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Ku “Koo” (as In The Word “cookoo”) Kumite Ke “Keh” (as In The Word “kept”) Ken

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## **Mark E. Colgan Current Karate Rank: 5 Dan Shuri Ryu, 6**

2006 – 2007 USKA National Point Champion In Black Belt Men Kata (forms) And Kobudo (weapons). 2007 USKA All-American USKA World Champion In Black Belt Men Kata (forms) 2008 . The List Above Is Not Complete, Keeping Track Of Personal Accolades Has Never Been My Motivation For Competition, However, As A Competitor, I Have Placed In Top 3 In Every USKA & PKC Tournament I Have Participated In ... 1th, 2024

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