

meet the instructors



miss kat - Miss Kat is a third degree black belt through ATA martial arts, and has been teaching for more than 10 years. As one of the head instructors, she is trained to teach everything from traditional forms, weapons, and sparring to non-traditional creative forms and weapons, as well as is the head coach for the demo team. As a previous state champion in all three categories, she also loves to travel with her tournament team all across the Northeast and beyond for competitions.

One of her favorite aspects of Taekwondo is the Leadership program. This class aims to provide it's students and up and coming instructors with the opportunity to make a difference in their communities through

fundraising, town and beach cleanups, and holding self-awareness and self-defense classes.

miss bella - Miss Bella is a third degree black belt through ATA martial arts and has been teaching for about 10 years. She specializes in sparring, weapons, and XMA (Extreme Martial Arts). She is a state champion in forms, weapons, and sparring and therefore helps to train and prepare the tournament team for competitions.

Miss Bella's favorite part of Taekwondo is sparring! Known for her fancy footwork, she enjoys teaching her students how to read their opponents, block, and put together kicking and hand technique combos. She loves to see her students evolve as sparrers, especially while she is training them for future tournaments.



miss anna - Miss Anna is a third degree black belt through ATA martial arts and has been instructing for about 10 years. She loves to teach traditional black belt forms and weapons and prepares them for up and coming competitions. Her skill set as an instructor involve meticulous care to detail when teaching forms. As a previous state champion in forms and weapons, her passion for articulation stems from her own training.

As a result of her passion for traditional forms and weapons, she loves to also do strength and flexibility training with her students. This is in preparation for their test that is conducted at the beginning of every session, and helps to monitor students' advancement in their martial arts training.





miss riley

- Miss Riley is a second degree black belt and is training to become a third degree. She has been instructing for about 3 years now and is our Tiny Tiger instructor. Being one of our most energetic teachers, she loves to teach our youngest students how to defend themselves in a playful yet purposeful way.

Miss Riley herself really enjoys training in traditional and creative weapons forms. When she isn't teaching her Tigers, you can usually find her trying to perfect these forms in preparation for competitions and demos.



mr. chris

- Mr. Chris is our up and coming black belt in training and is also learning how to become an instructor himself. He loves to work on mastering all of the 9 color belt forms and one-steps, and enjoys teaching the Karate for Kids classes. In his pursuit to gain the most knowledge he can, Mr. Chris constantly practices his traditional forms as a student. His favorite aspect of martial arts thus far is the practical application of the techniques he has learned through self-defense and sparring.

ms. jenn

- Ms. Jenn is a third degree black belt through ATA martial arts and has been teaching for about 20 years. As head instructor, she is the manager of our program, and instructs the advanced and

black belt ranks. Ms. Jenn is also lead instructor for our tournament team, and prepares them for the competition circle and future testings.

Her passion for martial arts stems from when she joined with her children almost two decades ago. Since then, she has gained multiple state champion titles, acquired many instructor certifications, has trained with Taekwondo masters at ATA headquarters in Little Rock, Arkansas, and has taught at three schools. She has also competed at ATA's World Championship and partook in their annual worldwide exhibit showcasing the "Living Songahm Star".

