



The 2019 USAT Nationals are now complete. Join me in congratulating our medalists (and their coaches/teams) and national champions:

### SPARRING

Gold Medal Winners:

Izabella PG (USTC)  
Hachik B (Mile High Stars)  
Ethan B (The Rock)  
Alan R (USTC)  
Michelle C (USTC)  
Peter C (Elite MA Family)  
Niklas P (WCAP)  
Devon L (WCAP)  
Amanda B (WCAP)  
Jonathan H (The Rock)  
Madelynn GS (The Rock)

Silver Medal Winners:

Roger T (USTC)  
Ashley C (USTC)  
Brianna B (Unaffiliated)  
Eraj A (Mile High Stars)  
Jason B (USTC)  
Charles B (WCAP)  
Russell G (WCAP)  
Isaiah H (APEX)

### POOMSAE

Gold Medal Winners:

Eleanor T (USTC)  
Silver Medal Winners:  
Bradley H (Golden)  
Isaiah H (APEX)

### SPARRING

Bronze Medal Winners:

Joshua C (USTC)  
Monica B (Unaffiliated)  
Ian L (MYT)  
Alyson A (Iron Horse)  
Blake S (The Rock)  
Connor G (The Rock)  
Hussai D (Elite MA Family)  
Dave Z (The Rock)  
Juancarlos N (WCAP)  
Zak D (The Rock)  
Sir Gregory S (KAT)  
Jessica B (KAT)

### POOMSAE

Bronze Medal Winners:

Michelle C (USTC)  
Jin K (JK United)  
**DEMO TEAM**  
Silver Medal Winners:  
USTC Championship Team

The 2019 AAU Nationals are now complete. Join me in congratulating our medalists (and their coaches/teams) and national champions:

### SPARRING

Gold Medal Winners:

Ashley C.

Silver Medal Winners:

Mariana M.

John L.

Nathaniel N.

Luis M.

Imran S.

Noah W.

### SPARRING

Bronze Medal Winners:

Tristine P.

Malika L.

Sadie M.

Ariela A.

Angela G.

Miranda S.

Kamilah H.

Aaron D.

Ian L.

Skyler K.

Kamal S.

### POOMSAE/WEAPONS

Gold Medal Winners:

Angela G.

Noah W.

### POOMSAE/WEAPON

Silver Medal Winners:

Noah W.

Bronze Medal Winners:

Noah W.

Congratulations to all of the Colorado athletes that represented their schools and state with great attitude and sportsmanship. COSTA is proud of you!!!