

On to Nationals

With a second degree black belt in taekwondo, Mount Horeb's Shannon Grunewald has qualified to participate in the AAU's National Taekwondo Championships at the Alliant Energy Center, sparring with other female black belts in her division on Saturday, July 5. Nearly 2000 competitors from across the United States won their state taekwondo championships to earn the opportunity to compete at the national level. This will be Grunewald's third national taekwondo competition but first since 2003. At 35, Grunewald studies under Master Peter Paik at Paik's Academy of Traditional Martial Arts on Madison's west side. Taekwondo is a Korean-based martial art and one of the only martial arts showcased in the Olympics. Photo submitted.

