

# Medal haul for martial arts club

**TWO senior and four junior karate players from Harlow came away with medals in the combined Jikishin Ju Jitsu Association National Championships.**

**The Harlow Jikishin Ju Jitsu Club members all did well at the event in Southend, Essex.**

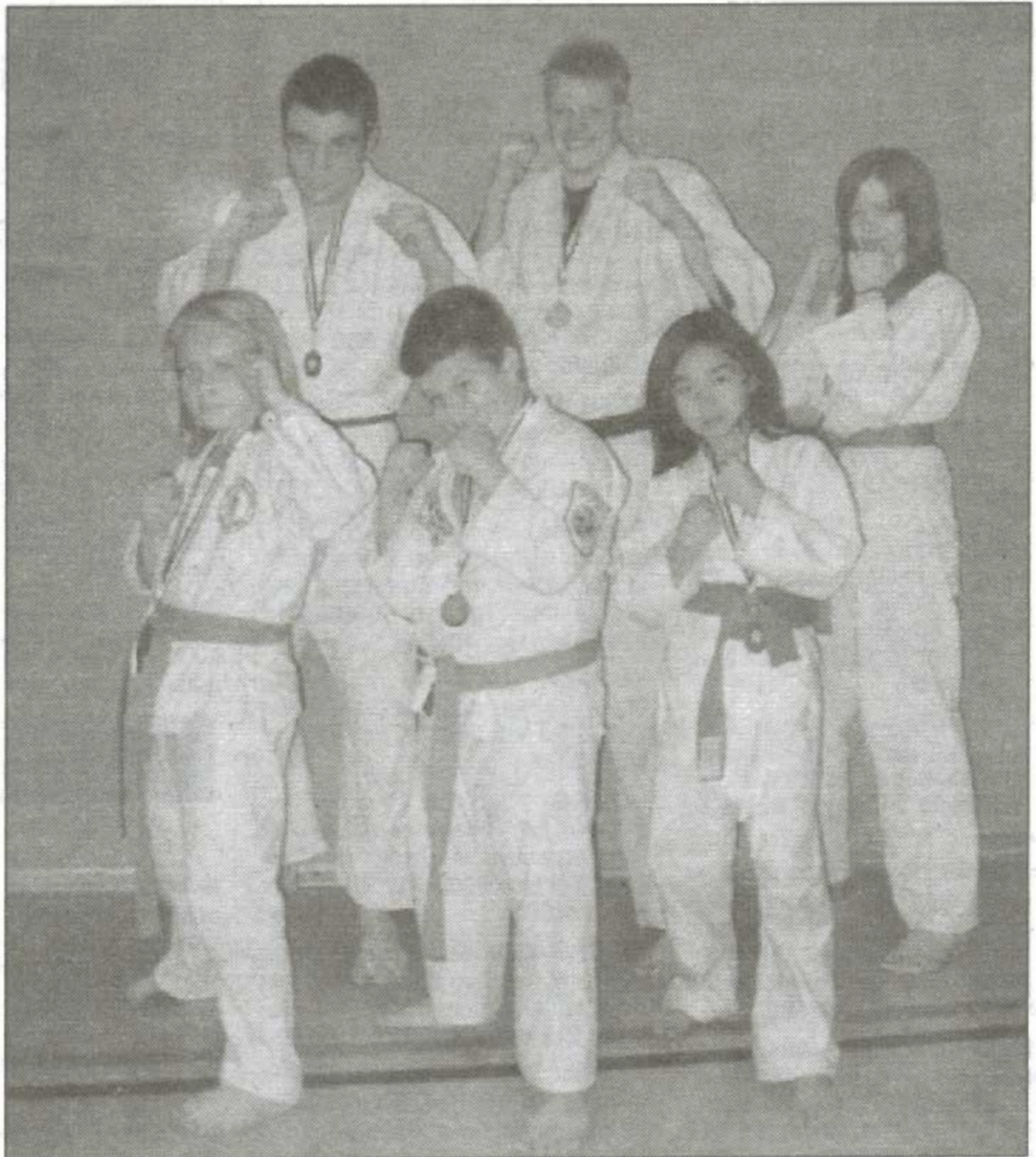
**Defending champions Will Murley (2nd Dan), an instructor at the Harlow club, and Chris Richardson, a Green Belt, competed in different weight categories in the ground fighting competition against opposition from all over the UK and guest competitors from Belgium.**

**Richardson (under 90kgs section) and Murley (under 75 kgs) both took gold medals.**

**Sarah-Jayne Hunt won a silver medal in the junior female sparring event, and Georgia Jackson took a junior ground-fighting medal.**

**Georgia was beaten by her training partner, Farah Martin, who trains at Ongar and Harlow, who went on to take the gold.**

**Kylan Adams won bronze in the boys' sparring category, a**



**MEDAL MANIA: Successful members of the Harlow Jikishin Ju Jitsu Club** (s)

**great achievement in only his third year in the competition.**

**Joe Hunt missed out on a medal.**

**Richardson was delighted with his win, saying: "I have improved steadily since last year, and was not at all nervous this time."**

**Murley added: "I was particularly pleased with the performance of my juniors, they have all worked hard in the last year to improve their skills and the abilities are now there for all to see."**

**"I am proud of their dedication — it shows**

**that if you put in the work, the rewards follow."**

**Murley won a silver medal in the ADCC Grappling Competition, and last month won his second Mixed Martial Arts Cage Fight in the Ultimate Warrior Challenge.**