



FIRST ANNUAL PALM COAST OPEN MARTIAL ARTS TOURNAMENT TO BENEFIT FAMILY LIFE CENTER

FLAGLER COUNTY, APRIL 22nd, 2017

Core Martial Arts and Fitness, LLC and Moo Do Academy of Martial Arts teamed up to support local victims of domestic violence and sexual assault by donating food, personal hygiene items and \$315. The students of both schools worked together to plan, prepare and facilitate the First Annual Palm Coast Open Martial Arts Tournament benefitting the Family Life Center.

Core Martial Arts and Fitness, LLC believes in promoting a rewarding, safe and family-oriented environment enabling each martial artist to develop their greatest potential with a vision of inspiring as many of this generation as possible to reach their goals and to be positive role models for the next generation. The Moo Do Academy of Martial Arts supports the principles of integrity, perseverance, respect for self and others, as taught in the Tang Soo Do spirit, through physical fitness, self-esteem, self-defense and personal achievement. Each of these schools provides a foundation for all of their students to recognize their role as good community supporters of healthy relationships and personal well-being.

The tournament was hosted March 18th, 2017, and was open to all traditional karate styles and disciplines and featured four divisions: Forms/Katas, No Contact Point Sparring, Light Contact Point Sparring and Competitive Board Breaking. Each division was divided by age, gender and rank/time training from ages 8 – adult, with Little Dragons under 8 competing amongst one another. Medals were awarded in each division as well as trophies for overall best participants. Spectators were encouraged to either pay a fee or bring in a new personal hygiene product or non-perishable food item for the Family Life Center.

All items and financial contributions will be used to support the mission of the Family Life Center in providing essential support services to individuals and families to end Domestic Violence and Sexual Violence in Flagler County. “The Family Life Center is very grateful to the Moo Do Academy and Core Martial Arts and Fitness for teaching young people about the importance of community involvement and supporting victims of such terrible crimes”, said Tammy Sanner, Family Life Center Finance Director.

The Moo Do Academy is located at 4490 North US 1, Suite 110 in Bunnell, their phone number is (386) 585-7300 and their website is <http://www.moodoacademy.net>. Core Martial Arts and Fitness is located at 250 S. Old Kings Rd., Flagler Beach and can be reached at (407) 920-4001 or online at <http://www.coremaf.com>. FOR IMMEDIATE RAPE CRISIS OR DOMESTIC VIOLENCE SERVICES PLEASE CALL (386) 437-3505.



Pictured, left to right: Seated: Christian Byrd;
Front Row: Shane Li, James Minor, Jr., Eric Lemmon, Tyler Lemmon;
Middle Row: J.T. Horovsky, Tammy Sanner, Noah Bailey;
Back Row: Frank Perniciaro, Rich DeFeo, Daishawn Brown, Edgardo Gonzalez,
Dawn Brown, Sandra DeFeo