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New Heights Karate Studio (Macon, GA) competitors claim 8 world champion titles and 18 silver & bronze medal wins at World Karate & Kickboxing Commission World Championships

Local martial arts students, instructors, and performers competed against national champions and medalists from teams around the world at the World Karate & Kickboxing Commission (WKC) World Championships October 21-27, 2023, and returned with 26 medals, including 8 world champion titles.

MACON, GEORGIA, November 10, 2023 – Members of New Heights Karate Studio’s martial arts competition team competed in 10 divisions for Team USA at the World Karate & Kickboxing Commission (WKC) World Championships in Orlando, FL from October 21-27, 2023, after having dominated WKC National Championships in Detroit, MI in June 2023. Student competitors claimed 3 world champion titles in extreme weapons (Aanika Das), creative weapons (Jasmine Goodwin), and Korean forms (Charlize De Gannes) divisions, along with 14 silver and bronze medal wins in these and other divisions—including extreme forms, traditional weapons, Kenpo forms, and creative forms. These student competitors, who range in age from 10 to 18 years, reside in central Georgia (Macon-Bibb, Jones, and Monroe counties) and hold first, second, or third-degree black belts in taekwondo. New Heights Karate Studio (NHK) co-owners and instructors Tim Conkel and Rissa Kilar commanded 5 world champion wins at the 2023 WKC World Championships in extreme weapons, extreme forms (Conkel), Korean forms, Kenpo forms, and creative forms (Kilar) divisions, and brought home 4 silver and bronze medals in creative forms and weapons, classical forms, and hardstyle forms divisions.

WKC World Championships 2023 assembled martial arts national champions and medalists from Mexico, Canada, Scotland, Germany, Wales, England, Venezuela, Guatemala, Spain, Austria, Uruguay, Switzerland, United States, and others to compete in martial arts divisions grouped by age, gender, and weight range. Divisions covered disciplines ranging from martial arts forms to continuous and points-based fighting to traditional forms and weapons work as well as creative and extreme forms and weapons artistry—a wide-ranging and fiercely competitive week challenging athletes to perform at their best, to garner the respect of global competitors, and to leave with personal and patriotic pride.

Conkel and Kilar formed NHK’s competition team in late 2021 and its student members competed at the team’s first tournament in Atlanta in December 2021. Since then, team members committed to twice-weekly competition training sessions and periodic private or semi-private lessons on top of regular advanced rank, weapons, and sparring instruction and workouts at the school—often spending hours at the martial arts studio 5 or even 6 days a week—plus individual practice time at home. Since the team’s formation, its members have carried a host of regional competitive achievements, and, since succeeding at qualifying rounds held for WKC divisions in March 2023, set their sights and focused their training on WKC National titles and medals, earning coveted spots on Team USA, and representing Macon, Georgia and Team USA at WKC World Championships.

New Heights Karate Studio has proudly made Macon, Georgia home to Team USA and WKC National and World champions, and the team is just getting started!

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