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[World Karate President Antonio Espinos says his sport is determined to make the most of its Olympic debut. \(World Karate\) The sport is one of five selected by Tokyo 2020 in addition to the 28 core ...](#)

[On the Record: Karate Seizes Olympic Opportunity](#)

[The Emmy Award nominations announced Tuesday included some snubs and surprises. STRIKE A POSE “ Pose ” left the ballroom with a clutch of Emmy nominations. The groundbreaking FX show ...](#)

[Emmy surprises: ‘ Pose, ’ ‘ I May Destroy You ’ and ‘ Lupin ’](#)

[Milwaukee Bucks forward Bobby Portis is relying on lessons he learned earlier in his career as he adapts to his inconsistent playoff usage. Portis provided a big spark off the ...](#)

[Bucks ’ Portis adapts to role, makes sure he ’ s always ready](#)

[This year, some of the remarkable young men and women heading to Tokyo are Fairfax County Public School graduates.](#)

[Going For Gold: Former Fairfax County Public Schools' Athletes Fulfill Olympic Dream](#)

[Czech athletes are excited to compete at the inaugural ANOC World Beach Games in Qatar but they are going in without any preconceived notions. "It ’ s a new event and I dont ...](#)

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Czechs Ready for ANOC World Beach Games

Competing in these sports are a host of Olympians hungry for their long-awaited shot at gold. Below, ELLE.com asked five female first-timers what it was like to train during the pandemic—and what they ...

A First Chance at First Place

Competing in these sports are a host of Olympians hungry for their long-awaited shot at gold. Below, ELLE.com asked five female first-timers what it was like to train during the pandemic—and what they ...

These First-Time Olympians Are Making Sports History

"You never expect it. Kick a catcher? I ' d never seen it before. It was kind of shock for a second. Like, really? That happened?" ...

The karate kick seen 'round the world: 20 years later, Izzy Alcantara's boot to the face still part of minor-league lore – The Athletic

Preparing for the Olympics isn ' t only a physical pursuit. For Victoria Stambaugh, it ' s also mental, emotional and spiritual. That ' s why she reserves only one session a day to train for this summer ' s ...

'Ready to do this': The Woodlands' Victoria Stambaugh overcomes setbacks to reach Olympics

We recently reported on a teenager attacked in Saratoga's Congress Park. Police say, one of several fights recently to take place there. Tonight, we talk to a victim now learning self defense at a ...

Victim of Congress Park attack now training in self defense

SOFIA: Bulgaria holds snap parliamentary elections on Sunday after the last and indecisive vote in the spring, with veteran former premier Boyko ...

Bulgaria votes again, ready to move on from Borisov era

" I got motivated by my older sister after ... I wanted to be able to be ready to defend myself when the situation arises, " said Awodwa. 3rd Degree Black Belt Karate instructor, sensei Mluleki ...

Karate kid Awodwa challenges stereotypes one belt at a time

For skateboarding, a sport where the No. 1 rule is that there are no rules, the straight jacket of the Olympic Games, with its dense thickets of tradition and regulation, may not be a natural or ...

Skateboarding and the Olympics: New friends, put to the test

"But I got kicked out of karate class on the first ... I'm ready to go back on court. "I'm pretty positive that I'm going to do well from now on. He actually said, I'm excited that my player ...

Sakkari happy to give karate the chop in French Open title pursuit

Looking for something new to watch? You're not alone. Thousands of people are stuck at home right now, riding out this terrible pandemic. Thankfully, many of us are lucky enough to have Netflix to ...

The 49 best Netflix shows to watch right now (July 2021)

" I ' m very happy to be part of Karate Combat, " says St-Pierre. " I first started martial arts by practicing karate. That was a passion, which turned into my love for mixed martial art ...

Georges St-Pierre on UFC 264, Kamaru Usman's Dominance and More

A T-shirt designed in Tristan Barhorst ' s memory reads " Be Water My friend ... announced they are now ready to accept nominations for the first group of scholarship recipients.

Southington martial arts scholarship in honor of late student ready for applicants

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I can fight alongside my fellow Filipinos ... and surprised Karate Pilipinas President Richard Lim with a more toned physique. “ She ’ s macho now, ” Lim said. “ Tsukii is ready to fight ...

PHL karate bets start bid to earn tickets to Olympics

As a member of the U.S. senior national karate team, the 20-year-old UNLV student was among the first wave of athletes ... Polish swimmer remains positive — and ready Kasia Wasick is accustomed ...

How 5 local athletes coped with the COVID pandemic

Jeff Bezos is ready for lift-off. The Amazon founder and Blue Origin CEO announced this morning that he and his brother, Mark Bezos, will ride aboard New Shepard's first crewed flight, which is ...

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