



News Release

St. Lorenzo student medals at national karate tournament; off to worlds in September

For immediate release – June 13, 2024

A St. Lorenzo Ruiz Middle School Golden Eagle will be looking to soar at a world karate tournament this fall after medalling twice at a national tournament held last month.

Sofia Reyes, a grade 8 student who trains at the Shotokan Karate Club of Red Deer under the guidance of head coach Rahul Channan, won two silver medals at the International Shotokan Karate Federation (ISKF) National Tournament in Richmond, British Columbia on May 18. The tournament was Sofia's first at the national level and in both final matches, she battled hard against black belt competitors. She finished second in both the 12-14 Female Brown and Black Belt Jiyu-Ippon Kumite and 12-14 Female Brown and Black Belt Jiyu Kumite.

Due to her success on the national stage, Sofia has qualified for the ISKF World Shoto Cup, which will be held in London, England from September 19-22, 2024.

Sofia began her karate journey at the age of nine, and has dedicated five years of practice and intense training to the sport. She has medalled in back-to-back ISKF Provincial Tournaments, picking up a bronze medal on March 9, 2024, and two silver medals and a bronze at the 2023 provincials.

"My journey in karate is all about continuous improvement. Achieving the black belt and winning gold medals are my ultimate goals, but I know that the process and the lessons learned along the way are just as important," said Sofia. "For me, karate is about striving for excellence and embracing every opportunity to improve. The world tournament in September is a chance to showcase my skills and learn from the best in the sport."

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"We are incredibly proud of Sofia and her dedication to karate. Her commitment to continuous improvement and her upcoming participation in the world tournament is an inspiration to all of us at St. Lorenzo Ruiz Middle School," said Rob Coumont, St. Lorenzo Ruiz Middle School principal.

For more information on the Shotokan Karate Club of Red Deer, please visit www.reddeerkarate.com.

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