



# SMA KARATE & PATRY TOTAL FITNESS

## Presenting Jonathan

Age: 16



### KARATE

Shotokan Ryu  
2<sup>nd</sup> Degree

### ACADEMICS

Frontenac Secondary  
School Grade 11  
Favorite subject:  
Law

### KARATE JOURNEY

Jonathan started training in karate at the age of six. He spends three to four days a week in the dojo training for his belt level requirements, training for the provincial and national competitive season and instructing child, youth and adult classes.

### KARATE EVENTS

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

This year JJ placed in the 2019 Ontario Karate Federation (OKF) Tournament in the Kumite division and is attending Nationals.

### PERSONAL INTERESTS & ACTIVITIES

Jonathan, also known as JJ, other interests include skiing and long boarding. At school he plays various sports, volunteers as a student teacher and maintains a high-grade point average in his academics.

JJ participates in various fundraising events with his school and Karate club. His additional volunteering time is spent assisting in children programs.

### FROM THE STUDENT

During my karate journey I have become more responsible, active and outgoing. What I like about martial arts the most is the dedication it requires and the knowledge you gain about martial arts. I compete for the experience, the competition and to apply my learning in a competitive environment. What I like about competing the most is meeting new people and to have fun.

