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FOR IMMEDIATE RELEASE
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Roseville High's Global Taekwondo Star Returns Victorious

Roseville, CA- Seventeen-year-old **Tristan Isidro** of Roseville High School has achieved global recognition as a **World Champion at the 2025 Kukkiwon World Taekwondo Championships**—competing against over 2,000 athletes from 30+ countries.

A straight-A student, mountain bike racer, and accomplished pianist, Tristan balances academic excellence with elite athletics. He trains at the gym six days a week, sometimes as early as 4 or 5 a.m.—to excel in taekwondo, mountain biking, and music, all while upholding impressive discipline and focus.

Over 13 years, Tristan worked his way from local and state victories (six golds in a single year) to back-to-back national titles. His dream came full circle this year: at only the second-ever world championship held outside Korea—and the first since the day he was born—Tristan delivered his best.

His 2025 world championship haul:

- 2 gold medals
- 1 silver medal
- 1 bronze medal
- World Champion title

Tristan is now a nominee for "Next Rising Star," with the opportunity to appear in a 3BRAND ad in Sports Illustrated and earn a $25,000 scholarship.

Media interested in scheduling interviews with him can reach out to:
Tony Phan
Chief Officer of Strategic Communication and Engagement | **Phone:** 916-406-5646
Email: tphan@rjuhsd.us

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