

City of Lakes

North Central Karate Association - NCKA

Minneapolis- St. Paul MN

14-Sep-03

GRAND CHAMPIONS

SPARRING

Men 18-29 years- BJ Carnahan

Men 30 Plus- Cedric Thomson

Women- Ann Nelson

FORM

Girls- Cathleen Dollar

Women- Jenny Johnson Blanchard

Boys- Team Explosion

Men- Anthony Marotta

Men 30 Plus- Kelly Worley

Northern Stars

North Central Karate Association - NCKA

Minneapolis- St. Paul MN

26-Oct-03

GRAND CHAMPIONS

SPARRING

Men 18-29 years- Nathan Thorn

Men 30 Plus- Cedric Thompson

Women- Becca Larson

FORM

Girls 17 and Younger- Jamie Ford

Women- Man-Li Fendos & Susan Ross (Tie)

Boys 17 and Younger- Troy Nowicki

Men- Anthony Marotta

Men 30 Plus- Rob Nelson

Fall Central States

North Central Karate Association - NCKA

Minneapolis- St. Paul MN

9-Nov-03

GRAND CHAMPIONS

SPARRING

Men 18-29 years- Elias Lemon

Men 30 Plus- Cedric Thompson

Women- Ashley Christensen

FORM

Girls 17 and Younger- Danika McLeod

Women- Jenny Johnson-Blanchard

Boys 17 and Younger- Nick Schneider

Men- Anthony Marotta

Men 30 Plus- Hank Farah

Twin Cities Open

**North Central Karate Association - NCKA
Minneapolis- St. Paul MN**

11-Jan-04

SPARRING

Men 18-29 years- Alex Dingmann

Men 30 Plus- Jack Hunt

Women- Jessica Koenig

GRAND CHAMPIONS

FORM

Girls- Danika McLeod

Women- Man-Li Fendos

Boys- Nick Schneider

Men- Team Warrior - National Karate

Men 30 Plus- Rob Nelson

Sport Karate

**North Central Karate Association - NCKA
Minneapolis- St. Paul MN**

15-Feb-04

SPARRING

Men 18-29 years- James Quinn
Men 30 Plus- Cedric Thompson
Women- Jessica Koenig

GRAND CHAMPIONS

FORM

Girls- Danika McLeod
Women- Jenny Johnson
Boys- Kameron Crandall
Men- William Cornell
Men 30 Plus- Hank Farrah

MN State

**North Central Karate Association - NCKA
Minneapolis- St. Paul MN**

7-Mar-04

SPARRING

Men 18-29 years- Elias Lemon
Men 30 Plus- William Pollock
Women- Jessica Koenig

GRAND CHAMPIONS

FORM

Girls- Olivia Wicker
Women- Jessica Koenig
Boys- Nick Schneider
Men- William Cornell III
Men 30 Plus- Rob Nelson