



Mark Cook

Has Participated In the
2026 45th Mt State Championships

Athlete from North Carolina

35+ Mens Beginner/Novice Kata 1st Place (Gold)

35+ Mens Beginner/Novice Kumite 1st Place (Gold)

Certified By:



Where Olympic Journeys Begin



President

USA National Karate-do Federation

South Charleston, WV

4/18/2026