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it to the Kenya Tong-IL- Moo- Do National team. I am one of the national tournaments.

I was selected to join the National team in 2015 after successfully meeting all the requirements. I have participated in very many local and international tournaments over the years.

This year I had the privilege of representing Kenya in the international Peace Cup tournaments in Seoul, South Korea this past February, 2016. I won a gold medal in the individual sparring category. Various countries participated in the Peace Cup tournaments like Brazil, USA, Nepal, Thailand, Korea, Kenya and Ethiopia. During that tournament, Kenya won 8 gold medals.

In 2014, I participated in a tournament in Thailand and won 2 Silver medals and in 2015, I won a bronze medal in the Mombasa open international tournament.

In addition to playing the sport, I served as an official in the Mombasa International open tournament in 2014.