

Biography of Joshua Mendez

My name is Joshua Mendez and I'm 10 years old, I'm currently a brown belt, I was born in Fajardo, PR and moved to Maryland when I was 4 months old, at the age of 7 I started training on the Martial Arts at [Kreimer's Karate](#) in Frederick,



MD. My instructor is Grand Master Ralph Kreimer. My school teaches Korean Karate with a combination of Tae Kwon Do, Hap-Ki-Do and Tang Soo Do. I consider my karate dojo my second home. I have 2 sisters, Angeline who is 6 years old and currently a Yellow belt and Gabriela who is 4 years old does not practice any sport at the moment, but likes Karate and Ballet.

I started competing on [tournaments](#) at the beginning of 2004. So far I have participated in over 7 tournaments, actually placing very good on all of them. My first tournament was Kreimer's Invitational where I placed 1st on traditional form and weapon and 2nd on sparring, at the Maryland Cup I placed 1st on sparring and 4th on form, at Kick/USA Regional 1st on weapon, 2nd on form, at Tri State Open took 2nd on form, weapon and sparring, at The Battle for Harrisburg 1st weapon, 2nd sparring and 3rd weapon, at the 19th Annual Battle for the Valley 1st weapon and form and 3rd sparring also Grand Champion on weapon, at the Kick/USA State Championship took 1st on form, weapon and sparring. I'm currently rank # 1 in [Kick/USA Maryland](#) region 9-10 years old advance division on Traditional Weapon, Traditional Form, and Sparring. Other hobbies I enjoy include swimming, basketball and playing video games. My favorite movie is Harry Porter and the Prisoner of Azkaban; my favorite martial artist is Bruce Lee.

My short-term goals are to obtain my Black Belt and keep doing a great job at Monocacy Middle School. Long-term goals would be to win a gold medal at the Olympics, to open my own Martial Arts Studio, and to become a Veterinarian.

Master Kreimer and my other instructors have played a big and important role in my life along with my family, they have given me a lot of strength and support, without my family and instructors, I would not be the boy that I'm today, full of confidence and with great manners. Thanks to them I have also learned the true meaning of discipline, dedication, commitment and hard work. There is no better feeling than to feel proud of your self for the accomplishments you have worked hard for. I'm grateful for the things I have and thankful for the support everyone around me has given.