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## **The Working Warrior: Kirk Farber**

By Brian Kosoy  
Florida TimeUnion - Shorelines staff writer

**Working Warrior:** Kirk Farber of Atlantic Beach took home top honors at the Florida/Georgia Open Karate Championships, held at the Arlington Police Athletic League last weekend. The competition was open to all styles of martial arts, and competitors came from all over Florida and Georgia. Farber won all three black belt divisions: musical forms, katas and kumites (sparring) in the executive black belt division. He was also the end-of-the-year champion in open musical forms and executive kata divisions.

"I had seven different matches that went into overtime when it came to the grand championships for the [tournament] and for the year," said Farber. "What that taught me was not only the mental toughness of focus and overcoming obstacles, but the appreciation of being in shape. My regimen of jumping rope and juggling with my twin brother was the key to my success this past weekend."

Farber, 45, is a fifth-degree black belt who has trained in the cuong nhu Oriental martial arts style since 1976. He is a computer consultant and offers fitness-training lessons. He spends much of his time working with at-risk youths and child development programs, incorporating his martial arts knowledge into real-life applications.

In addition to competing in the tournament, Farber was a judge for about 60 children competing in the 10 to 12 age divisions.

For more information about training or lessons, contact Farber via e-mail at [kirk@theworkingwarrior.com](mailto:kirk@theworkingwarrior.com).