

The art of teamwork

SPORT

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Members of the champion karate team and their instructors.

COMMUNITY club Budo Ryu Kempo were crowned champions at the recent International Martial Arts Tournaments national titles at Coffs Harbour.

In addition, Thomas Alderson, along with brothers Nicholas and Andrew Byrne, lifted the team demonstration trophy for the St Marys outfit.

"All our members performed very well against some tough opposition, both in their kata, fighting and demonstration events," head instructor Shihan Cheryl said.

"It was hard to choose a specific performance as they were all of such a high standard. However, one highlight would be brothers Nicholas and Andrew Byrne and Thomas Alderson taking out the team demonstration event with a brilliant performance of kata saifa."

She said the club, based at St Marys RSL Club, was proud of the 15-member group and their supporters, saying they were making a difference in the community. Classes are held on Mondays and Wednesdays. Details: budoryu@tpg.com.au or 0417 285 128.

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