

Master Garth Cooley

National & International Kyoroogi & Poomsae Records (1987 – 1995)

1987

- 1st U.S. Team Trials – Colorado Springs, CO - (LIGHT): Bronze
- U.S. Olympic Festival – Raleigh, NC - (LIGHT): Bronze
- NCTA Championships – Deland, FL - (POOMSAE): Bronze

1988

- U.S. National Championships – Miami, FL - (LIGHT): Silver
- Olympic Team Trials – Colorado Springs, CO - (LIGHT)

1989

- U.S. National Championships – Columbus, OH - (LIGHT): Gold
- 3rd U.S. Team Trials – Colorado Springs/Rochester, MN - (LIGHT): Silver
- 3rd World Games - Karlsruhe, Germany- (LIGHT): Bronze
- U.S. Olympic Festival – Oklahoma City, OK - (LIGHT): Bronze
- NCTA Championships – Orlando, FL - (LIGHT): Silver
- NCTA Championships - Orlando, FL - (POOMSAE): Bronze

1990

- 2nd World University Championships - Santander, Spain – (LIGHT): Team Captain
- U.S. National Championships – Madison, WI - (LIGHT): Bronze
- 4th U.S. Team Trials – Colorado Springs, CO - (LIGHT): Silver
- U.S. Olympic Festival – St. Paul, MN - (LIGHT): Gold
- NCTA Championships - Hayward, CA - (LIGHT): Silver
- NCTA Championships - Hayward, CA - (POOMSAE): Gold

1991

- 5th U.S. Team Trials – Colorado Springs, CO - (LIGHT): Silver
- NCTA vs. Korea Goodwill Match – Chicago, IL - (LIGHT): Gold
- U.S. Olympic Festival – Los Angeles, CA - (LIGHT): Gold

1992

- U.S. National Championships – Hampton, VA - (LIGHT): Silver
- U.S. Olympic Team Trials – Colorado Springs, CO - (LIGHT)

1993

- U.S. National Championships – St. Paul, MN - (WELTER): Gold
- 7th U.S. Team Trials – Chicago, IL - (WELTER): Gold
- 11th WTF World Championships - New York, USA – (WELTER): Team Captain

1994

- IOC Centenary International Championships – Seoul, Korea – (WELTER):
Team Captain - Bronze
- 1994: 8th U.S. Team Trials – Colorado Springs, CO - (WELTER): Gold
- 1994: Goodwill Games - St. Petersburg, Russia): Bronze
- 1994: Pan Am Championships (Heredia, Costa Rica): Bronze

1995

- Pan American Games (Mar del Plata, Argentina): Team Member