

10-yr old Indian Toyesha Khatau is now the reigning World Champion in Individual Kata

Toyosha Khatau, aged 10 years, a student of The Cathedral & John cannon School, Fort, Mumbai has indeed done India proud at the 5th Commonwealth Karate Championship and the 5th World Goju-kai Games held in South Africa last month.

Mumbai, Maharashtra, November 13, 2009 /[India PRwire](http://www.indiaprwire.com)/ -- Toyesha Khatau, aged 10 years, a student of The Cathedral & John cannon School, Fort, Mumbai has indeed done **India proud at the 5th Commonwealth Karate Championship and the 5th World Goju-kai Games held in South Africa last month. Toyesha has won two Silver Medals in the Individual Kata and the Team Event Kumite** at the Commonwealth Karate Championship Games and a Gold Medal in the Individual Kata and a Bronze Medal in the Team Kata in the World Goju-kai Games. She is now the reigning World Champion in Individual Kata for the next four years.

Toyosha Khatau has been training under Kyoshi Vispi Kapadia, the head of the Indian Goju-kai Association. A highly focused child, Toyosha trained under Saiko Shihan Goshi Yamaguchi, President of the International Karate-do Goju-kai Association in Japan earlier this year. Toyosha says she owes her victory to the support of her school, her trainer Kyoshi Vispi Kapadia and of course to Saiko Shihan Goshi Yamaguchi, who instilled in her the confidence and the knowledge that the essence of Martial Arts is not the strength, not the art but that which is hidden deep within yourself. Looking at Toyosha's slender frame we do believe this!

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