

Method Karate to WINS BIG at the National and International Level!



Ingrid Fredhiem



Levi Lance



Kiley Smith



Payton Shanley



Daphne Todas



Hugo Todas



Sensei Michael Todas



Mount Bethel, PA – Method Karate, a local dojo specializing in traditional Japanese Shotokan Karate and Youth Ninja classes, is proud to announce its growing presence on both national and international competition stages. In just five years since opening its doors, Method Karate has built an impressive track record, earning recognition and accolades across local, regional, national, and international karate tournaments.

Method Karate sent a talented team to two prestigious events:

AAU Karate Nationals – June 30, 2025 – Fort Lauderdale, FL

Six dedicated students, accompanied by Sensei Todas, represented Method Karate at the AAU Karate National Championships. These athletes competed in a variety of categories including kobudo (weapons), kata (forms), and kumite (sparring). Competing team members earned the following:

- **Ingrid Fredhiem**, age 9
🥇 Gold Kumite – 2025 NATIONAL CHAMPION
- **Levi Lance**, age 9 (former 2024 National Champion)
🥈 Silver in Kobudo
🥉 Bronze Ultimate Team Kumite
- **Payton Shanley**, age 13
🥉 Bronze Kumite
🥉 Bronze Ultimate Team Kumite
- **Kiley Smith**, age 15
🥇 Gold Long Kobudo – 2025 AAU NATIONAL CHAMPION
🥇 Gold Short Kobudo – 2025 AAU NATIONAL CHAMPION
🥉 Bronze Kata
- **Daphne Todas**, age 14 (Now a 6x National Champion)
🥇 Gold Long Kobudo – 2025 AAU NATIONAL CHAMPION
🥇 Gold Short Kobudo – 2025 AAU NATIONAL CHAMPION
- **Hugo Todas**, age 10
🥇 Gold Long Kobudo – 2025 AAU NATIONAL CHAMPION
🥇 Gold Short Kobudo – 2025 AAU NATIONAL CHAMPION
🥇 Gold Kata, Bronze Kumite – 2025 AAU NATIONAL CHAMPION
🥉 Bronze Kumite
- **Sensei Michael Todas**, age 49
🥇 Gold Kumite – 2025 AAU NATIONAL CHAMPION
🥇 Gold 36+ Team Kumite – 2025 AAU NATIONAL CHAMPION

WUKF World Championships – July 9-13, 2025 – Malmö, Sweden

Three Method Karate students—Kiley Smith, Daphne Todas, and Jasmine Xiao—were selected for the **AAU USA National Karate Team** after medaling at the 2024 AAU Nationals and/or the 2025 WUKF North American Open. These two represented AAU USA Karate on the world stage and earned:

- **Daphne Todas** (Now a 5x WUKF World Champion)
🥇 Gold Short Kobudo - WUKF WORLD CHAMPION
🥇 Gold Long Kobudo - WUKF WORLD CHAMPION
6th Team Kumite (Cadet A 16-17)
8th Kumite
- **Kiley Smith**
4th Short Kobudo
7th Long Kobudo
9th Shotokan Mandatory Kata

This event drew 1700+ elite karateka from around the country and the globe. 146 AAU National Team athletes went to Malmö to compete at the 2025 WUKF World Union Karate Championships. Team AAU USA ranked 2nd on gold medals with 64, and ranked 1st in total medals with 181.

Additionally, Sensei Todas served as one of the Assistant Coaches for Team USA at this event. This honor highlights not only his leadership and experience but also the growing influence of Method Karate on the international stage.

Let's wish all the Method Karate competitors a big congratulations for representing our country, community, dojo and families with skill, spirit, and pride!

For more information about Method Karate, visit methodkarate.com.