

SPORT

Fun at touch rugby finals



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TEAM SPIRIT: Fourways Martial Arts Academy competes in the Karate South Africa National Development, SA Open and Elite Championship 2015 in Durban.

ACADEMY EXCELS

REVIEW REPORTER
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FOURWAYS Martial Arts Academy competed at the Karate South Africa

Elite Championship 2015 in Durban. The academy was led by sensei Stef Biagioni, a top sixth dan Goju Ryu instructor who has received Gauteng Karate Federation provincial

back a total of 36 medals which included 23 gold, six silver and six bronze. The tournament served as a Karate South Africa ranking event for future

the Commonwealth championship, and the Zone Six championship that will be held in India later this year. Details: 011 705 1080; stefbiagioni@

Do you think karate is useful for self-defence? Share your views, as well as your sporting achievements, by posting on the Fourways Review