

Sean Couch: 19 years old, 1st degree Sho Dan Ho black belt under Sensei Chris Hiers in Lodi, Teaches own weekend class at Sensei Chris's dojo, Works part time at Fitness Works in Lodi, and is currently attending San Joaquin Delta College and working on his bachelors degree in business.

Selected tournament accolades include; 2000 Jr. Olympic bronze medalist in Kata and Kumite, 2001 National bronze medalist in Kumite, and 2002 GKSA Belt Champion in kata.