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NEWS RELEASE

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Ellicott City Man Crowned Heavyweight Champion of the World in Karate

Stanley Crump, owner of Ellicott City Fitness & Karate (ECF&K), earned the title “Heavyweight Champion of the World” in the Uechi Ryu World Cup, an international competition held last month in Tampa, Florida. The competition included 280 invited participants from around the world in various age- and weight-classes. Mr. Crump beat competitors from Canada, France, Argentina, and the U.S. during the tournament.

Although he fights in the heavyweight class and the 35 to 40-yr old age group, he also competed for the overall championship across all weight classes and age groups. In doing so, he beat some competitors half his age, taking second place to Okinawa’s top fighter overall. Mr. Crump also won the title in 1998 and appeared on the History Channel’s *The Human Weapon* series in 2007. ECF&K will host the Uechi Ryu World Cup in 2016, and Crump will host one of this year’s top Okinawan competitors at his home this winter (2009) as he trains and teaches at ECF&K for one month.

Crump’s student at ECF&K, 15-yr old Mitchell Vara of Damascus, Maryland, took second place in Kobudo, which is the weapons form of Uechi Ryu fighting. Although he has an imposing frame for a teenager at 6’ 4” and 250 pounds, Mitchell exemplifies the grace and agility unique to martial arts practitioners and competes internationally for Montgomery County’s EBD Star Troup baton twirling team. A student at ECF&K since 2007, Mitchell recently earned his brown belt. Print-ready photographs of Mr. Crump and Mr. Vara are available at www.FitnessandKarate.com/Newsroom.aspx



About Ellicott City Fitness & Karate:

Ellicott City Fitness & Karate provides fitness and karate classes for all age groups. Its focus is on providing “Life Skills to Live Fit and Live Longer”. In addition to karate instruction, the facility also hosts birthday parties and parents nights out, plus summer camp, and several fitness classes including cardio boot camps and Tae Bo®.

The karate instruction is based on the Uechi-Ryu style, which originated in Okinawa. The facility is under the direction of Stanley Crump, who has been instructing Howard County students for more than 13 years and has helped many of them attain the rank of Black Belt. The website is www.fitnessandkarate.com.