



FOR IMMEDIATE RELEASE

Clinton Williams
Williams Martial Arts

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Medals from the Mountain State

Ashburn team travels to West Virginia to compete in Karate Regional Qualifier

(St. Albans, West Virginia, Saturday, February 7, 2009) – Getting an early start on the tournament season, 15 athletes from Williams Martial Arts and Fitness (WMAF) travelled five hours over the mountain roads this weekend to compete in the USA-NKF Regional Qualifier held in St. Albans, West Virginia.

The WMAF team is on their way to a great season. They brought back home to Northern Virginia a total of 18 medals, including 9 gold, 4 silver and 5 bronze.

The event was open to traditional karate competitors from West Virginia and surrounding regions that competed to qualify for the 2009 USA-NKF National Karate Championships which will be held July 17-20th in Ft. Lauderdale, Florida.

The USA National Karate-do Federation (USA-NKF) is the National Governing Body (NGB) Sport Karate within the United States as recognized by the United States Olympic Committee. It is at the USA-NKF National Championships that the Official USA Karate Team is chosen for both adults and juniors to represent the United States in international competitions.

The tournament was hosted by Roger Jarrett who is President of USA Martial Arts Federation, North American Karate Federation, and United International Martial Arts Federation. Jarrett is also Secretary General of the USA Karate Federation and past President of USA-NKF.

Competition included kobudo (weapons), kata (forms), and kumite (sparring).

Local medalists included:

NICKOLAS BARNES (bronze), GRACE CODELLA (gold, silver), JORDAN CODELLA (gold), LOGAN CODELLA (gold, bronze), SPENSER CODELLA (bronze), GIOVANNI GRANADOS (gold, gold), DYLAN HOWE (gold, silver), MELODY HOWE (silver, bronze), MARTIKA MOORE (gold), SAMANTHA MOORE (silver), MATTHEW PINNEY (gold), TODD PINNEY (gold), MEGAN SNYDER (bronze)



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“We are pleased our students can compete at such a high level regardless of the venue. This is a tribute to their dedication and hard work,” says Clinton Williams, founder of WMAF. Williams is a fifth degree black belt and has been in the karate business for over 30 years.

The WMAF team will next be heading to Rome, Italy to compete in the 2009 TKO International Karate-Do Cup February 14-15th.

For more information about WMAF and details of the 2009 Karate season, including the National Championships, go to www.williamsmartialarts.com and www.usankf.org .

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