Rodgers

Bio: I started with Choi Kwan Do. I am in the IB program at Campbell High School. I enjoy listening to music.

National Experience:

2015 AAU national championship Medal- Bronze



Stephanie Douglas

School: N/A

Location: Saint Louis, MO

Instructor: George Sloan

Bio: Will be a Freshman at Oakville High School this fall. Been doing TKD since 1st grade. Have a twin brother and older sister.

National Experience:

TKD National Championships Medal- Bronze



Tristan Frisk

School: N/A

Location: Haughton, LA

Instructor: Jassen Holse

Bio: I'm 14 years old and am a 2nd degree black belt. I've always liked Taekwondo. I'm an altar server at my church. I run track and play soccer. I am also in choir and talented at singing.

National Experience:

2015 Olympic Sparring Medal- Gold



Melissa Mancuso

School: N/A

Location: Fresh Meadows, NY

Instructor: Andrew Oh

Bio: I am going into 8th grade at MS 74. I like playing with my siblings, cooking and baking. My favorite food is lobster. I like to eat a sandwich before a tournament. My favorite movie is Scary Movie.

National Experience:

2015 AAU New York State Championship Medal- Gold
2015 AAU National championship Medal-Gold
2014 AAU New York State Championship Medal- Silver