



Gina Workman

Has Participated In the
2026 45th Mt State Championships

Athlete from Pennsylvania

35+ Womens Beginner/Novice Kata 2nd Place (Silver)

35+ Womens Beg/Nov Kumite 2nd Place (Silver)

Certified By:



Where Olympic Journeys Begin



President
USA National Karate-do Federation

South Charleston, WV

4/18/2026