

MARTIALSPORTS



**Audrey
Maxine West**

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Featuring

Preview



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**Addyson
Putt**





My goal is to be a dermatologist. I am also active in my Awanna's Program at Church, I also am in the Gifted & Talented Program at my school. I play volleyball and basketball too. In February, I graduate from the Barbizon Acting and Modeling School. We love the Chicago Cubs and my Scottie Terrior is named Wrigley.

Photographers Credits: John Putt



Started my martial arts journey at The Martial Arts Centre in August 2018 where I started taking classes in Taekwondo. In February 2020 I was asked to try out for the weapons team which is ran by @Xplosiveweaponry

In March 2020 Covid hit, which meant we went into lockdown. During lockdown I continued with my martial arts over Zoom, attending various classes a week in Taekwondo, Kickboxing and Weapons. I attended private lessons in weapons at a local park (because we couldn't train indoors) as I really enjoyed it and wanted to get better at it. My first completion was a Zoom competition which didn't go to plan, but I was determined to improve and get better for the next one.

During lockdown I have competed in a few competitions

online such as Xplosive Forms and the WMO Championships.

In September 2021 I attended the WTKA European Championships in Chesterfield. I was really nervous as this was my first 'in person' comp, but I can proudly say that I gave it my all and came away with some medals.

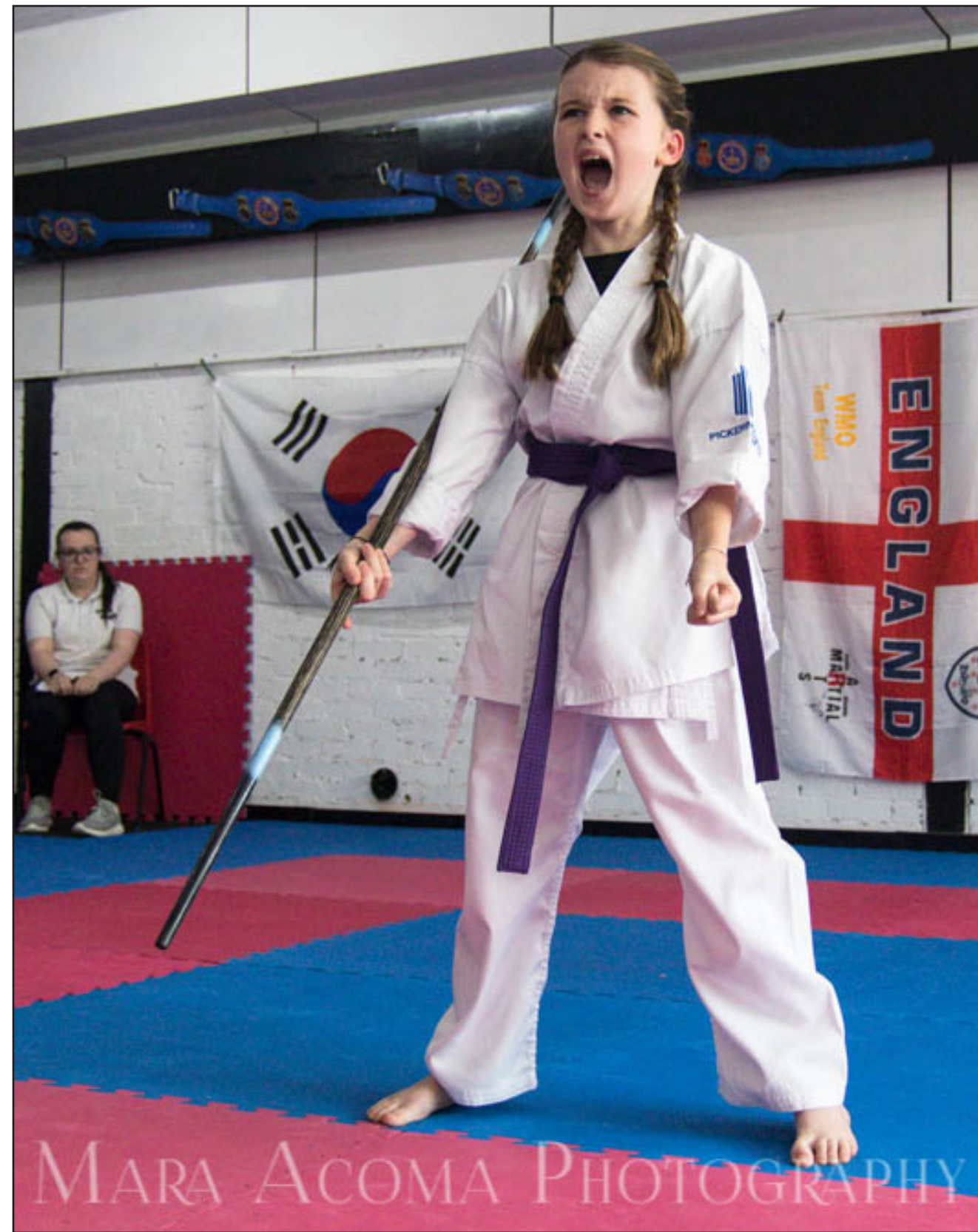
Next month I will be taking my next grade in kickboxing and then Taekwondo where I hope to get my black belt before I turn 11 next year.

Over the next year I will be focusing on my weapons competitions and practising when I can to get better at my forms and techniques.



Amy Morris Lambert

Amy Morris Lambert



MARA ACOMA PHOTOGRAPHY



Audrey Maxine West



Audrey Maxine West



Audrey is a 7 year-old second-grader and currently holds a Red-decided belt in Taekwondo. She participates in ATA sponsored tournaments all around the USA. She started competing in Virtual Tournaments last year during the pandemic, and ended up getting 3 State Titles (Traditional Weapons, XMA Forms and XMA Weapons) and 2 Championship Titles (XMA Forms and XMA Weapons) in the Girls- 8 and under Division.

Her goal is to become a Black Belt, progress through the Black Belt ranks, be an instructor, and to also continue competing to earn State, District and World

Championship Titles.

Outside of Taekwondo, she's a model student who exhibits leadership, kindness, and respect. She is a hard-worker and a risk-taker.

There are a lot of very talented kids that compete in the tournaments- some with gymnastics expertise and that is one of the challenges that Audrey faces. But her biggest challenge is to make sure she is better today than what she was yesterday and will be better tomorrow than she is today.



Audrey Maxine West



Audrey Maxine West



Christina Korman



jimphotos



Christina Korman



My name is Christina Korman, I'm sixteen years old and currently making my dreams come true. I started karate at the age of ten because my mom wanted to share the love of karate with me. She would always talk about all her karate friends and how karate was a way of life, and at the age of ten she thought it was finally time to let me start my karate journey. I instantly fell in love with the sport after my first ever karate tournament. I remember being the first division up and having butterflies in my stomach, but right when I walked into the ring, I knew this is where I was meant to be. I don't know how to put this in words but I felt this amazing feeling of being in the moment for the first time. I felt as if the atmosphere around me had completely changed and that I was no longer nervous. After finishing my kata, I waited anxiously to see the scores, and it was 5-0 in my favor, but I wasn't done yet I had one more round to go. I repeated my same kata again, but this time put even more of myself into it and good thing I did because when I looked around and it was 5-0 in my favor. My first tournament was a success and I finished the day

with a gold in Kata! When I started karate, I instantly preferred kata because I loved to watch the elite athletes put so much power and strength into their kata. Their techniques were so clean and beautiful, and I got chills just watching them. It's been six years now and I still get chills. I've been lucky enough to train under many World Competitors such as Sakura Kokumai, Damian Quintero, Ariel Torres, Sandy Scordo, Mickael Serfati, and Gakuji Tozaki. In these past six years my goal has not only been to make Team USA but also to spread the love of karate to all of those around me. This past year (September 2021), I was able to claim my spot on Team USA in the 16-17 Elite Kata division and it has been a full-on dream come true. If it wasn't for my parents, teammates, and Sensei I wouldn't be where I am today. They have taught me that karate isn't just a sport but it's a family and a lifestyle I hope to live for the rest of my life. So in the end always follow your dreams, because eventually they will come true.

Photographers Credits: Cassie Korman

David Robertovich





I am a wrestler and i love it. I am doing this for almost for 3 years now and i want to represent my country in near future.



**David
Robertovich**



My name is Douae El Machouat , I'm 14 years old , I'm in first year of high school , I'm the karate champion of Morocco for seven-times and the Mediterranean Karate Champion for one time .

It was not that easy at all to win , I cried , I failed , I was stressed but with Allah willing , and the encouragement of my family and friends . Due to that , I was able to defy all

difficulties and came back stronger and motivated than before . When I play karate I feel happy , I forget all the negativ thoughts , especially when I'm in a tournament I keep focusing on winning .

I play karate since I was six years old , which means karate is my life , I have so many goals but the most important one is to be the champion of the world one day .



**Gabrielle
Vontress**



*#PrincessWithAKick
#KarateGirlKick #MsGabbyV*



I eat, breathe, and sleep Martial Arts! My dream is to be an instructor and have a school of my own. Believe it or not I am a little bit shy, so to join and have my first class was an achievement in itself. Since then I have set goals to become a Black Belt, State Champion, and District Champion. I have achieved those goals! My next goals will be to become ATA World Champion, and then to try out for team USA and make the team. Martial Arts is always

challenging, you are challenging yourself to be better than you were yesterday. Everyday the pressure is on, I want the World to see my many talents, I want the world to know who I am! GABRIELLE!!!

Photographers Credits: Gerald and Ashley Vontress (Mom and Dad)



**Gabrielle
Vontress**



**Gibran
Rawlings**



Gibran Rawlings

My name is Gibran Rawlings, I am 11 years old from Orlando, Florida. I attend Florida Sports Martial Arts Academy in Orlando, Florida, and I hold a black belt in karate.

I am a 2-time USA Sport Karate national champion and a NASKA (North America Sport Karate Association) world top 10 in my age division; I compete in the extreme forms, weapons and point fighting divisions. I started martial arts when I was a little over 6 years old after attending a presentation at one of the dojos in my area. I was given the opportunity to break a board and that was the beginning of my journey, the rest is history, I have loved learning martial arts ever since.

One of my proudest accomplishments includes writing a book about the challenges kids like me face dealing with food allergies, and having my book published. Another accomplishment was earning a 5-star division award after finishing the USA Sport Karate season ranked #1 in five different divisions.

Competing on a national and world level takes a lot of dedication and hard work, I'm so thankful for the support

I get from my instructors and coaches who are some of the best in the martial arts world, for teaching and helping me get better each day. My parents are my biggest supporters.

I really enjoy competing because of the challenge and I also get a chance to meet competitors from different countries, learn new things and form friendships. We all push each other to succeed and do well even though we're competing against one another. I am a member of a group called the AMIGOS, we're a group of 8 young elite martial artists who met while competing and developed a friendship. We are about giving back to the martial arts community, promoting positivity, and helping the younger martial artists coming up in ranks behind us by providing ways for them to learn, grow and have the confidence to step out and compete.

When I have training days off or not traveling all over to competitions, I enjoy playing football, video games and hanging out with my friends.

Photographers Credits: Dad

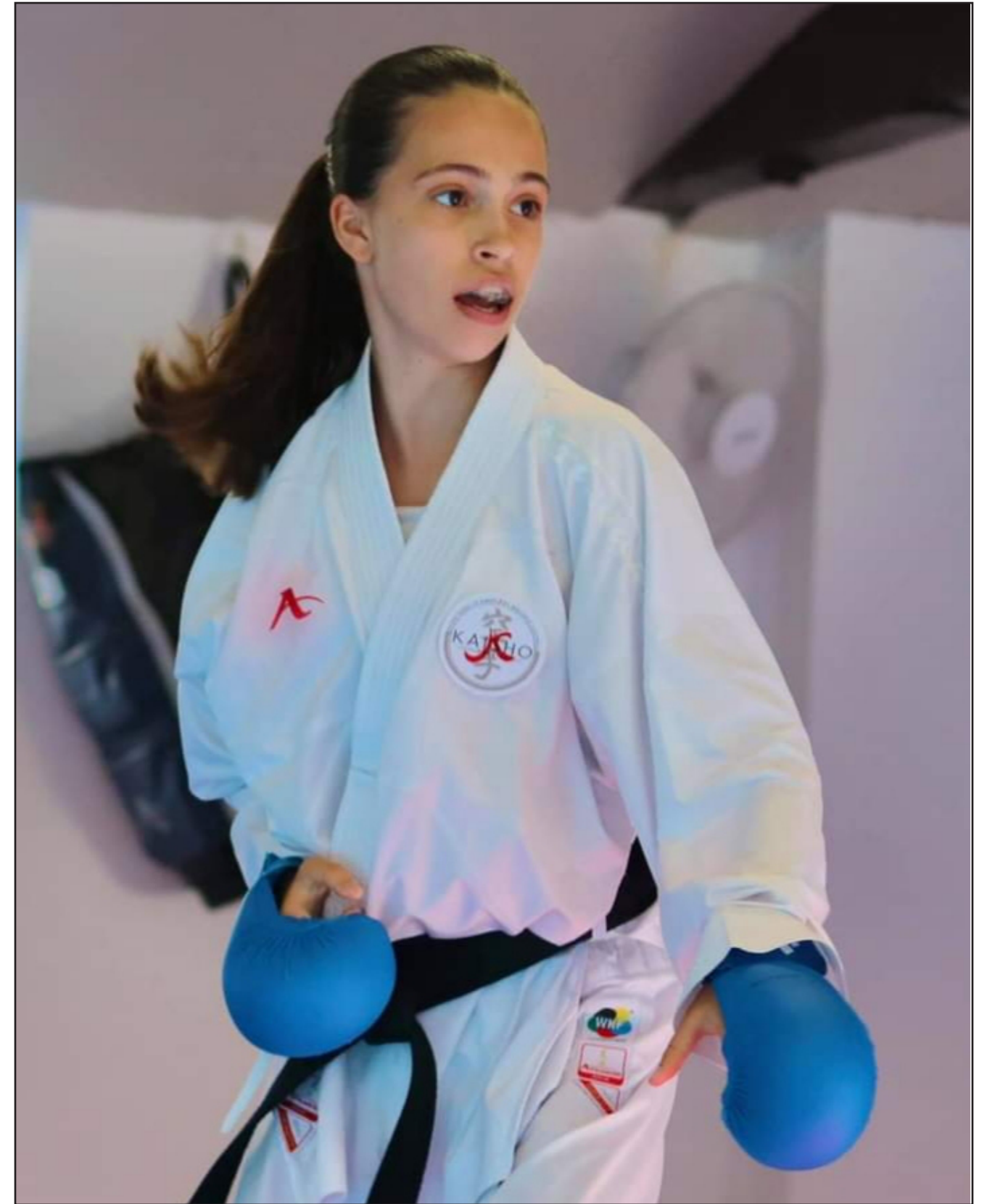




Gibran Rawlings



**Gramaticu Denisa
Antonia**



Gramaticu Denisa Antonia



I want to go to the Olympics in 2024 and fight for my country.

Photographers Credits:
@kaishoemma on Instagram.





Lorenzo



My dream is to continue to train in Martial Arts, so that I can work up to my 10th degree black belt. Another dream of mine is to be a movie star and make action movies. My goal is to start to train in gymnastics so that I can add flips into my routines. Working hard in school

and keeping up with Karate is a challenge for me but I'm going to keep working hard at it because it's my passion.

Photographers Credits: Mom

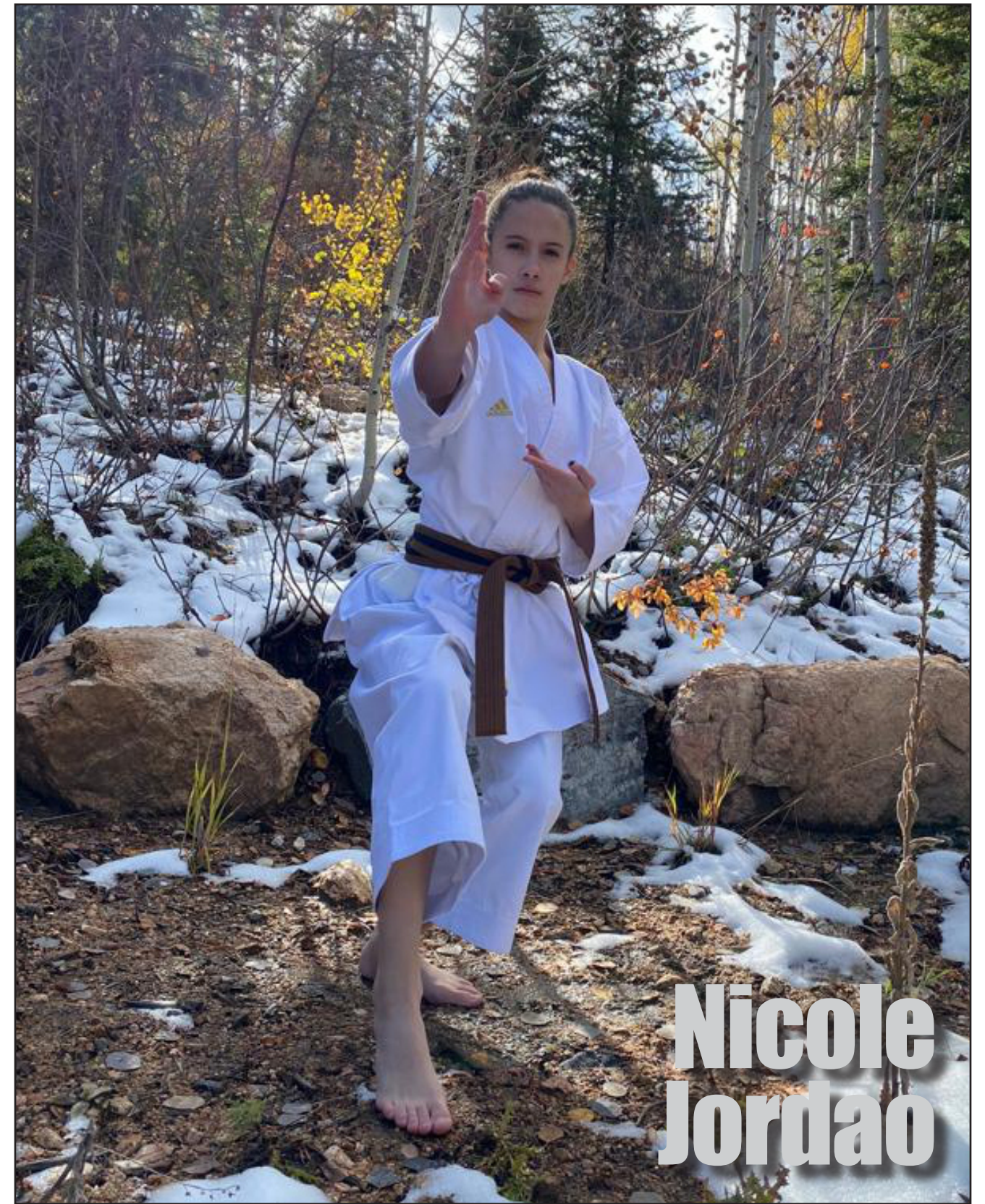
I am National karate tournament winner . I love karate and want to learn new things and grow in this sport. Want to live karate.



Nicolas Jones



Nicolas Jones



Nicole
Jordao



Nicole Jordao



EDITED BY KIM BYRNE (Evan's mom)

Nicole began practicing karate kind of by accident. Her brother decided to try the sport at a local dojo in Winter Garden-FL four years ago and Nicole went along to watch him. By the end of class, Nicole asked her parents, 'Can I also do that?'. At the time she was taking dance classes but quit soon after to focus on karate and has been training ever since.

During her first week of training at Stoneybrook Karate, her Sensei – Tim Hilgenberg, immediately recognized her talent. Sensei Tim told her parents, "This girl is talented,

and I would like to invite her to join our competition team." Her parents, not believing much of that, agreed to let her give it a try. Nicole began competing in 2018 at the age of 9, and her first competition was not very successful. However, she kept training and continued to improve. In her first year of karate, she went to AAU Nationals as a beginner and brought home double gold in Kata and Kumite. In her second year as a karateka, competing in the intermediate division, Nicole won gold at both the US OPEN and the Junior International Cup in Las Vegas, the most prestigious karate tournament in the USA. After just doing karate for just 1.5 years, her sensei suggested skipping her again to the advanced division. As

Nicole Jordao



an advanced competitor, Nicole didn't disappoint! As a 10-year-old, she won the Miami International Cup in both the 10/11 and 12/13- year-old divisions. She then went to 2019 Nationals, won silver, and that medal gave her a spot in the AAU USA National Team.

Then came COVID in 2020, but that did not stop Nicole from training or competing. She continued taking classes and competing online. COVID gave her the opportunity to compete against girls from all over the world in her specialty: Kata (a Japanese word meaning "form"). She became the 2020 Overall Pan-American Champion of the American Junior Karate League (AJKL). She also competed in the E-Tournament World Series three times, winning gold, bronze, and placing 5th, going against more than 30 girls from 20 different countries. The events placed her in the top 15 of the 2020 E-World Ranking.

Karate has given Nicole opportunities to meet new people and visit places that would not have been possible without this sport. Although competing is fun and exciting, it can also very stressful and exhausting. To endure such stress, Nicole gets the support and encouragement she needs from her Sensei Tim

Hilgenberg, Sensei Joseph Martinez, her friends, and her family. "My mom is with me daily, taking me to the Colorado Budokan dojo here in Denver and helping me with my virtual karate classes with my Floridian dojo. At competitions, my mom fixes my GI and is the noisy one cheering from the stands! My Dad is more of a quiet supporter; he is in charge of video recordings and making sure everything is OK. He also helps carry all my gear."

Nicole has quite a busy schedule. She works hard at school to maintain straight As, trains at two different dojos 5 times a week, and works out twice a week with a Physical Therapist. Sometimes it is hard for Nicole to stay motivated, but she pushes through by remaining focused on her goals. Her objective for 2021 is to go to the US Open in Las Vegas in December, where she will defend her gold medal. For 2022, she aims to make the US team and compete for a gold medal at the WUKF World Championships in Fort Lauderdale-FL. As for her long-term goal, Nicole says "I want to travel the world and represent my country as a member of the US Senior Team. I also really want to go to Okinawa, Japan to see where karate started".





My name is Samantha Mitling and I am 16 years old. I am a third degree blackbelt and a world champion martial artist. I have been doing martial arts for over 10 years, which is more than half of my life. When I first started at the age of 5, I immediately fell in love with it and knew this was something I wanted to do for the rest of my life. I started competing when I was 6 years old and I placed very well. I loved the attention and the feeling of performing in front of others. I started competing on the national circuit a few years later. I have won many national titles since then and I won my first world title my second year competing on the NASKA circuit for musical

weapons. I recently picked up a weapon sponsorship with a UK based weapon's company called Xplosive Weaponry.

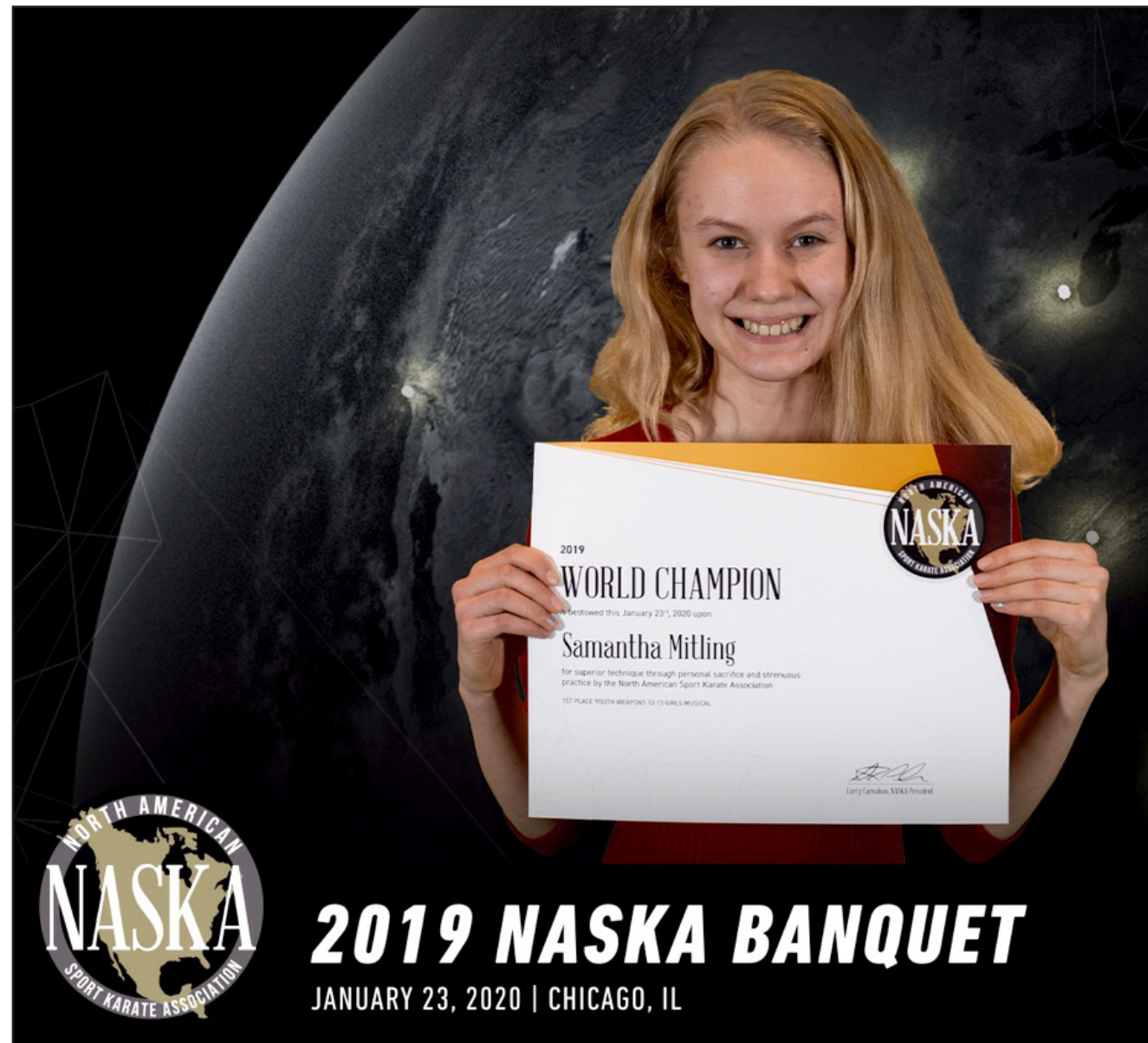
One of my biggest dreams as a child was to perform in movies and shows. I looked up to many martial artists that became movie stars and my biggest dream was to be like them someday. A few months ago, I had received an offer from a major broadcasting company to perform in a new French game show called "Game of Talents." The next thing I knew, I was on a 10 day trip to Paris to perform and do what I love in a TV show. The object of the show is for

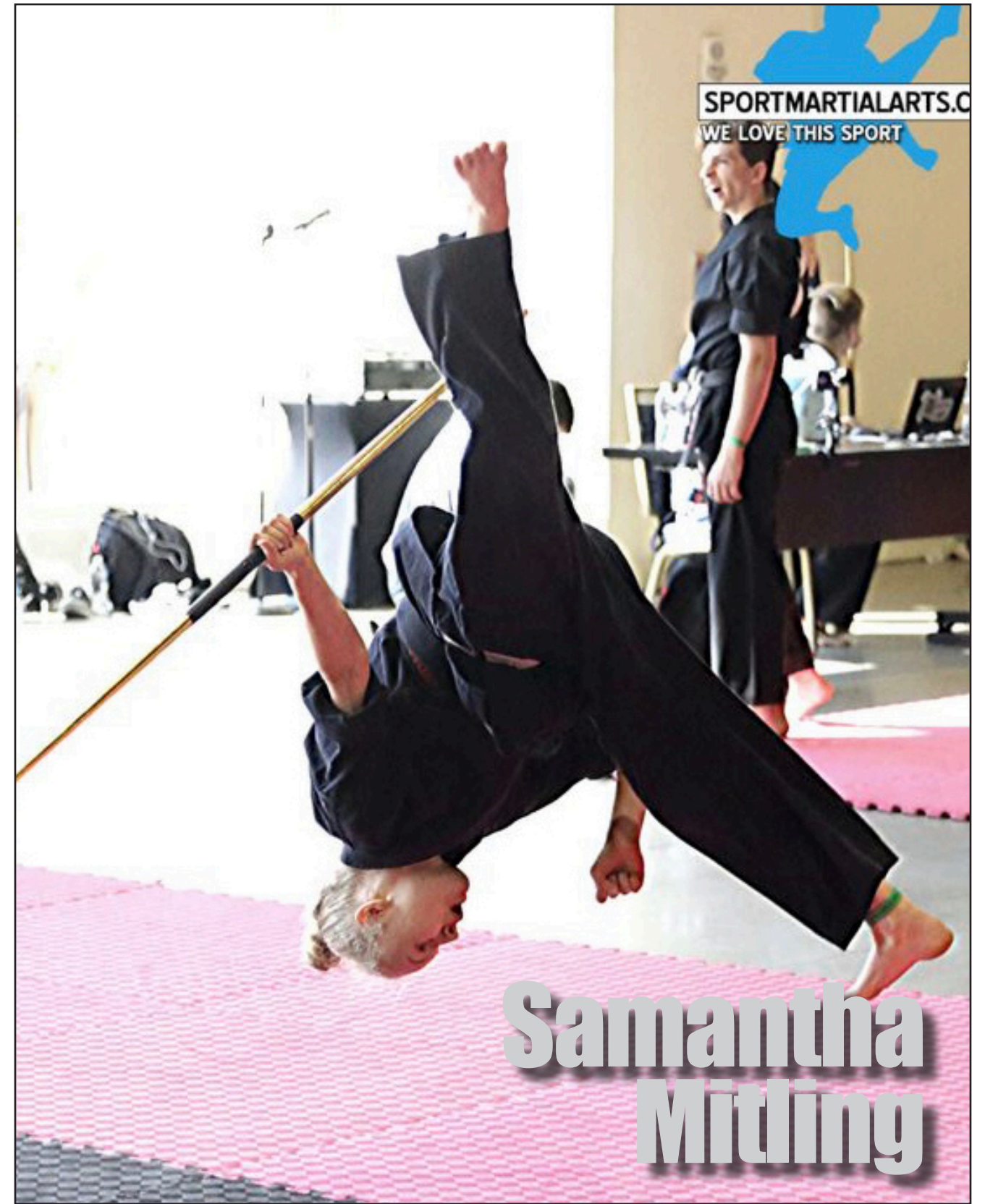
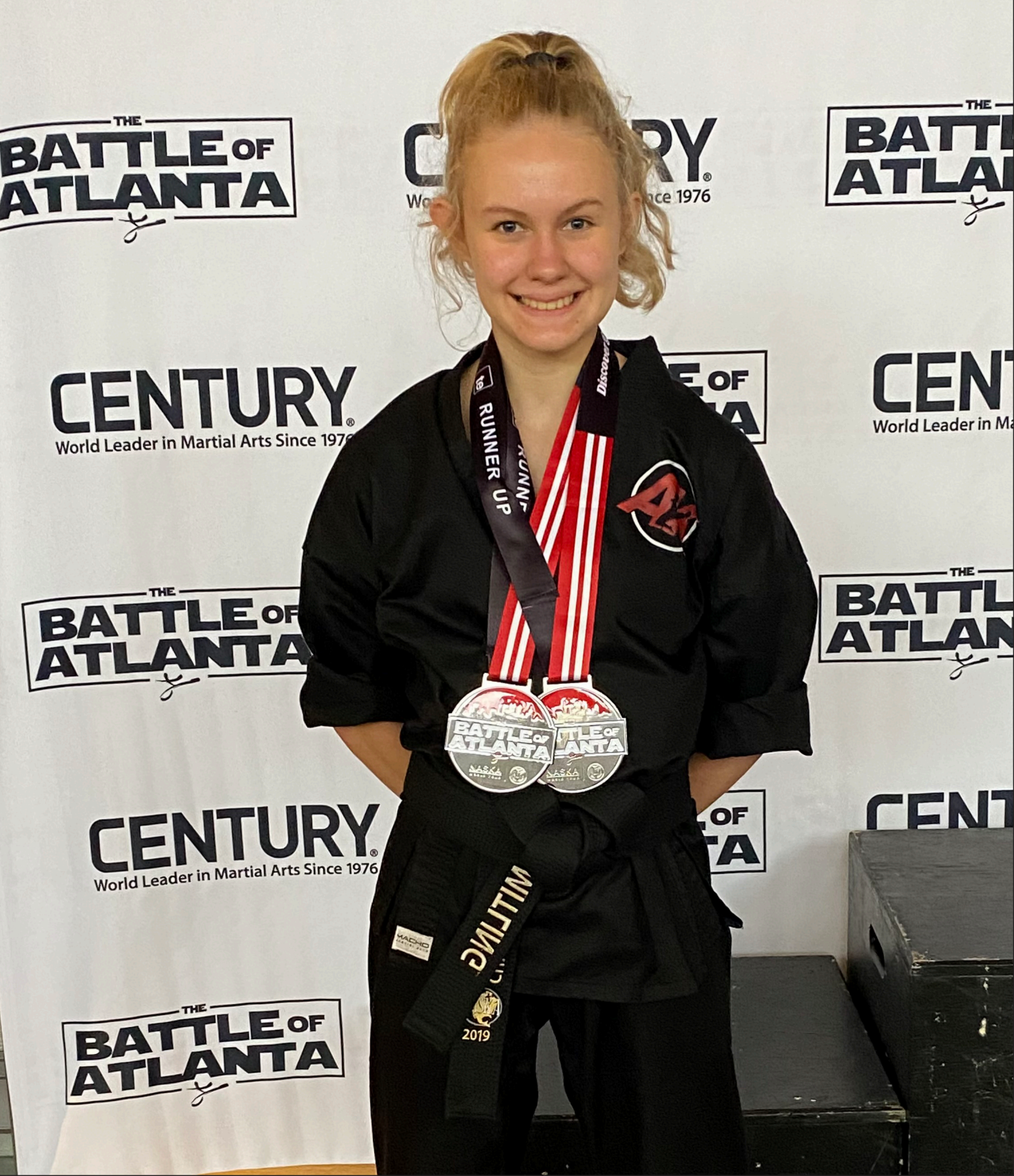
two panels of celebrities to try to guess your talent and if they guess right they'll receive money to donate to an organization. I came out looking like a young school girl and then transformed to look like the bride from the tv series "Kill Bill," with blood splattering and pyrotechnics behind me. They guessed my talent incorrectly and thought I was part of a vegetable orchestra or was a drone dancer. They were definitely in for a surprise to see a shy girl spinning a stick and looking all fierce. This was an incredible experience and I hope to do more things like this!

It definitely wasn't easy to get to where I am today. I had a lot of setbacks throughout my journey including injuries,

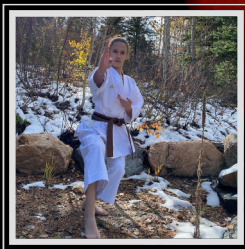
health, school, and more. I tore my labrum in my shoulder almost 2 years ago and I remember how frustrating it was when I couldn't train. Most of my time was spent undergoing physical therapy, acupuncture, and other treatments. However, I didn't let that stop me and I wanted to be back out training and on the mats more than ever. I am grateful for all of these setbacks because it made me a stronger person both physically and mentally. Always keep your eyes ahead on the goal you want to achieve and don't look back.

Photographers Credits: Christophe Chevalin, Sport Martial Arts





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Gibran Rawlings

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