

SFC Jada Monroe

2000 US Open Taekwondo Championships (Middle): Bronze
US National Taekwondo Championships (Middle): SILVER
US National Taekwondo Team Trials (Middle): SILVER
1999 US National Taekwondo Championships (Middle): SILVER
1995 US National Taekwondo Championships (Middle): SILVER
1994 US National Taekwondo Championships (Middle): BRONZE
1991 US National Taekwondo Championships (Middle): SILVER
US National Taekwondo Team Trials (Middle): BRONZE
1990 US National Taekwondo Team Trials (Middle): GOLD
US Olympic Festival (Middle): BRONZE
World Military Taekwondo Championships (Middle): GOLD
Pan American Taekwondo Championship (Middle): BRONZE
World Cup Taekwondo Championships (Middle): BRONZE
US National Team, World Cup, Lyon France
USA National Team Captain (Women)