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Karate Athletes Bring Home Medals

Submitted by Thomas Westernoff



Seven members from The Karate & Fitness Place USA returned home from the West Coast Karate Championships held in Yuba City on Feb. 16. Hundreds of athletes from all over Northern California came to participate in this event. Participants ranging from 4- to 65-years-old competed in beginner through advanced levels.

Lamorinda athletes brought home 12 medals in Kata (Forms), Kobudo (weapons) and Kumite (sparring).

From left: Kai Thomas (silver in kata), Jared Avenell (silver in kata and bronze in kobudo), Justin Simpson (gold in kumite), Logan Simpson (bronze in kumite), Trevor Simpson (gold in kata and bronze in kumite), Arleen Thomas (gold in Kobudo, gold in Kumite and bronze in Kata), Morgan Langstaff (gold in Kumite and bronze in Kata), and coach Sensei Thomas Westernoff. Photo provided

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