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TIGER BALM BLACK BELT ATHLETE-OF-THE-MONTH AWARD

Michelle Taneda of the **Westbank Chito-Ryu in Kelowna** has been named January's Tiger Balm Black Belt Athlete of the Month.

The 22-year old black belt won 4 gold medals in the kata, kumite, team kata, and team kumite event at the **Tsuruoka International Karate Tournament**, on October 26-28, 2007.

Her performance not only garnered her Grand Champion honors for Black Belt women but the Kelowna resident at the same time was awarded the Best BC Athlete of the tournament by the Mayor of Kelowna.

Michelle emulated this performance in Norway last summer with her athletic performance at the **Soke Cup**; a tri annual event for Chito ryu where she won 3 gold medals in the kata, kumite and team kumite events as a part of the Canadian women's team.

Her phenomenal performance over the past 6 months has earned her the Tiger Balm Athlete of the Month Award, a provincial award given to a male or female athlete in the Karate BC system that demonstrate outstanding skills both on and off the mat.

Michelle trains under her father Chris Teneda at the Taneda Dojo in Kelowna. The Taneda family has long history of success with Karate BC and in the national karate arena itself.

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