



# SMA KARATE & PATRY TOTAL FITNESS

## Presenting Halo

Age: 13



### KARATE

Goju Ryu  
1<sup>st</sup> Degree

### ACADEMICS

Module de l'Acadie  
Grade 8  
Favorite subject:  
Physician education

### KARATE JOURNEY

Halo started training in karate at the age of four. She spends five to eight hours a week in the dojo training for her belt level requirements, training for the provincial and national competitive season and instructing two times a week.

### KARATE EVENTS

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

This year she placed in the 2019 Ontario Karate Federation (OKF) Tournament in the Kumite and Kata divisions and is attending Nationals.

### PERSONAL INTERESTS & ACTIVITIES

Halo is a very active young lady. She plays on a recreational hockey team during the season and plays many other sports such as volleyball, swimming, wake-boarding, snowboarding and will participate in any athletic event.

Her personal interests include designing spaces, board games, playing the flute and spending time with her friends and family. She participates in various fundraising events with her school and Karate club and she maintains working hours at her school and family business.

### FROM THE STUDENT

I am an active and hardworking determined and perseverant individual. What I like about karate the most is the discipline, self defence and that everyone can grow at their own pace. For me it is a personal journey. What I like the most about competing is meeting new people and challenging myself to always be better.

