



## The Central Catholic Karate Club wins gold at Almeida's Invitational

Sensei Jarrod Brown and five Central Catholic Karate Club varsity athletes traveled to New Bedford last week to compete in the annual John Almeida's Goodwill Invitational Karate Tournament. This is the second time Central Catholic High School (CCHS) students competed in this tournament. Eight trophies were awarded to the five participants. Four took first place in either their individual forms or fighting division: Brendan Stolarz, Jeff Duchesne, Junellie Leon, and Amanda Meli while Amy Whitney Perry placed in top five of her division in the competition.

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
- 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) - 1st place in Forms and 4th place in Fighting
- Amy Whitney Perry (senior) - 5th place in Forms and Fighting
- Jeff Duchesne (junior) 1st place in Forms and 3rd place in Fighting
- Junellie Leon (junior) - 1st place in Fighting and 1st place in Forms

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- Amanda Meli (freshman) - 1st place in Fighting and 3rd 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.

"This is our fourth official tournament, and I am excited to say that we will be hosting an open 'teen' tournament at CCHS in May. Interest in the karate club continues to grow; we currently have over 50 students and open our doors to more at the change of the winter sport season.

The club is now a varsity sport and students can earn Varsity and JV letters for participation. It's exciting to watch the students and club progress, my goal for this club when I developed it was to impact my students in the same way that my instructor, Hanshi Larry Giordano, impacted me.

He always showed me that perseverance and consistent effort are the only ways to improve."

About the CCHS Karate Club

CCHS offers one of the only matriculated martial arts/self defense programs in the state that is absolutely free for all students and faculty at the school.

The club holds weekly classes at CCHS on Tuesday nights from 5:30-7:30pm. Students will be exposed to a range of martial arts teachings including basic self-defense techniques, traditional Kyokushin Karate, and Brazilian Jiu Jitsu. The CCHS Karate Club is now considered a varsity sport, which means that students can earn JV and Varsity letters and have the opportunity to compete in local and regional tournaments.

For more information about the CCHS Karate Club please visit Sensei Brown's website: <http://www.cchskarate.com> or blog: