

St. Charles Borromeo School



STAR STUDENT John Christian Vadseth

Congratulations to **John Christian Vadseth**, our Star Student for November. John is a 6th grader who earned his Junior Black Belt from Action Karate in June. This talented 12-year-old spent over three years practicing self-defense techniques, mastering kicks and punches, and learning to use various weapons. His training also included physical fitness and demonstrating detailed patterns of movements called "katas."



As a result of this experience, John gained strength, improved fitness, and increased his self-confidence. Most importantly, he learned the true meaning of perseverance. This real-life Karate Kid has decided to continue his journey and is currently working toward obtaining his Senior Black Belt.

Way to go, John!

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