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## **Triple Crown Winner : Kirk Farber**

By Brian Kosoy  
Florida TimeUnion - Shorelines staff writer

Kirk Farber of Atlantic Beach took home top honors this past weekend (9/10) at the Jacksonville 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 the southeast.

Farber won 1st place in Musical Forms, Chinese Forms and Executive Sparring in the Black Belt Division. In addition to competing in the tournament, he was also a center judge for children competing in the 5-8 yr. old divisions.

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 7 different locations around the Beaches community.

For more information about the class, training or lessons, contact Farber at 241-8044 or [kirk@theworkingwarrior.com](mailto:kirk@theworkingwarrior.com).