

Saturday, November 5, 2005

End of Year Winner : Kirk Farber

By Brian Kosoy

Florida TimeUnion - Shorelines staff writer

Beaches Winner: Kirk Farber of Atlantic Beach took home top honors this past weekend at the **Florida/Georgia Open Karate Championships** at the Arlington Police Athletic League. The competition was open to all styles of martial arts and competitors came from all over Florida, South Carolina and Georgia. It was the last tournament of the year, with End of Year Division champions announced too.

Farber won 1st place (Musical Forms, Chinese Forms) and 2nd place (Executive Sparring) in the Black Belt Division. He was also end of the year Champion in all three Black Belt Divisions, only individual to accomplish that feat. After 25+ years of tournament competition, Farber announced his retirement at end of tournament - truly going out as a winner!

Farber, a fifth-degree black belt, has trained in the Cuong Nhu oriental martial arts style since 1976. He is a web consultant who also offers fitness training sessions. He has developed a fitness and character education (**F.A.C.E.**) program for children, incorporating martial arts, jumping rope, and juggling combined with public speaking for 8 different locations around the Beaches community.

For more information about the kid's programs and assemblies, please contact Kirk Farber at kirk@theworkingwarrior.com

