



INFORMATION BULLETIN

TORONTO SEPT 28 - 30

WWW.KARATECANADA.ORG



DON'T MISS THE YEARLY RENDEZ-VOUS OF CANADIAN KARATEKAS!

Dear Karate Enthusiast,

Please find below the program for the 2018 Karate Canada Summit. This IX th edition of the Summit will once again feature well-known experts in their field who will lead various training sessions, conferences and seminars on topics important to Karate in Canada.

Online registration is now open, and most necessary information may be found in this Bulletin, with final updates about the program and schedule coming soon.



We look forward to welcoming the entire Canadian Karate Community to this important event.

Sincerely,

In Vez

Craig Vokey President





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TRAINING AND DEVELOPMENT OPPORTUNITIES FOR ALL

Karate Canada is thrilled to once again welcome some of the world's foremost karate experts and guest instructors for the imminent 2018 edition of its yearly Summit. This year, major highlights of the event will include the presence and contributions of both world-famous kata expert and coach Mr. Jesus del Moral and world-renown kumite champion Mr. Douglas Brose, who will be conducting training sessions for National Team and other athletes, in collaboration with Karate Canada's National Team Coaches.

Among the many other great sessions featured in this year's program, we're happy to announce that our **Officials Committee Chair and WKF Kata and Kumite Referee A Mr. Yaro Tarana** will once again lead a **National Referee Clinic**, as well as hold officials' evaluations and upgrades. As an important addition and improvement, the Referee Clinic will, this year, also include and feature an educational segment on **Concussion Awareness and Management**, led by **Karate Canada's Medical Committee Chair and certified Athletic Therapist Mr. C. Gus Kandilas**.

Karate Canada will also continue to **offer National Dan Examinations**, in the context of this great yearly event, and will also hold **meetings with PTSO Leaders and administrators**, where all may engage in constructive dialogue with Karate Canada's Board members and staff / expert committee members regarding a variety of key issues (more information to be shared with PTSO administrators soon...)

In addition, Karate Canada will again offer coach education and development opportunities, via such activities as an **NCCP (National Coaching Certification Program) workshop** (details coming soon...) and other conferences / workshops aimed at promoting instructor and club excellence.

In the second instalment of such "Club Excellence" Series pilot sessions, Karate Canada's new High Performance Manager and long-time **National Team Kumite Coach Mr. Kraig Devlin** will lead a **practical and interactive workshop on tactical video analysis of kumite matches**.

As part of the ongoing endeavour to share elements of its emerging **Gold Medal Profile and Podium Pathway**, Karate Canada will also offer additional expert-led educational sessions around **specific physical preparation** and around **mental athlete preparation** (more details available shortly)... A must for anyone seeking to develop elite athletes!





Once again, Karate Canada is also pleased to offer **Para- specific kata training sessions**, co-led by our **Para National Team Head Coach Mrs. Heather Fidyk** and by our **National Team Kata Head Coach Mrs. Katarina Vadovicova**, in conjunction with our elite kata seminar.

More content related to the coaching of Para-karate athletes is planned as well (details available soon)...

(Please note that 3 NCCP Professional Points (PD) will be allotted to all coaches for participating in the Summit.)

In short, Karate Canada is very pleased to confirm that it will again offer a vast array of highly beneficial workshops and conferences, as well as training and development sessions for Canadian athletes, instructors, leaders, administrators, volunteers, coaches, and officials alike, over the course of this 3-day event.

(Please note: Karate Canada is committed to offering content to its registrants and participants in both official languages, and some bilingual content – French & English- will be made available at all sessions during the 2018 Summit.)



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1.1 – PRACTICAL SEMINARS AND TRAINING SESSIONS FOR ATHLETES

A. "ELITE COMPETITION KATA TACTICS & TRAINING"

With Guest Star Instructor Mr. JESUS DEL MORAL (Coach of World #1 ranked female kata athlete Sandra Sanchez and repeat World medalist and European Champion Damian Quintero), and with Karate Canada's National Team Kata Head Coach, Mrs. Katarina Vadovicova

Mr. JESUS DEL MORAL

A 7th Dan holder in Shito-Ryu, Mr. del Moral is unquestionably one of the most successful kata coaches on the current world karate stage. Mr. del Moral's unique expertise, which combines diverse and extensive experience as a physical education teacher, fitness and Pilates instructor, chiropractor and National Team Trainer, has led him to unparalleled success in the coaching and training of elite kata

athletes worldwide, and as the personal kata coach of World #1 ranked kata athlete Sandra Sanchez. Mr. del Moral's unique skillset has also led him to be called upon him by numerous nations and elite clubs in order to help enhance their high performance programs, and he's delivered numerous seminars in such countries as Spain, Italy, Germany, Hungary, Portugal and the USA.

In his first visit to Canada, Mr. del Moral will work closely with Karate Canada's National Team Head Coach Mrs. Vadovicova to offer a 3-day seminar packed with invaluable content, and in which he will share his secrets to creating and training world-leading kata athletes.

Mrs. KATARINA VADOVICOVA (National Kata Team Head Coach)

Coach Vadovicova has a remarkable history as an ex-athlete who has medaled at the Paris Open in 2005, 2007, and 2008, finished 1st at the 2008 USA Open, and won the title of Pan American Champion in 2006. (...)





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Mrs. Vadovicova now lends her valuable expertise to support the development of Canadian hopefuls and elites. She has, over the last few years, worked as a Provincial and National Team Kata Coach on a great number of occasions, and at such highlevel events as the Junior and Senior World Karate Championships. Karate Canada's kata National Team athletes have achieved remarkable success under her guidance as Head Coach, over the last couple of years, including top 7 and top 9 finishes at the latest Senior World Championships, and repeat podium finishes at recent Pan American Championships.

Over the course of the Summit, these 2 highly seasoned and decorated kata coaches will share with you valuable lessons from recent international competitions, as well as secrets to success on both the Pan Am and world stage.

Provincial, national and international-level athletes will not want to miss this rare occasion to train under world-famous kata training expert Mr. del Moral, and under our National Team Kata Head Coach Mrs. Vadovicova.

(Registered coaches are welcome to observe all training sessions. Video / filming will only be allowed during instructional portions of the seminars /training sessions.)

✓ Dates and times *

Kata athletes:

- Friday, September 28th, from 9 AM to 5 PM
- Saturday, September 29th, from 9 AM to 5 PM
- Sunday, September 30th,, from 9 AM to 3:30 PM

(*Different sessions will be offered for different age groups – exact schedule to be announced and confirmed soon. On average, participating athletes are expected to benefit from approximately 2 to 3 hours of training / day)

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B. "ELITE COMPETITION KUMITE TACTICS & TRAINING"

With Guest Star Instructor Mr. DOUGLAS BROSE and with Karate Canada's National Team Kumite Head Coaches, Mrs. NASSIM VARASTEH and Mr. DENIS BEAUDOIN

Mr. DOUGLAS BROSE

Mr. Brose is undoubtedly one of the most decorated competitors in the history of sport karate, having been twice crowned as World Champion, having won gold at the World Games, having earned gold at the 2015 Pan Am Games, and having won gold no less than 10 times at Pan American Championships! Thanks to his complete fighting style and very spectacular skill set, this seasoned champion is a favorite with fans worldwide, and is ranked #1 in the WKF's all-time athlete ranking. St



fans worldwide, and is ranked #1 in the WKF's all-time athlete ranking. Still very active as a competitor, this dynamic athlete, who is also a Sports Performance graduate and a member of the WKF's Athletes Commission, has his sights firmly set on the Tokyo 2020 Olympic Games.

While no stranger to Canada, where he's led several seminars and training camps over the course of his athletic career, Mr. Brose, who is renown for his accessibility, humility and generosity, always brings a new and fresh approach to his teachings, and constantly offers highly relevant and insightful content that will surely benefit all participants. In his first appearance at a KC event since 2013, Mr. Brose will share some of the winning tactics and proven strategies that have helped ensure his continued domination of the world karate rankings and podiums. Don't miss this rare opportunity to learn from a living sport karate legend!

Mrs. NASSIM VARASTEH REYHANIAN



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To this day, Mrs. Varasteh remains the most successful athlete in Canadian karate history, with 2 silver medals at the WKF World Karate Championships and no less than 6 gold medals at the Pan American level. Ever since she's dedicated herself to coaching, Nassim has had a strong record of success as well, with many athletes winning medals at the Pan American and international levels. As a Kumite National Team Head Coach since 2013, Nassim has successfully provided leadership and support to

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our Senior National Team on a number of occasions over the last few years, including the Toronto 2015 Pan Am Games, where Canada claimed a record number of medals and achieved its best-ever performance, and several WKF Karate-1 Premiere League events where Canadian athletes have achieved an unprecedented number of world-class podium results.

Mr. DENIS BEAUDOIN

Mr. Beaudoin has a rich history as an elite coach, having personally trained several athletes who medaled at the World level and at the Pan American Games. Denis is a Physical Education graduate and was a PE teacher for several years. He also holds a 7th degree black belt from the lanan Shotokan Karate Federation as well as from Karate Canada. He



Japan Shotokan Karate Federation as well as from Karate Canada. He devotes his time exclusively to coaching duties at his club (where he manages a recognized "Sport-Études" program) as well as at the national and international levels. Mr. Beaudoin is himself a former member of the Canadian National Team, and has taken part in two WKF World Karate Championships. Canadian Junior National Team kumite athletes' results at international events have been steadily on the rise over the last few years, under Mr. Beaudoin's expert leadership as Junior National Team Kumite Head Coach.

Over the course of the Summit, these 3 highly seasoned kumite coaches and experts will, along with other KC National Team Coaches, share valuable lessons from recent international competitions, as well as secrets to success on the Pan Am and world stages.

Provincial, national and international-level athletes will not want to miss this rare occasion to train under legendary karate champion and instructor Mr. Douglas Brose, as well as under our National Team Kumite Coaching staff.

(Registered coaches are welcome to observe all training sessions. Video / filming will only be allowed during instructional portions of the seminars /training sessions.)





Dates and times **

Kumite athletes:

- Friday, September 28th, from 9 AM to 5 PM (w. National Team Coaches only)
- Saturday, September 29th, from 9 AM to 5 PM (w. Mr. Brose and National Team Coaches)
- Sunday, September 30th, from 9 AM to 3:30 PM (w. Mr. Brose and National Team Coaches)

(**Different sessions will be offered for different age groups – exact schedule to be announced and confirmed soon. On average, participating athletes are expected to benefit from approximately 2 to 3 hours of training / day)







1.2 – PARA- KARATE EDUCATION AND TRAINING FOR COACHES AND ATHLETES

With Mrs. HEATHER FIDYK, Chair of Karate Canada's Para-Karate Committees and Para National Team Coach at the 2014 & 2016 World Championships for Persons with Disabilities, and at the 2017 & 2018 Senior Pan American Para-Karate Championships,

and

with Karate Canada's National Team Kata Head Coach, Mrs. KATARINA VADOVICOVA

Mrs. HEATHER FIDYK

Mrs. Fidyk is a seasoned karate instructor with extensive hands-on Para experience, and she has accompanied and supported Team Canada's Para karate athletes as a National Team Para-Karate Head Coach at the first two World Karate Championships for Persons with Disabilities and at the first two editions of para-karate events / divisions at the Senior Pan American Championships (Curacao, 2017 and Santiago de Chile, 2018).



In addition to sitting on Karate Canada's Board of Directors, Coach Heather also chairs Karate Canada's Development and High Performance Para-Karate Committees, and has been actively pursuing and promoting significant growth and progress in this area. She is anxious to share useful tools and expertise with Coaches and instructors from across the nation, alongside National Team Kata Head Coach Mrs. Vadovicova, so as to further empower coaches to provide optimal and adapted training to all Canadian Para athletes.

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ATHLETES:

Karate Canada will offer one (or more) Para-specific kata training session(s) at this year's edition of the Summit. (Reminder: participation in either this event or in the recent (August) 2018 Kata National Training Camp is mandatory for current Para Karate National Team Roster members.).

COACHES:

This year's Para Coach education workshop will once again consist in a practical training segment assembling Para participants and where Coaches and instructors will be invited to work directly with the athletes and alongside the Para National Team Coach(es), so as to get more familiar with efficient training adaptations.

All are welcome!

✓ Dates and times ***

• Saturday, September 29th

(***Exact times to be announced soon.)







1.3 – NATIONAL REFEREE CLINIC

With Mr. YARO TARANA, Chair of Karate Canada's Officials Committee

and

Mr. C. GUS KANDILAS Certified Athletic Therapist and Chair of Karate Canada's Medical Committee

Mr. YARO TARANA



Mr. JAROSLAV TARANA, who is currently a 7th Dan holder, is also one of Canada's most experienced International Referees. Yaro holds a WKF Kumite Referee A license, as well as a Kata Judge A license. A constant world traveler, Mr. Tarana tirelessly seeks to perfect his skills as an International Referee while also further practicing his beloved art of

karate-do himself. Yaro is currently the President of the Canada National Goju-Ryu Karate-Do Federation. He has served as a Referee at the 2014 and 2016 Senior World Championships and the 2017 Junior World Championships, and was the sole Referee from Canada officiating at the Toronto 2015 Pan American Games. As Karate Canada's Officials' Committee Chair, Mr. Tarana has been generously and dedicatedly sharing his knowledge and expertise with his fellow Canadian Referees, so as to help raise the quality of officiating and to help ensure our officials meet the highest international standards.

Mr. Tarana will lead this National Officiating Clinic, where he will provide guidance on the proper implementation of the latest and current WKF competition rules, including such elements as Instant Video Replay and para-karate.

In addition, this year's edition of the National Referee Clinic will include a new segment specific to concussion awareness, led by Karate Canada's Medical Committee Chair Mr. C. Gus Kandilas.

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Mr. C. GUS KANDILAS

Mr. Kandilas is a certified Athletic Therapist and an Osteopathic Manual Practitioner with extensive combative sports-related experience who has regularly supported Karate Canada's events and National Teams over the last few years. He has also taught for 27 years at York University in the Athletic Therapy Certificate Program, which falls under the umbrella of Kinesiology and Health Science.



In this new segment of the Referee Clinic, Mr. Kandilas will offer helpful and vital information on concussion anatomy and physiology, injury recognition and management, as well as the Return to Play and Return to Learn guidelines.

IMPORTANT

Please note that national evaluations and license upgrades will be offered as well during the course of this Clinic. Please bear in mind that Canadian Officials who wish to upgrade or to obtain a license in order to officiate at the upcoming 2019 National Championships (Senior and / or Junior) will need to do so at either this National Referee Clinic or at a Regional Referee Clinic organized in conjunction with Karate Canada's Officials Committee, as no National Referee Clinic or evaluation will be offered on site during the days preceding these 2019 National Championships. Additional fees apply for examinations / testing and license upgrades (see section 4). Only registrants of KC -member Provincial / Territorial Karate Associations may take part in examinations / testings and obtain license upgrades.

✓ Dates and times ****

- Saturday, September 29th from 9 AM to 5 PM
- Sunday, September 30th, from 9 AM to 3 PM

(****Remains subject to change. Exact schedule to be confirmed soon.)







1.4 – NCCP TRAINING COURSES FOR COACHES

More details coming soon, in a second version of this Bulletin...

1.5 – "CLUB EXCELLENCE" SERIES PILOT SESSIONS

A. " TACTICAL PROFILING THROUGH VIDEO ANALYSIS "

With Mr. KRAIG DEVLIN, KC High Performance Manager, National Team Kumite Coach and KC High Performance Committee member.

INVITED: This workshop is aimed primarily at HP and club / dojo Coaches and instructors.

Mr. KRAIG DEVLIN

Mr. Devlin is currently a candidate for the Masters degree in High Performance Coaching and Technical Leadership offered by the University of British Columbia's Kinesiology department, and he holds an NCCP Advanced Coaching Diploma.



Furthermore, Mr. Devlin has worked as a Karate Canada National Team Kumite Coach since 2006, successfully supporting teams at numerous key international events, including the 2011 and 2015 Pan Am Games, and he directly supported Team Canada during its historic gold medal performance in Team Kumite, at the 2018 Senior Pan American Championships. Kraig has also been very active as a member of Karate Canada's High Performance for many years, and has significantly contributed to the development of Karate Canada's original Long Term Athlete Development model. Over the course of the last 2 years, Mr. Devlin has, along with fellow National Team Coaches, been very involved in the development of Karate Canada's Kumite Gold Medal Profile and Podium Pathway, and has helped Karate Canada secure enhanced excellence funding and support from the Canadian government in anticipation of the 2020 Olympic Games. In this capacity, Coach Devlin helped design, refine and implement the kumite tactical video analysis matrix and tools currently being used by Karate Canada for scouting and gap analysis purposes. More recently still, Kraig was hired (on an interim basis) as Karate Canada's part-time High Performance Manager. (...)



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In this High Performance workshop, Mr. Devlin will offer training for Coaches and instructors in the use of the tactical kumite video analysis matrix and process used by Karate Canada as part of its Senior National Team program, so as to effectively capture Winning Style of Play elements and successfully establish profiles of elite athletes for gap analysis and tactical planning purposes.

✓ Dates and times *****

• Saturday, September 29th, 7:00 to 9:00 PM

(*****Time remains subject to change; exact time to be confirmed.)

1.6 - OTHER CONFERENCES, MEETINGS & PRESENTATIONS

Karate Canada is planning to hold several additional educational conferences, presentations and workshops at the 2018 Summit, and a second version of this Information Bulletin will be available soon, offering more detailed information about these additional sessions and offerings. We thank you sincerely for your patience.



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1.7 – DAN EXAMINATIONS

IMPORTANT: Karate Canada will once again be holding NATIONAL DAN EXAMINATIONS at the Summit!

Members of Karate Canada's Technical Committee will be at the Delta Hotels Toronto Airport & Conference Center on Saturday September 29th, between 1 and 5 pm, to evaluate karatekas and provide National Dan Certifications.

In order to register, please complete the **DAN TEST APPLICATION FORM** and follow the instructions.

Registration for Dan Testing closes on **September 14th, 2018**.

Upon receiving Dan Test Application forms, we will then contact candidates with more details on their examination.

For further information, contact our Program Manager Ms. Alexandra Roy, at: <u>alexandra.roy@karatecanada.org</u>.

Do not miss this opportunity to get certified!







The 2018 Karate Canada Summit will be held at the **DELTA HOTELS TORONTO AIRPORT & CONVENTION CENTER**, located at:

655 Dixon Road Toronto (Ontario) M9W 1J3



Participants staying at this hotel for the duration of the event will benefit from the following special rates on room rentals (for the nights of September 27-29):

Room	Single / Double
Deluxe Double Queen room	\$139

Hotel's room rates are quoted in Canadian dollars and are subject to applicable state and local taxes currently 13% HST (Harmonized Sales Tax) PLUS 4% MAT (Municipal Accommodation Tax) in effect at the time of check-out.

* Taxes are subject to change*

In order to benefit from these special rates, please reserve no later than **FRIDAY**, **SEPTEMBER 7TH**. You may book by calling the Delta's reservations toll free number 1-800-721-7033 or through the hotel directly at 416-244-1711 and 1-800-668-3656 and mention that you are part of **the "Karate Canada" group**. Please note that availability of rooms is limited.

You may also book online, by using the following link: https://bit.ly/2MKXGKo

Hotel Shuttle Information:

Complimentary hotel shuttle runs every half hour on a 24-hour basis. From the airport to the hotel it is quarter past & quarter to the hour. From the hotel to the airport it is on the hour and half past.

Shuttle Stop

Terminal 3 – Inner Curb, Post 41 Terminal 1 – Ground Transportation – S5







It is strongly recommended for all Summit attendees to pre-register online by September 1st, thus saving on the cost of registration fees ands ensuring space is available.

Online pre-registration will open on **August 20**th and remain open until September 20th, but all participants who register after September 1st will need to pay higher registration fees (*please see chart below*).). Please note that online pre-registration will be mandatory for all participants in any NCCP Cours(es).

You may register online via SportData as of august 20th, at :

https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=4077#a_eventheadend

(Please see registration instructions in Appendix 1, if you are not yet familiar with registration via SportData or do not yet have a login ID / profile.)

Please note: Participants must also register in person at the event (ID Pick Up). On-site registration will take place at the Delta Hotels Toronto Airport and Convention Centre, at the following times:

- Friday, September 28th: from 8:00 AM to 12:00 PM
- Saturday, September 29th: from 8:00 to 9:00 AM
- Sunday, September 30th: from 8:00 to 9:00 AM

IMPORTANT:

On site registration for participants who did not previously pre-register online will be subject to availability, and Karate Canada may not guarantee access to the event for everyone.

Please note that this Program remains subject to change.





REGISTRATION OPTIONS:

Please note that unless specified otherwise, all registration options include lunch on all 3 days.

KARATE CANADA MEMBERS / REGISTRANTS:

Option	Early Bird Registration	Regular Registration	On Site Registration
	Fees (by September 1 st)	Fees (by September 20)	Fees *
A- Full Summit, excluding NCCP Course(s)	\$245 ***	\$295 ***	\$325 * (3 days)
B- One NCCP Course **** + Full Summit (3 days) (exclusively for coaches and officials)	\$365 ***	\$445 ***	Not Applicable
C- Officials Clinic only (exclusively for officials – 2 lunches only)	\$140 **	\$160 **	Not Applicable
D- Full Summit, excluding NCCP Courses (for PTSO Presidents)	\$195 ***	\$245 ***	\$275 * (3 days)

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NON-KARATE CANADA MEMBERS / REGISTRANTS:

Option	Early Bird Registration Fees (by September 1 st)	Regular Registration Fees (by September 20)	On Site Registration Fees*
E- Full Summit, excluding NCCP Courses (for athletes ***, coaches and officials)	\$300 ***	\$325 ***	\$360 * (3 days)
F- One NCCP Course **** + Full Summit (3 days) (exclusively for coaches and officials)	\$400 **	\$480 **	Not Applicable
G- Officials Clinic only (exclusively for officials – 2 lunches only)	\$180 **	\$200 **	Not Applicable

* On site registration for participants who did not previously pre-register online will be subject to availability, and Karate Canada may not guarantee access to the event for everyone.

- ** An additional fee of \$50 will apply for all officials seeking evaluation and being tested towards obtaining a National license. Testing only available for registrants duly affiliated with a Provincial / Territorial Karate Association which is a member of Karate Canada.
- *** Minimum Eligibility Requirements for Athletes Registering in the Summit (for all training sessions- kumite and kata): All participants must be at least 12 years old, and should have competed in at least one Provincial Team selection event and/or the Karate Canada National Championships within the last year, or equivalent-level competitions.
- **** Additional information about available NCCP Course options coming shortly, in soon-to-bereleased 2nd version of this Information Bulletin (will include separate fee option for registration in the NCCP Course(s) only). Thank you for your patience. (Participants in any karate-specific NCCP Course who are not KC registrants must bear in mind that evaluation and certification are only accessible to registrants duly affiliated with a Provincial / Territorial Karate Association which is a member of Karate Canada.)

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Please note:

- Registration fees must be paid online (through SportData) by credit card and via Paypal for all pre-registrations. No cash, cheque or money order payment will be accepted for payment of all online pre-registrations.
- Additionally, please note that no refund of registration fees will be issued for cancellation after September 20, under any circumstances other than medical reasons (with supporting evidence).
- Please note that video / filming will be allowed for any registered participants and observers only, but at specific times only, such as during instructional segments of the Kumite and Kata seminars. Filming of athletes during training sessions is strictly prohibited. A waiver form will need to be signed by anyone intending to film / capture video footage, prior to the start of the event / sessions, and private usage of this footage only will be tolerated.

For questions or additional information, please contact Karate Canada's Event Manager Mrs. Cheryl Tataryn, at: <u>cheryl.tataryn@karatecanada.org</u>.

WE LOOK FORWARD TO GREETING YOU IN TORONTO SOON!

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- APPENDIX COMING SOON -





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