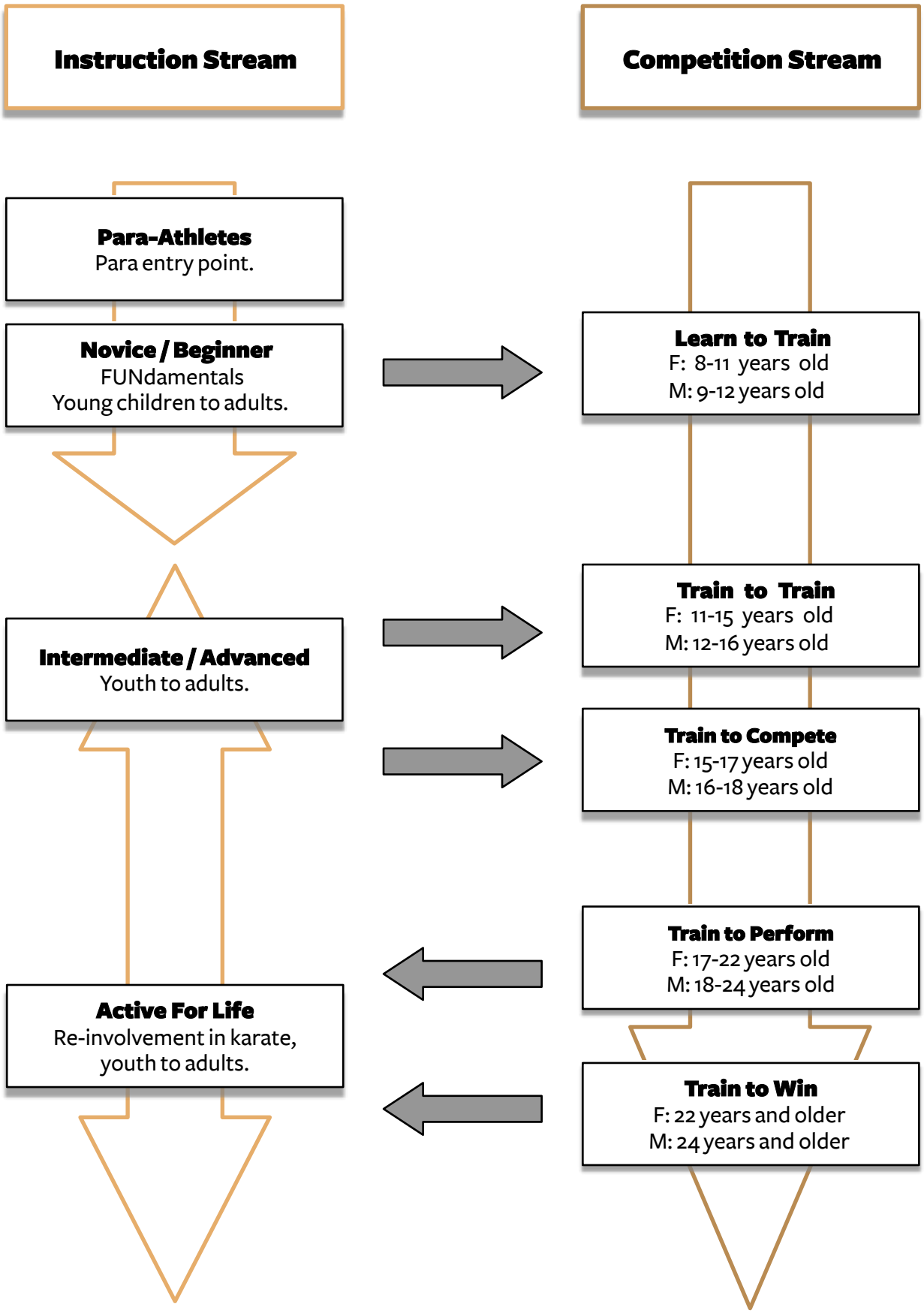Karate Canada: Participant Development Model