



Ryaden Lau

Has Participated In the
2026 Friendship Cup

Athlete from Colorado

14-15 yrs. boys – inter/adv Kata 1st Place (Gold)

15 yrs and under. Girls & boys – inter/adv Kobudo 1st Place (Gold)

Certified By:



Where Olympic Journeys Begin



President

USA National Karate-do Federation

Golden, Colorado

2/15/2026



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16+ yrs. male & female – inter/adv Kobudo 1st Place (Gold)

16-17 yrs. girls – inter/adv Kata 2nd Place (Silver)

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