



FOR IMMEDIATE RELEASE

Clinton Williams
Williams Martial Arts

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Karate Club Bring Back Gold from Rome

Ashburn team competes in International TaiKai Competition in Italy

(Rome, Italy, Sunday, February 15, 2009) – Members of the international competition team of Williams Martial Arts and Fitness (WMAF) brought back 13 medals from the International TaiKai Karate Tournament in Rome, Italy.

The tournament drew hundreds of top martial artists from across Europe and North America. WMAF was part of an American contingent that garnered a total of 50 medals.

The ten competitors from WMAF earned a total of 13 medals, including 4 gold, 5 silver and 4 bronze. This was WMAF's second international tournament in the last four years. The team also competed in Osaka, Japan in 2005.

One of WMAF's top competitors in Rome was Lisa Codella. She earned three medals including a first place gold in kata (forms), a second place silver in team kumite (sparring), and a third place bronze in kobudo (weapons).

Mrs. Codella, a second degree black belt, is one of WMAF's top instructors. Over the past nine years of training, she has earned six national karate titles.

She is part of a WMAF karate family. Her husband, Tom, is an instructor at WMAF and their four children Spenser (14), Logan (11), Grace (10) and Jordan (6) are members of the WMAF competition team.

In addition to her work at WMAF, Mrs. Codella is a science and social studies teacher at Nysmith School in Herndon. She is currently pursuing her masters degree in education.

"We are very pleased to have such a large group of athletes from the United States attend our tournament," said host Ivano DiBattista of Hanko Ryu Martial Arts in Rome, Italy. "The WMAF team had excellent competitors and represented their country well," he added.

Competition included kobudo (weapons), kata (forms), and kumite (sparring).

The WMAF medalists included:



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LISA CODELLA (gold, silver, bronze), DWIGHT GROVER (gold, gold, gold), MARITA GROVER (silver, bronze), TODD KORSON (bronze), MARTIKA MOORE (silver, bronze), LIZ SATRIANO (silver), KAREN SEVERO (silver)

“I’m very proud of our team,” said Clinton Williams, founder of WMAF. “Competition is critical to skill development,” he said. “More importantly, we learn from our international competitors and are able to incorporate new knowledge and skills into our karate training at Ashburn.”

Williams is a fifth degree black belt and has been in the karate business for over 30 years.

The WMAF team will next be in Las Vegas, Nevada April 9 – 12 for the Ozawa Cup International Karate Tournament.

For more information about WMAF and details of the 2009 Karate season, go to www.williamsmartialarts.com.

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