



Sonia Punnoose

Has Participated In the
2026 Denver High Caliber

Athlete from Illinois

10-11 Girls Adv - Kata 3rd Place (Bronze)

10-11 Girls Adv - Kumite -42Kg 3rd Place (Bronze)

Certified By:



Where Olympic Journeys Begin



President
USA National Karate-do Federation

Parker, CO

3/7/2026



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