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Hometown Athletes Shine at Championships

JKO Garner competitors win at USA Karate National Championships

GREENVILLE, South Carolina (July 12, 2010) – The USA Karate National Championships and Team Trials held in Greenville, South Carolina from July 8-11 drew competitors from across the country. Building upon a competition season of tough bouts against fierce competition, students from JKO Karate in Garner earned the opportunity to compete at the event.

Michael Outlaw, an 11 year old student at Aversboro Elementary, qualified for the Championships with only a few months of training and competition experience. Outlaw performed well against strong athletes, winning a bronze medal in both forms and in fighting. Connor Dodge, an 8 year old student at Vance Elementary, also worked hard for the chance to compete. Even with stiff competition in his division, Dodge brought home a bronze medal in forms. Instructor and USA Karate Certified Coach Ed Craft said, “Our Garner athletes performed very well for their first National Championships. They handled themselves and the stress of an elite-level competition in an exceptional manner.”

In addition to athletes from Garner, Craft also coached athletes from JKO clubs in California and Kentucky. Between those five participants, the JKO earned another five gold medals and a bronze. With Craft in her corner, Alanna Miki of San Diego earned a spot on the US National Team which will be competing at the 21st Junior Pan American Karate Championships in Montreal, Canada August 20-22, 2010.

For more information about USA Karate, visit them online at www.karate.teamusa.org – For more information on JKO Garner, contact them at 919-521-4438 or visit them online at www.jkogarner.com

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