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The Champ: Kirk Farber

By Brian Kosoy
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The Champ: **Kirk Farber** of Atlantic Beach took home top honors last weekend at the Jacksonville Open Karate Tournament at the Arlington Police Athletic League. The competition was open to all styles of martial arts and competitors came from all over Florida and Georgia.

Farber won in forms and kumite, or sparring, competing in the Executive Black Belt division. He was also Grand Champion, defeating all other division winners in forms and kumite.

Farber, 45, is a fifth-degree black belt who has trained in the Cuong Nhu oriental martial arts style since 1976. He grew up in Neptune Beach and has lived in Atlantic Beach since 1984. He's the former owner of **BodyArts** Fitness Studio. He runs fitness training sessions and the martial arts lessons and spends much of his time working in camps for at-risk youth and in child character development programs, incorporating his martial arts knowledge into real-life applications.

"One of my favorite sayings is, **Vision without Action is a dream soon forgotten**, said Farber. So it's one thing to talk the talk, but you've got to walk the walk. I was the oldest guy at the competition and it was an honor to win, but to compete against and beat the younger guys, it helped me realize that it's all about my experience and wisdom in the Martial Arts."

In addition to competing in the tournament, he was also a judge for about 50 children competing in the mini-mites and mites divisions.

For more information about training or lessons, please contact Kirk Farber at kirk@theworkingwarrior.com