



HIYAA!



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Saline ATA Martial Arts Celebrates 10 Years

By Noel Mendoza

Saline ATA Martial Arts is celebrating 10 years of teaching and serving the Saline community.

Fifth Degree Black Belt head instructor Paul Teboe remembers making the decision to open the school. "I had been running the studio in Adrian for Seventh Degree Black Belt Senior Master Tomas Sandoval for about a year after assisting him in Tecumseh for several years. I had also been working for a printing company in Tecumseh as well to make ends meet for three years. Due to unforeseen circumstances I was released from my position. That in turn set me off to start searching for a location to start my own studio. After researching Toledo, Sylvania, Ann Arbor, Adrian, and Canton I settled in Saline based on the community and the opportunity to grow around Ann Arbor."



The school opened in June 2000 and its first classes were held at the studio of Dance Absolute by Tina. It was approximately a 500 square foot hard wood floor area. The school stayed there until it grew to about 20 students and then it moved to a 1400 square foot facility at 699 W. Michigan Avenue. After it grew to approximately 50 Taekwondo

students and 25 Kardio-Kickboxing students it moved to its current location at 750 Woodland Drive. The move provided a much needed 5000 square foot of space at a great value.

The school started with three students: Andrew Feldkemp, Brandon Huang, and Lindsey Talcott. Today it has 129 Taekwondo students and some 60 Kardio-Kickboxing students. In ten years over 480 students have trained at the school and fifty of them have become Black Belts.

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Students at the school have been very active and successful in ATA Taekwondo tournament competition. This year alone there are over ten competitors who are State Champions, and three who are Top Ten in the World in their division for forms, weapons, or sparring. The school's consistently large number of participants at ATA Regional Tournaments has helped Senior Master Sandoval earn the top position for a tournament in 2011.



Mr. Teboe says the school benefits students in a number of different ways. "The way a great martial arts school benefits its students is based on what the student seeks to find. Some have taken it for Self Confidence or Self Discipline or possibly for another of our life skills we teach to help improve our way of life, while others may take it for a proven form of self defense. Then there are those that take it for the intense and improved fitness or even to be a part of a very positive and supportive community group. So how has it truly helped others? I guess that's based on the individual."

Mr. Teboe adds, "I know for me personally, it has helped me become the man I am today and I couldn't ask for a better job or community to be a part of. I'm still growing and learning with my students and that's a benefit I'll have for life. I've met so many great people in the last ten years and without them I would have never made it this far and continue to grow. I feel blessed to have all their support as well as my family behind me too."



Through the years Saline ATA Martial Arts has been a part of various functions and groups to help the community. From the Relay For Life and Adopt A Highway programs to its annual Break-A-Thon to benefit the Cystic Fibrosis Foundation. Mr. Teboe says, "We've supported those in need and will continue to do so. It's a vital part of our Black Belt training that we look to help others and represent being a Black Belt in a positive manner, just as our late ATA Grand Master H.U. Lee envisioned." Mr. Teboe adds, "We've always supported the schools and our community with demonstrations, parades and classes and we are looking forward to continuing that on a grand level in the future."

To continue its growth and spread its philosophy the school has joined Saline Community Education to offer classes for the summer and then hopefully offering after school programs next spring. Mr. Teboe says, "Outside of that I would like to see more of my Black Belts grow into their Leadership roles and start more schools around the Ann Arbor area to make sure all those around this area are benefitting from what great things the Saline ATA has to offer."

Mr. Teboe also believes there will always be opportunities for students because the ATA provides the best foundation and support of any martial arts organization. "From Ann Arbor to other locations in Michigan there could be opportunities for others to reach a dream of being a school owner someday too," says Mr. Teboe. He adds, "I took a very slow and steady route in my quest to become a successful school owner. Success is judged in many, many ways as well. But I'm proud of what I've been a part of and look to continue to help others and grow both by numbers of students as well as my own inner being and physical skill. In the words of Eternal Grand Master H.U. Lee, 'Today not possible...tomorrow possible.' "

CALENDAR

July 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 School Closed	3 School Closed
4	5 School Closed	6	7	8	9	10 Outdoor Testing
11	12	13	14	15	16 Promotionals	17 Black Belt Club ATA Extreme
18	19	20	21	22	23 School Closed (Evening)	24 Regional Tournament - FT WAYNE, IN
25	26	27 Customer Appreciation Day	28 Customer Appreciation Day	29	30	31

August 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Summer Camp	3 Summer Camp	4 Summer Camp	5 Summer Camp	6 Summer Camp	7
8	9	10	11	12	13	14 Black Belt Club ATA Extreme
15	16	17	18	19	20	21
22	23	24 Customer Appreciation Day	25 Customer Appreciation Day	26 Testing	27 Testing	28 Testing
29	30	31				

September 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Promotionals	3 School Closed	4 School Closed
5	6 Labor Day School Closed	7	8	9	10 School Closed (Evening)	11 Regional Tournament - Ft. Wayne, IN
12	13	14	15	16	17	18 Black Belt Club ATA Extreme
19	20	21	22	23	24	25
26	27	28 Customer Appreciation Day	29 Customer Appreciation Day	30	31	

Visit www.salineata.com for up-to-date information.

SCHEDULE

Effective July 12, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kardio-Kickboxing 9:15 - 10:00 AM		Kardio-Kickboxing 9:15 - 10:00 AM		Kardio-Kickboxing 9:15 - 10:00 AM	Kardio-Kickboxing 9:00 - 9:45 AM
Family Class All Ranks 10:45 AM - 11:30 PM		Family Class All Ranks 10:45 AM - 11:30 PM	Tiny Tigers All Ranks 10:30-11:15 AM		Black Belt Club See Calendar
Intro Class 4:15 - 4:45 PM	Tiny Tigers All Ranks 4:15 - 5:00 PM	Karate for Kids White - Yellow 4:15 - 5:00 PM	Karate for Kids Camo - Red 4:15 - 5:00 PM		ATA Extreme See Calendar
Tiny Tigers All Ranks 5:00 - 5:45 PM	Karate for Kids White - Yellow 5:00 - 5:45 PM	Tiny Tigers All Ranks 5:00 - 5:45 PM	Karate for Kids White - Yellow 5:00 - 5:45 PM	Demo Team 4:45 - 5:30 PM	
Karate for Kids Camo - Red 5:45 - 6:30 PM	Adult White - Yellow 5:45 - 6:30 PM	Karate for Kids Camo - Red 5:45 - 6:30 PM	Adult Camo - Red 5:45 - 6:30 PM	Open Class 5:30 - 6:15 PM	
Karate for Kids & Adults Black Belts 6:30 - 7:15 PM	Adult Camo - Red 6:30 - 7:15 PM	Karate for Kids & Adults Black Belts 6:30 - 7:15 PM	Adult White - Yellow 6:30 - 7:15 PM	Sparring Class Black Belt Club Members Only 6:30 - 7:15 PM	
Kardio-Kickboxing 7:30 - 8:30 PM	Kardio-Kickboxing 7:30 - 8:30 PM	Leadership Program 7:30 - 8:15 PM	Kardio-Kickboxing 7:30 - 8:30 PM		

Visit www.salineata.com for up-to-date information.

INSTRUCTORS

Paul Teboe
5th Degree Black Belt
Certified Instructor
ATA Fitness Instructor

Katie Huang
3rd Degree Black Belt
Trainee Instructor
ATA Fitness Instructor

Noel Mendoza
3rd Degree Black Belt
Certified Instructor

Mary Jo Feldkamp
3rd Degree Black Belt
Trainee Instructor
ATA Fitness Instructor

Sunny Arora
3rd Degree Black Belt
Trainee Instructor

Cindy Stauder
3rd Degree Black Belt
Trainee Instructor

Erin Stauder
1st Degree Black Belt
Trainee Instructor

Shari Castor
1st Degree Black Belt
Trainee Instructor
ATA Fitness Instructor

Jaime Crawford
1st Degree Black Belt
Trainee Instructor

Stacy Griffiths
1st Degree Black Belt
Trainee Instructor
ATA Fitness Instructor

Cody Bo Hamilton
1st Degree Black Belt
ATA Fitness Instructor

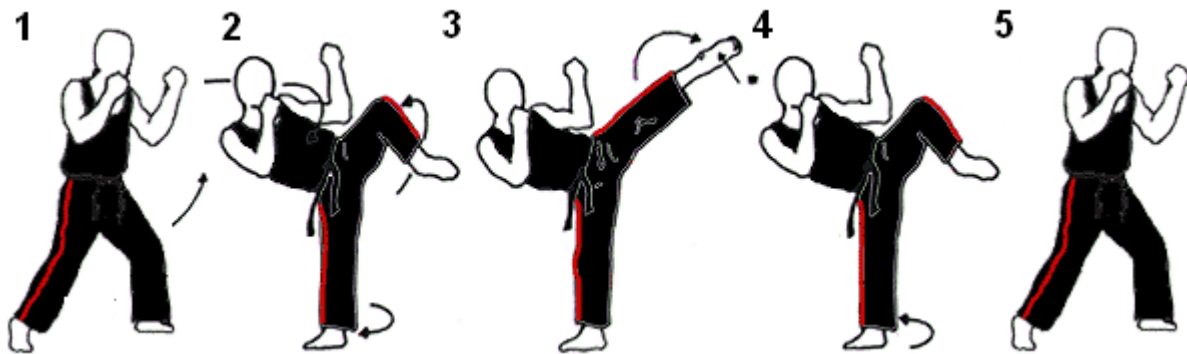
Rebel Teboe
ATA Fitness Instructor

Kardio Korner

Round Kick

Some styles refer to this kick as the roundhouse kick but we simply call it the round kick. To perform the round kick, rotate your body with your knee up to chamber the kick. Then extend your leg from the knee while keeping your hands up. Re-chamber the kick and set your foot down where you started. You can also do multiple round kicks either to the same target area or to different levels. In addition, you can practice executing the round kick slowly to improve the strength and flexibility of your legs. Proper technique involves balance, coordination and power. The key is pivoting on your base foot and rotating your hips. The striking areas include the ball or instep of your foot as well as your shin.

Round Kick (front leg)



Round Kick (rear leg)



Power, height and accuracy can be gained from a number of key elements:

- Rotate your hip to generate power.
- Pivot on your base leg to maintain balance.
- Keep your hands up as you execute the kick.
- Re-chamber your kick before setting your kicking leg down.
- Point your foot when you are aiming to strike with the shin or instep.
- Do not strike with your toes but pull them back to use the ball of your foot.
- All techniques should be practiced under the supervision of a qualified instructor.



EXPERIENCE THE BEST IN MARTIAL ARTS TRAINING!



ATA MARTIAL ARTS
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