

## Local Girls Win at Judo Nationals - July 8, 2013

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Two girls from Goltz Judo in Claremont are going back to school after both accomplishing quite a bit over the summer. The girls, 15-year-old Inez Torres and 16-year-old Shadi Ebrahimi, both won medals in national judo competitions during the Fourth of July weekend.

Judo is a sport that consists of throws and submissions. It has recently grown in popularity and advanced from the No. 44 sport to the No. 8 sport in the Olympics.

Torres won a gold medal in her division and Ebrahimi won a bronze at the U.S. Judo Junior Nationals in Pittsburgh, Pennsylvania. Ebrahimi also won a silver medal at the International Judo Federation Division.

"They each are doing remarkably in their prospective divisions," said Head Instructor Gary Goltz. Goltz has had several masters' champions and junior national champions. This is the first time they've had two high-caliber girls simultaneously.

After their wins, the girls took no time off and went back into training.

These girls are now on the National Judo Roster because of their status. Top judo athletes are listed on this roster and ranked by points. Points can be earned with placements at designated U.S. competitions. More points mean higher status and a better chance to make the Olympics. They also must place well and earn international points through international competitions called "grand slams." After proving their skills at national and international levels, they then may be invited to try out for the Olympic team.

If Torres and Ebrahimi continue their winning ways, the next Olympics aren't that far away.

"They're young, but in 2016, they could be [there]. Ronda Rousey went to the Olympics at 17," said Goltz.

## Update - July 13, 2016



Inez Torres received her 1<sup>st</sup> Degree Black Belt certificate from Sensei Gary Goltz.

For more information, go to [GoltzJudo.com](http://GoltzJudo.com)