

Central Karate Club wins gold

In only their second year of competition, members of Central Catholic High School's Karate Club brought home four first-place honors and eight trophies from the John Almeida's Goodwill Invitational Karate Tournament in New Bedford last month.

The team is led by Sensei Jarrod Brown of Methuen.

CCHS students competed in two disciplines of Kyokushin Karate: Kata to demonstrate proper form and technique which is the foundation of movement in Kyokushin-style karate, and Kumite to demonstrate an individual's ability to defend themselves against and overpower another opponent.

Students who placed in the tournament include:

- **Brendan Stolarz** (senior), first place in Forms and fourth place in Fighting.
- **Amy Whitney Perry** (senior), fifth place in Forms and Fighting.
- **Jeff Duchesne** (junior), first place in Forms and third place in Fighting.
- **Junellie Leon** (junior), first place in Fighting and first place in Forms.
- **Amanda Meli** (freshman), first place in Fighting and third place in Forms.

"Brendan, Amy, Jeff, Junellie and Amanda are as dedicated as they come, each student was at the top of their division in at least one discipline of the tournament. I am very proud of them and obviously their hard work has paid off," said Sensei Jarrod Brown.

CCHS offers one of the only matriculated martial arts/self defense programs in the state that is free for all students and faculty at the school. Students are exposed to a range of martial arts teachings including basic self-defense techniques, traditional Kyokushin Karate, and Brazilian Jiu Jitsu. The CCHS Karate Club, which has over 50 members, is now considered a varsity sport.

The CCHS will host an open Teen Tournament at the school in May.



Gathering after the CCHS Karate Club's fine showing at the John Almeida's Goodwill Invitational Karate Tournament are (front, from left) Sensei Jarrod Brown, Amanda Meli, Amy Whitney Perry and Hanshi Larry Giordano; (back row) Jeff Duchesne, Junellie Leon and Brendan Stolarz. Brown studied under Giordano, founder of the Methuen Karate Association where several of these students train. Courtesy photos



Methuen's Amanda Meli (right) lands a kick during the competition.

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