



# SMA KARATE & PATRY TOTAL FITNESS

## Presenting Murielle

Age: 17



### KARATE

Shotokan Ryu  
2<sup>nd</sup> Kyu Brown Stripe

### ACADEMICS

Holy Cross  
Secondary School  
Grade 11  
Favorite subject:  
Physical education

### KARATE JOURNEY

Murielle started training in karate at the age of twelve. Murielle spends her time in the dojo training for her belt level requirements, training for her competitive season and also assists junior level classes on a regular basis.

### KARATE EVENTS

Throughout the year, Murielle attends open tournaments, provincial tournaments and attends in more than one training convention per year.

At the 2019 Ontario Karate Federation (OKF) Tournament she placed in both Kata and Kumite divisions.

### PERSONAL INTERESTS & ACTIVITIES

Murielle other activities includes many other sports such as playing lacrosse and rugby. She volunteers as a student ambassador to exchange students during the school year and works at the YMCA as a youth counsellor.

During the summer she maintains full time working hours. At her school, Murielle was awarded the outstanding athletic award, public speaking award and was the valedictorian. At the age of twelve, she started her own company providing lawn services in her neighbourhood.

### FROM THE STUDENT

I am a friendly and outgoing individual. What I like about martial arts is the physical training and learning about the history of martial arts. I feel that it makes me a stronger and confident individual. I compete to meet other martial art practitioners, learning about other schools and systems and I enjoy the challenge of competition and how it improves my growth as a person overall.

