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For Immediate Release

Pak's Academy Students Advance to National Taekwondo Championships

Raymore, MO (February 22, 2011) – Four Pak's Academy students competed and medaled at the February 12 Missouri Valley Amateur Athletic Union (AAU) Taekwondo Tournament in Overland Park. In order to be eligible to compete in the summer 2011 AAU Taekwondo National Championships in Austin, TX, students had to place in the top eight – in either sparring or forms – at the regional competition. AAU Championship Medals were awarded to 1st, 2nd and 3rd place winners in each division.

All four Paks' Academy students received medals in both sparring and forms, and advanced to the national finals:

- Savannah Kilen, 17: 1st in Forms, 2nd in Sparring
- Emma Locke, 12: 1st in Forms, 1st in Sparring
- Kailee Hogan, 12: 2nd in Forms, 2nd in Sparring
- Cole Colledge, 9: 3rd in Forms, 2nd in Sparring

“Our students train hard, and that's evident when they compete,” said Master Se Chun Pak, owner of Pak's Academy. “I'm confident our team will perform well at Nationals, too.”

About Pak's Academy:

Pak's Academy in Raymore, Missouri, is a full time professional school with Tae

Kwon Do and Hap Ki Do classes for all ages and abilities. Classes are designed to help students gain martial art skills as well as strength, self control, focus, coordination and respect for themselves and others. Get more information about Pak's Academy at <http://paksacademy.com>.

About the Amateur Athletic Union (AAU):

The Amateur Athletic Union (AAU) is one of the largest, non-profit, volunteer sports organizations in the United States. A multi-sport organization, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. Get more information about AAU Taekwondo at <http://www.aautaekwondo.org>.

Accompanying photo caption:

Savanah Kilen (not pictured), Kailee Hogan, Emma Locke and Cole Colledge of Pak's Academy will compete in the 2011 AAU Taekwondo National Championships.