



Natalie Goodwin

Has Participated In the

**2025 Rocky Mountain State
Championships**

Athlete from California

12-13 years old Adv. (Girls) ^ Kata 1st Place (Gold)

12-13 years old Adv. (Girls) ^ Kumite 1st Place (Gold)

Certified By:



Where Olympic Journeys Begin



President

USA National Karate-do Federation

Denver, CO

5/4/2025



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Flay Goodwin

Has Participated In the

**2025 Rocky Mountain State
Championships**

Athlete from California

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

14-15 years old Int./Adv. (Boys) Kumite 2nd Place (Silver)

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