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Central Catholic Karate Club Finishes Strong in John Almeida Goodwill Invitational Tournament

EDITORS: High resolution images are available for download at <http://www.sentrepity.com/news.html>

Lawrence, MA March 18, 2010: Sensei Jarrod Brown and seven Central Catholic Karate Club students traveled to New Bedford last month to compete in the annual John Almeida's Goodwill Invitational Karate Tournament. This is the first time Central Catholic High School (CCHS) students competed in this tournament, and more than ten trophies were awarded to the team. Three took first place in the women's division: Shannon Bradish, Samantha Gilman, and Junellie Leon while several others placed in the competition.

CCHS students competed in three disciplines of Kyokushin Karate:

- **Kata** to demonstrate proper form in understanding the foundation of movement in Kyokushin-style karate
- **Kumite** to demonstrate an individual's ability to spar against another opponent
- **Weapons** expertise to demonstrate mastery of Karate weapons

Students who placed in the tournament include:

- Shannon Bradish (senior) – 1st place in Fighting and 1st place in Forms
- Brendan Stolarz (junior) – 2nd place in Fighting
- Amy Whitney Perry (junior) – 5th place in Fighting
- Samantha Gilman (sophomore) – 1st place in Fighting
- Cherie Lemay (sophomore) – 2nd place in Fighting and 2nd place in Forms
- Junellie Leon (sophomore) – 4th place in Fighting and 1st place in Forms
- Renee LeRette (freshman) – 3rd place in Fighting

"I'm so proud of the CCHS Karate Club students who participated in the Almeida Tournament, they did an incredible job," said Sensei Jarrod Brown. "This is our second

official tournament, and each student took a place in kata or fighting which shows how hard they are working. Interest in our karate club continues to grow, it's now a varsity sport and students can earn Varsity and JV letters for participation. It's exciting to watch our students and club progress, these seven students proved to be formidable competitors at the tournament.”

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 and Wednesday nights from 5:30-6:30pm. 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: <http://cchskarate.blogspot.com/>.

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Pictures:

1. CCHS_Almeida_1.jpg:

Front Row: Amy Whitney Perry

Second Row: Shannon Bradish, Samantha Gilman, Renee LeRette, Cherie Lemay

Last Row: Junellie Leon, Brendan Stolarz, Joanna Justin

Far left: Hanshi Larry Giordano

Right front: Sensei Jarrod Brown