



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



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