



Katie Murphy

5th Degree Black Belt - Goju Ryu (Renshi)
Level 6 (black belt) – Krav Maga (Instructor)
Highland, NY USA
9x World Champion
16x USA National Champion
2012 Female Competitor of the Year
Former member of *Team Off The Line*
35 Years of Martial Arts Training

Sensei Katie began her training in Goju Ryu in 1991 and has continued to study the art ever since. Over the past 15 years, Katie has expanded her martial arts journey, competing internationally, training in Shotokan and Kyokushin, and obtaining rank in Judo and Krav Maga. Sensei Katie, the title she prefers, trains in Kyokushin classes regularly at Fighting Spirit Karate (FSK) and in Krav Maga at KMNY (Krav Maga New York). Katie teaches her Krav Maga classes regularly at FSK and runs self-defense and Krav Maga seminars locally and at international martial arts festivals.

A former karate competitor on the NASKA, KRANE, and NYT circuits and member of two USA National Competition Teams, Katie represented the United States at World Games in Portugal, Spain, Canada, Austria, and Ireland, earning Gold Medals in Traditional Bo Kata, Traditional Forms, and Creative Forms. Using these experiences, she now coaches and trains youth students for competition on the NASKA and NY Tournament League circuits.

Katie and her husband, David, travel to many locations to share their knowledge and to help empower people of all ages and abilities to feel safe, confident, and more aware in their daily lives, especially our younger people and those most vulnerable.

“Always a student, never a master. You must keep moving forward” - C. Hall

#fsk #fskravmaga #fightingspiritmartialarts #kravmaga #kmny #katiemurphy