



Ryaden Lau

Has Participated In the

**2025 Rocky Mountain State
Championships**

Athlete from Colorado

12-13 years old Adv. (Boys) ^ Kata 3rd Place (Bronze)

Certified By:



Where Olympic Journeys Begin



President

USA National Karate-do Federation

Denver, CO

5/4/2025



Adelynn Lau

Has Participated In the

**2025 Rocky Mountain State
Championships**

Athlete from Colorado

14-17 yrs. kata (Girls) ^ Elite Kata 1st Place (Gold)

Certified By:



Where Olympic Journeys Begin



President

USA National Karate-do Federation

Denver, CO

5/4/2025