



## MISS. AMANDA DUVALL

Miss Amanda Duvall is the lead Instructor /coach for the MPAL Taekwondo Club. She began learning Taekwondo at the Age of 5 and currently holds the rank of 1st Degree Black Belt. Although only 17 years old, this impressive young is working towards her 2nd Degree Black Belt. Miss. Duvall teaches and shares her love for Taekwondo to MPAL youth under the supervision of her Mother, Mrs. Sherry Duvall

Miss Duvall has competed at in numerous Taekwondo competitions and was the 2009 Regional Sparring Champion in her age group. In addition to training in the art, Miss Amanda enjoys dance, softball, track, and is a top student at East Catholic High School where she was recently inducted into the National Honor Society.



## MRS. SHERRY DUVALL

Mrs. Sherry Duvall holds the rank of 2nd Degree Black belt in Taekwondo and has trained for several years in the Art. In addition to exposing Taekwondo to her Daughter Amanda, Mrs. Duvall trained along side her other children, Christiana & Josh, both of whom also hold Black Belts in the art. Mrs. Duvall works for the Town of Manchester Police Department and is the supervisory staff member for the MPAL Taekwondo Club. She is the main contact for the club and works to ensure students have a safe and structured class to learn top quality Taekwondo! Parents can connect with Mrs. Sherry at (860) 869-8189