



Sonia Punnoose

Has Participated In the
2025 USA Karate Nationals

Athlete from Illinois

10 Female Intermediate Kata 3rd Place (Bronze)

10 Female Intermediate Kumite 3rd Place (Bronze)

Certified By:



Where Olympic Journeys Begin



President
USA National Karate-do Federation

Fort Worth TX

7/9/2025



Anna Punnoose

Has Participated In the
2025 USA Karate Nationals

Athlete from Illinois

7 Female Novice Kata 3rd Place (Bronze)

Certified By:



Where Olympic Journeys Begin



President
USA National Karate-do Federation

Fort Worth TX

7/9/2025