

martial artists

LOCAL STUDENTS BRING HOME NATIONAL TAEKWONDO TITLE

The 2014 United World Taekwondo Association International Championships ended in Reno this month, drawing competitors from across the country. Two of them, ages 7 and 12, were students of Roseville's The Studio Martial Arts & Fitness who earned the title of National Champion in "forms," or fixed series of movements for learning defensive and offensive techniques.

Both students train under sixth-degree black belt Master Amitis Pourarian, owner of The Studio.

Seven-year-old Miko Cooper said she trained hard for the tournament by attending extra classes and practicing every day, including weekends.

"Even though I'm only 7 years old, it feels great to be a National Champion," Miko said. "Being a martial artist and a black belt has helped me in school, in my after-school sports and even playing the piano."

When asked what advice she would give other kids interested in learning Taekwondo, she offered the following: "Train hard, set goals and never give up, even when you don't feel like going to class."

Miko's next goal?

"Winning National Champion in both forms and sparring!"

Twelve-year-old Amir Khatib trained by practicing his form and sparring in class several times a week, as well as practicing at home.

"I feel very proud of my achievement, but I would never have reached this great goal if it wasn't for my Taekwondo instructor, Master Amitis Pourarian," he said.

His advice for other kids interested in martial arts was to "never give up and always persevere if you are faced with an obstacle ... Practice as much as you can, and eventually it will pay off." Amir said his next plan is to become a third-degree black belt and keep his status as a National Champion in forms, though he is also thinking about returning to compete in the sparring division.

For more information about The Studio Martial Arts & Fitness, call (916) 258-5425, send an email to info@trainatthestudio.com, or visit www.trainatthestudio.com.



COURTESY PHOTOS

Miko Cooper, top photo, and Amir Khatib landed impressive Taekwondo accolades recently.



"Even though I'm only 7 years old, it feels great to be a National Champion. Being a martial artist and a black belt has helped me in school, in my after-school sports and even playing the piano."

Miko Cooper, 7, black belt



"I feel very proud of my achievement, but I would never have reached this great goal if it wasn't for my Taekwondo instructor, Master Amitis Pourarian."

Amir Khatib, 12, black belt



Mom and dad were there for you – let us help you be there for them.

Home Care Assistance offers security for older adults and peace of mind for family members.

- **NEW!** Home Care Assistance is the only home care company to train caregivers in **cognitive stimulation**. We help clients delay symptoms of cognitive decline by engaging them in research-based, enjoyable cognitive activities.
- Our high quality, bonded and insured caregivers help with meals, personal care, transportation and more.

This holiday season, gift your parents with the care they need to stay where they want most: at home.

Call today for a free in-home consultation!

916-226-3737 • www.HomeCareAssistancePlacerCounty.com

SATURDAY DECEMBER 6TH 6:30 PM
 BLUE GOOSE EVENT CENTER
 3550 TAYLOR ROAD - IN LOOMIS



**4TH ANNUAL
 "BE THE CHANGE"**

**WINTER
 MUSIC
 FESTIVAL**

FEATURING MEMBERS OF:
 ★ TESLA
 ★ PABLO CRUISE
 ★ Y&T
 ★ PARROXY HEADS
 ★ MR. DECEMBER
 ★ JAIME KYLE
 ★ THE WHITEHATS

DOORS OPEN AT 5:30 PM, SHOWTIME - 6:30 PM
 ADVANCE TICKETS \$30.00/\$40.00 AT THE DOOR
 DINNERS AND COCKTAILS FOR PURCHASE, RAFFLE PRIZES,
 SPECTACULAR LIVE BIRDS & SIGNED GUITAR AUCTION!
 TICKETS AND EVENT INFO: WWW.BETHECHANGE.CC
ALL PROCEEDS BENEFITING
 THE GATHERING INN AND
 GOLD COUNTRY WILDLIFE RESCUE

