

## Let's look back thru the generations!

The Nishimoto/Cornelius family has achieved a milestone like none other. In 1999 Ian Nishimoto and his oldest son Justin started in the Tae Kwon Do program under the guidance of Master Kevin Schoenebeck. A few years later his second son Adam started also taking classes from Master Schoenebeck. All of them trained for years and achieved their much-deserved Black Belts. Justin and Adam are carried on the tradition and now their children are also training in the same program.

When asked by their children why he decided to begin martial arts in the first place he said, “to build confidence, discipline, and to develop physical attributes. This a great activity for the family to stay healthy together”.

Master Schoenebeck started teaching for the Oneida Nation in 1992. He has earned the trust of several families like the Nishimoto/Cornelius family, to teach and educate them on the benefits of martial art training. Master Schoenebeck encourages all ages to come to Oneida Family Fitness and try martial arts to see if they might enjoy it as well.

