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I am Dismas Agutu Akangø, I am 31 years old, For the last 6 years, I have been working as a support Staff (clerk) in the Department of Educational Studies and in my spare time i represent the country in Tong-IL- Moo- Do tournaments.

I have a 2nd degree black belt in Tong- Il- Moo- Do. I have successsfully gone through all the grading and certification in %Tong- IL- Moo- Do+