

Norma Foster

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**DAN (Black Belt) CERTIFICATION**

Level	Authority	Place	Year
Shodan (1st Degree)	JKA	Scotland	1974
Shodan	JKF	Japan	1990
Nidan (2nd Degree)	JKA	USA	1984
Nidan	JKF	Japan	1990
Sandan (3rd Degree)	JKA	Canada	1986
Sandan	JKF	Japan	1991
Sandan	Karate Canada	Canada	1995
Yondan (4th Degree)	JKF	Japan	1992
Yondan	JKF Wado Kai	Japan	1993
Godan (5th Degree)	JKF Wado Kai	Japan	1997
Rokkudan (6th Degree)	JKF Wado Kai	Japan	2001
Nanadan (7th Degree)	JKF Wado Kai	Japan	2008

**TEACHING/COACHING CERTIFICATION**

Instructor	SSA	Scotland	1974
Regional Instructor	JKA	Canada	1986
Level I Coach	NCCP	Canada	1994
Level II Coach	NCCP	Canada	1997
Level III Coach	NCCP	Canada	1998
Level II (2 kyu) Examiner	JKF Wado Kai	Japan	1999
Level II (2 kyu) Instructor	JKF Wado Kai	Japan	2001

**OFFICIATING CERTIFICATION**

Referee and Kata judge	Karate Canada	Canada	1987
Kumita/Kata Judge	PUKO	USA	1987
Referee	APUKO	New Zealand	1992
Kumite Judge	WUKO	Japan	1990
Kata Judge	WUKO	Japan	1993
Class A Referee	NKA	Canada	1997
Referee Council Member (Suppl)	WKF	Sophia, Bulgaria	1999
Kumite Referee	WKF	Munich, Germany	2000
Referee Council Full member	WKF	Madrid, Spain	2003

**COMPETITION PARTICIPATION**

Placing	Division	Championship	Location	Year
1st	Kata	British Universities Karate Federation	Hull, England	1974
1st	Kata	British Universities Karate Federation	Bristol, England	1975
1st	Kata/Kumite	Arkansas Valley	USA	1978
1st	Kata/Kumite	Battle of Memphis	USA	1979
1st	Kata	BC Provincials	Canada	1983
1st	Kata/Kumite	Western Canadians	Canada	1983
1st/2nd	Kata/Kumite	BC Winter Games	Canada	1984
1st	Kata/Kumite (Individual)	Nationals	Canada	1984
1st	Kata/Kumite (Team)	Nationals	Canada	1984/85/86
2nd/1st	Kata/Kumite (Individual)	Nationals	Canada	1985
2nd	Kata/Kumite	1st Commonwealth	Channel Is.	1985
1st/2nd	Kata/Kumite	Las Vegas International Traditional	USA	1987/88
2nd	Kata/Kumite	East Japan Workers Karate Federation	Japan	1990/91
2nd	Kata/Kumite	Shibuya Ku Championships (Tokyo)	Japan	1991
6th	Kata	National Wado Kai Karate Championships	Japan	1990/91/92/93
6th	Kata	World Wado Kai Cup	Japan	1994
5th	Kata	National Wado Kai Karate Championships	Japan	1999

**ORGANIZATIONAL INVOLVEMENT**

Secretary	Scottish Shotokan Association (SSA)	Scotland	1973-74
Member	Karate Association of Texas	USA	1975-77
Member	Arkansas Karate Association	USA	1977-79
Secretary	JKA International	Vancouver, Canada	1981-83
Director	Karate BC	Vancouver, Canada	1986-88, 1997-2002
Vice president	Karate BC	Vancouver, Canada	1988-89
Member	American Athletic Union (AAU)	Chicago USA	1989
Member	Japan Karate Federation (JKF)	Japan	1989-
Member	JKF Wado Kai	Japan	1989-
Member	Workers Karate Federation	Japan	1989-1997
Member	National Karate Association (Now Karate Canada)	Vancouver, Canada	1981-
Founder, President and Technical Director	Canada JKF Wado Kai	Vancouver, Canada	1997-
Chair	Karate BC Officials Committee	Vancouver, Canada	2000-2006
Chair	WKF Gender Equity Committee	Munich, Germany	2003 - 2006
Chair	Karate Canada Officials Committee	Calgary, Canada	2009-2014
President	Karate British Columbia	Vancouver, Canada	2015-2017
Director, Karate Canada	Karate Canada	Vancouver, Canada	2015-

**AWARDS and MISCELLANEOUS**

Instructor, Tokyo British Club Dojo	Japan	1992-94
Assistant Instructor, Budo Gakuen, Tokyo	Japan	1996
Founder and Instructor, Guseikai Karate Club	Canada	1997-
Established Women in Karate Fund, for Karate BC Vancouver	Canada	1992
Featured in Film Board Documentary "Spirit of the Kata"	Canada	1985
Pioneered and competed in national women's kata and kumite team and events	Canada	1983
Member, Canadian National Karate Team	Canada	1983-1989
First Female to judge WKF Karate Competition	Japan	1990
First Female appointed as supplementary member of WKF Ref Council	Bulgaria	1999
First female to referee WKF Karate competition	Munich	2000
Promotion Plus Individual of the Year	Vancouver, Canada	2000
Burnaby Sport Hall of Fame Inaugural Inductee	Burnaby, Canada	2001
British Columbia Sport Hall of Fame acknowledged in Leader and Legend in Sport exhibit	Vancouver, Canada	2002
First female appointed as full member of WKF Ref Council	Madrid, Spain	2002
Sport BC Official of the Year Nominee	Vancouver, Canada	2001, 2003
Conducted technical karate seminars for ~ 300 women per seminar in six cities as WKF representative	Iran	2003
Chief referee and organizer of First Womens' Islamic Games of the Capitals and Islamic Countries: Karate	Tehran, Iran	2006
Ross Rumbell Award for outstanding service to karate in Canada	St. John's ND, Canada	2006
Acknowledged by BC Sport Hall of Fame in the permanent educational exhibit, "The Hero in You"	Vancouver, Canada	2006
Bobby Steen Award from Promotion Plus	Vancouver, Canada	2006
Delivered referee seminars to women	El Salvador, Iran, Venezuela, Mexico, Canada	2004-2014
Sport BC Official of the Year (among all sports)	Vancouver, Canada	2004
Instructor, Fit4Defense (anti-bullying program)	Vancouver, Canada	2006
Delivered Fit4Defense seminars in Pan America	Canada, Ecuador	2006 - 2010
Investor's group award for sport development	Toronto, Canada	2010
WKF award for over 20 years service to the growth and development of WKF karate	Bremen, Germany	2014
Conducted technical karate seminars in India and Sri Lanka	Chennai, IN; Colombo SRL	2014