



HIYAA!



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Head Instructor Paul Teboe Promoted To 5th Degree Black Belt

By Noel Mendoza

Saline ATA Martial Arts Head Instructor Paul Teboe was recently promoted to 5th Degree Black Belt.

Mr. Teboe had tested for his 5th Degree Black Belt during the ATA World Championships on June 25 2009. The panel consisted of only Sr. Masters and Chief Masters. The senior rank on the panel for his group was Sr. Master Kathy Lee.



During the testing he was required to do his 4th Degree Form (Sok Bong), followed by sparring two one-minute rounds and his testing ended with board breaks where he broke with a horizontal vertical punch combination, jump reverse side kick head level, and a #3 jump front kick head level.

Mr. Teboe says, "My training for the belt was actually very limited before I went to Worlds as I had come to have a fractured foot since Fall of last year and I had recently re-aggravated it with my training. So most of my training was based on me just doing what I ask my students to do. Train everyday as much as you can. Although I was limited I kept in shape with my students and Sr. Master took time to work with me on my breaks and forms. It's a great feeling to go to a testing and feel in great shape too. I scored very high in the physical fitness examination and never paused for sparring. So thanks to my students keeping me on the floor and working with me and of course Sr. Master Sandoval, I was well prepared. The only part to worry about on my testing was the mental break down or missing a board break. Like I tell all my students...the hardest part physically of a testing or tournament is the training you put in before."

Mr. Teboe started training with Senior Master Sandoval in September of 1993. He recounts, "My first testing was in October of 1993 when I achieved my orange belt decided. I started training at the age of 21 while I was obtaining my B.A. in Fine Arts with a Business minor. While work-
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-ing at a local video store in Tecumseh, two students (Josh Otter and Amy Kruger) dropped off a lead box for a free membership. I had been athletic and in good shape to that point in my life and me and my friends at the video store joked about the martial arts a bit. I had always wanted to do it since a child but never had the opportunity. So based on the conversation that night with me and friends one of them dropped my name in the box and sure enough...I won the 3 month free trial.”

During his testing history he had one no change going from 1st Degree Recommended to 1st Degree Decided and twice he achieved Decided Rank as a color belt he lost it and was a recommended rank from his Green Belt to Black Belt. Mr. Teboe received his 1st degree black belt in 1995, his 2nd degree black belt in 1997, his 3rd degree black belt in 2000 and his 4th degree black belt in 2004.

Mr. Teboe learned about his 5th degree promotion during the 2009 Summer Camp held in August. On the last day of the camp Senior Master Sandoval was a special guest instructor. He presented Mr. Teboe with his new black belt in front of the students.

Mr. Teboe recalls, “It was a good day when Senior Master volunteered to come into our Summer Camp this year. All the kids were excited and he had a great workout and bowling party with them. It was very unexpected to receive my belt that day. I honestly don’t remember much about that day and his speech. I just know that he and I hold a lot of respect and loyalty to each other and through the past 16 years we have slowly become great friends. He will always be my Instructor first and foremost, but I am very proud to call him a friend too. So all that mattered that day was that he was there, and he was the one awarding me belt that I’ve earned through years of dedication to the ATA, Sr. Master Sandoval, and my students. It’s because of all those mentioned above in this letter along with God’s care and guidance; and not giving up on me, that I’ve achieved all I have.”

Asked how he felt about his promotion Mr. Teboe says, “It was kind of a mix of emotions in the way I have received it thus far. Being that I’m now considered a high rank and Regional Advisor by the ATA, the testing was processed differently. Instead of going to a promotion like the rest of my students do, I found out piece by piece. Some of my students even knew I passed before I did thanks to the internet! Ever since I was a colored belt I have watched and wanted to earn my 5th. Master Neil Beisel and Master David Inman were two seniors I emulated during this time. But over-all I’ve watched my Instructor go from 4th Degree to his 7th Degree Sr. Mastership and have tried my best to follow in his footsteps. Senior Master Sandoval is a great example of leader and I he has my complete loyalty. So after my 1st degree, 5th Degree was the next major goal besides running a successful martial arts studio. I’ve accomplished it now and I feel very good about where I’ve come from and how I’ve earned it.”

Mr. Teboe says his motivation comes from different areas. “First of all I’ve always been brought up to try my best and when you’re good at sometime make an effort to excel. My parents and family have been by my side through the good and bad and have encouraged and helped a lot in my time as a martial artist. It’s this respect and love I would like to see all families to help each other achieve success in various areas of their lives. We’re human and have challenges...it’s in the hard times that loved ones help motivate and encourage...not discourage. Then of course there’s my students and great Instructor Senior Master Sandoval. I’ve had the die hard students who have seen me grow from nothing to where I am today. They are few but know who they are. And of course those that are just now coming into our ATA family. All of you mentioned keep me on my toes and working hard to improve not only myself but the workouts and training I put into the studio as well. Although it is me that trains and prepares for my testings and competitions, as I also take pride in keeping fit and healthy; without all those great people around me I wouldn’t be where I am today.”

Congratulations Mr. Teboe!



CALENDAR

October 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Black Belt Club ATA Extreme
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Black Belt Club ATA Extreme Parents Nite Out
18	19	20	21	22	23	24
25	26	27	28 Customer Appreciation Day	29	30	31

November 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Testing	7 Testing
8	9	10	11	12	13 Promotionals	14 Black Belt Club ATA Extreme
15	16	17 Customer Appreciation Day	18 Customer Appreciation Day	19	20 Regional Testing - Tecumseh, MI	21 Regional Tournament - Tecumseh, MI
22	23	24	25	26 Thanksgiving School Closed	27 School Closed	28 School Closed
29	30					

December 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Black Belt Club ATA Extreme
6	7	8	9	10	11	12 Black Belt Club ATA Extreme
13	14	15 Customer Appreciation Day	16 Customer Appreciation Day	17	18	19
20	21	22	23	24 School Closed	25 Christmas School Closed	26 School Closed
27	28 School Closed	29 School Closed	30 School Closed	31 School Closed	JAN 1 New Year School Closed	JAN 2 School Closed

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

SCHEDULE

Effective October 26, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kardio-Kickboxing 9:15 - 10:00 AM	Tiny Tigers All Ranks 10:15-11:00 AM	Kardio-Kickboxing 9:15 - 10:00 AM	Tiny Tigers All Ranks 10:15-11:00 AM	Kardio-Kickboxing 9:15 - 10:00 AM	Kardio-Kickboxing 9:00 - 9:45 AM
	Adults All Ranks 11:30 AM - 12:30 PM	Adults All Ranks 11:30 AM - 12:30 PM			Black Belt Club See Calendar
Intro Class 4:15 - 4:45 PM	Karate for Kids Camo - Red 4:15 - 5:00 PM	Karate for Kids White - Yellow 4:15 - 5:00 PM	Intro Class 4:15 - 4:45 PM		ATA Extreme See Calendar
Tiny Tigers All Ranks 5:00 - 5:45 PM	Tiny Tigers All Ranks 5:00 - 5:45 PM	Tiny Tigers All Ranks 5:00 - 5:45 PM	Tiny Tigers All Ranks 5:00 - 5:45 PM	Open Class 4:45 - 5:30 PM	
Karate for Kids Camo - Red 5:45 - 6:30 PM	Karate for Kids White - Yellow 5:45 - 6:30 PM	Karate for Kids Camo - Red 5:45 - 6:30 PM	Karate for Kids White - Yellow 5:45 - 6:30 PM	Demo Team 5:30 - 6:15 PM	
Karate for Kids & Adults Black Belts 6:30 - 7:15 PM	Adult White - Red 6:30 - 7:15 PM	Karate for Kids & Adults Black Belts 6:30 - 7:15 PM	Adult White - Red 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
4th Degree Black Belt
Head Instructor

Mary Jo Feldkamp
3rd Degree Black Belt
Assistant Instructor

Shari Castor
1st Degree Black Belt
Assistant Instructor

Sam LoPresto
1st Degree Black Belt
Junior Leader

Katie Huang
3rd Degree Black Belt
Assistant Instructor

Sunny Arora
3rd Degree Black Belt
Assistant Instructor

Jamie Crawford
1st Degree Black Belt
Assistant Instructor

Erin Stauder
1st Degree Black Belt
Junior Leader

Noel Mendoza
3rd Degree Black Belt
Assistant Instructor

Cindy Stauder
2nd Degree Black Belt
Assistant Instructor

Stacy Griffiths
1st Degree Black Belt
Assistant Instructor

Sarah Miller
1st Degree Black Belt
Junior Leader

Kardio Korner

Hook Punch

Starting with your guard up and from the ready position the hook punch is created by a circular motion commencing with the legs. Bend the knees slightly to drop your weight and then rise in a circular motion by turning the front foot and hip inwards slightly. Bring your hand up and over (as though you were punching over your opponents shoulder), with your feet, hips and shoulder all turning in the same direction. Do not over-rotate beyond the width of your shoulders. As with all the punches, immediately recover back to ready position with your guard up, ready for the next move. But like all other punches there are many variations; you can strike to different levels or angles using the hook punch.



To perform the hook punch, remember to:

- Maintain good form.
- Practiced from left or right sparring stance.
- Turn your feet and legs in the same direction as your punch in order to maximize travelling weight and coordination.
- Recover your punch back to guard position with your elbows and forearms tucked into your body.
- This technique should be developed at a slow speed, training the body and arm motion before increasing the velocity of the movement.
- All techniques should be practiced under the supervision of a qualified instructor.

Taekwondo

Oh Sung Do (Broadsword)

The Oh Sung Do or Broadsword is the newest Protech weapon. It is patterned after the Chinese broadsword and is used for slashing and chopping. The Oh Sung Do blade is moderately curved and single-edged. Its handle curves in the opposite direction as the blade to improve handling. In addition, colorful scarves are attached to the handle. In China most martial arts schools still train extensively with the Oh Sung Do, seeing it as a powerful conditioning tool and a versatile weapon, with self defense techniques transferable to similarly sized objects more commonly found in the modern world.





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