



STANLEY NOWAK, 7TH DAN

Grandmaster Stanley Nowak is our highest ranking instructor, a 7th degree black belt and has 40+ years of experience under the direction of Grand Master Moo Yong Lee. He is a certified instructor, referee, regional coach and an active member of the USTIU. He has held several safety and self defense seminars for the public. In addition, he has 6 years of Shotokan karate and Kung Fu experience. He is currently a security officer at the State of CT DMV and also works as a BEA Agent in the State of CT.

AMANDA DUVALL, 2ND DAN

Ms. Amanda Duvall is the instructor/coach for the MPAL Taekwondo Club. She began learning Taekwondo at the Age of 5 and currently holds the rank of 2nd degree black belt. Miss Amanda teaches and shares her love for Taekwondo to MPAL youth and adults under the supervision of Grandmaster Stanley Nowak, 7th Dan and her mother, Mrs. Sherry Duvall, 2nd Dan. She has competed at in numerous Taekwondo competitions and was the 2009 Regional Sparring Champion in her age group. She is a top student at UHART where she is studying Business.

SHERRY DUVALL, 2ND DAN

Mrs. Sherry Duvall holds the rank of 2nd degree black belt and has trained for well over a decade in the art. She introduced all three of her children to taekwondo at very young ages and they all attained their black belts from Grandmaster Moo Yong Lee at United Taekwondo. Mrs. Duvall works for the Manchester Police Department and is the supervisory staff member for the MPAL Taekwondo Club. She is the main contact for the club

JOSHUA DUVALL, 1ST DAN

Mr. Joshua Duvall also instructs/coaches for the MPAL Taekwondo Club. He began at the age of 4 and is a 1st degree black belt. Josh also competed in numerous competitions and tournaments as a kid and obtained many metals over the years. Josh graduates East Catholic this year and plans to attain his degree in classical studies and Archeology.