

## JUDO

# Upland girl takes home gold in national championship event

*From staff reports*

Several students from the Goltz Judo program in Claremont won awards at the USA Judo Junior Olympic National Championships in June in Anaheim.

They are JoJo Forman, 13, of Upland, who won a gold medal; Sadie Forman, 16, of Upland, and Kamdin Karmann, 18, of Riverside, silver; and Luke Yang, 8, of Claremont, bronze. Rachel Yang and Kiefer Allen, both of Claremont, were runners-up.

About 1,400 competitors from around the United States and from other countries attended the event.

Goltz Judo has been affiliated with Claremont's Human Services Department since 1990 and has many black belt members providing instruction, according to a news release.

The head sensei, Gary Goltz, has been practicing



PHOTO BY GARY GOLTZ

At the USA Judo Junior Olympic National Championships are, back row, from left, sensei Tony Farah of Fontana, Sadie Forman of Upland, Kamdin Karmann of Riverside, JoJo Forman of Upland and sensei Brad Karmann of Murrieta. In the front row, from left, are Luke Yang, Rachel Yang and Kiefer Allen, all of Claremont.

ing judo for more than 50 years and is an eighth-degree black belt.

Goltz is chairman of the U.S. Judo Association's National Promotion Board, where he has served as president.

He is also president of

Nanka, the Southern California Judo Black Belt Association and has served as a defensive tactics adviser to the Los Angeles Police Department.

For more information on Goltz Judo programs, go to [goltzjudo.com](http://goltzjudo.com).