



FOR IMMEDIATE RELEASE

Clinton Williams
Williams Martial Arts

Christina Murto
Williams Martial Arts

After School Program Leads to Tournament Victory

Ashburn Student Develops Friendships and Character Through Karate

(Ashburn, Virginia, Sunday, May 3, 2009) – How do learning about George Washington, having fun splashing in a pool, and completing schoolwork on time add up to winning karate competition? Ask Whitney Saunders, a nine-year-old competitor at the recent karate tournament held at Broad Run High School and hosted by Williams Marital Arts and Fitness (WMAF) in Ashburn.

The competition attracted 114 competitors from Northern Virginia and across the region. Whitney was one of 36 martial artists from WMAF who came away from the tournament with a gold medal.

Whitney Saunders is part of WMAF's after school program. She credits the program for her good performance at the Broad Run karate tournament.

The tournament, hosted by WMAF, was organized for any practitioner of traditional karate in the mid-Atlantic region. This weekend's tournament saw WMAF athletes win a total of 133 medals, including 57 gold, 43 silver, and 33 bronze. WMAF is one of the largest and most decorated karate schools in the country.

WMAF's after school program provides the students with extended activities that not only are educational, creative and fun, but also help build character. In the case of Whitney Saunders, the after school program has also led to winning karate competition.

Whitney started at WMAF two years ago at the age of seven. She credits karate with making positive changes in her life. "Karate has helped me learn the value of discipline," said Whitney, "and my Mom is so proud of me each time I get a new belt."

Whitney, a brown belt, liked karate from her first day. She participates in both WMAF's Summer Camp and After School Programs.

Through its after school program WMAF provides transportation from public and private schools in Ashburn as well as snacks, supervised homework time, and karate classes. During summer vacation, students have the option of enrolling in weekly summer camp sessions, which include swimming, arts and crafts, indoor and outdoor games and karate classes.



Where You Can Expect the Best

“Both programs were developed to provide WMAF families another opportunity to have their children cared for in a safe, fun and disciplined environment that promotes respect, self confidence, leadership and physical fitness,” said Clinton Williams, WMAF’s owner. “Our karate program has been part of the Ashburn community for almost twenty years,” he added.

In summer camp Whitney has enjoyed going to the pool, doing arts and crafts, and attending field trips, including a visit to George Washington’s home in Mount Vernon. The after school program not only gives Whitney the chance to jump-start her homework but also to continue to develop her karate skills.

Whitney also enjoys competing in tournaments like the Regional Tournament at Broad Run High School this weekend.

“Right now, I am focused on kata (forms),” she said. “I like learning the pattern and practicing for the tournaments with the team,” she added.

A complete list of the tournament’s local gold medalists include:

Powell Benedict, Jacob Busser, Sharath Byakod, Meghan Chatfield, Jordan Codella, Grace Codella, Spenser Codella, Ron Da Silva, Tom Dombrosky, Kim Dyer, Albert Edwards, Jack Golden, Giovanni Granados, Marita Grover, Megan Hajdo, Brendan Hall, Dylan Howe, Serena Jeeva, Adrian Johnson, Samiksha Kale, Hollis Kara, Todd Korson, Saidheeraj Kumar, Tanay Kurane, Karl Mellen, Martika Moore, Vani Ramesh, Whitney Saunders, Attiya Shah, Megan Snyder, Shriya Srinivas, Anthony Thellaeche, Jose Thellaeche, Delaney Tifft, Reilly Tifft, and Katherine Yan.

For more information about WMAF’s karate programs, including the after school program and summer camp, go to www.williamsmartialarts.com.

###