

# Proud! Olga Amelvi Tanjung from UPNVJ's Bachelor of Communication Science Won Silver in the Shorinji Kempo National Championship

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**HumasUPNVJ** - Olga Amelvi Tanjung, a student of the Bachelor of Communication Studies program at the National Development University "Veteran" Jakarta, won a proud achievement at the 2023 National Shorinji Kempo MONAS CUP Championship. She won a silver medal after competing in the Sunter Youth Sport Center on May 28, 2023.

Representing East Jakarta, Olga admits that she diligently undergoes training every day so that she finally meets the qualifications to compete at the national level.



Previously, Olga had also participated in several other tournaments in Batam and also the Riau Islands. Last year, he won the 2nd overall champion in the Indonesian National Student Championship at Jakarta State University.

"I've been to kempo since elementary school. I really like it, and my parents also support me and never force me," said Olga.

Olga still has a long way to go. He admits that he still has many dreams for the future, and is determined to get even better at the sport of kempo.

Specifically, Olga targets to win a gold medal in the next national championship. "I often get silver, because my opponents are still above me. In the next championship, I want to get gold," said Olga.

For athletes or anyone who has a particular hobby, Olga conveys some tips for achieving. He said that one needs to focus on exploring a field, pursuing it, and participating in various championships out there.

"Don't perforate the training. You have to be diligent and work hard. Sports must be improved so that you are physically okay. If you have the desire, but you don't have enough hard work, you definitely won't be able to," he continued.

Congratulations to Olga Amelvi Tanjung!



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