

# Competition – Introduction

## Training Phase

### Recommendations

Minimum 16 years old,  
CPR training and brown belt

### Karate Canada

Instruction - Beginners Trained

### Multi-sport training

NCCP Emergency Action Plan

NCCP Making Head Way

NCCP Nutrition

### Karate Canada:

Competitive Workshop, In-  
person (2 day workshop)

OR

Karate Planning a Practice, Online  
Training (5h)

Karate Support the Competitive  
Experience, Online Training (5h)

Analyze Technical & Tactical  
Performance, Online Training (4)

## Evaluation Phase

Registration with your  
Provincial Karate Organization  
(Minimum 18 years old)

### Submission of a portfolio

Emergency Action Plan

2 Practice Plans

Referent Model for  
Competition Skill

Officials clinic or Rules  
Assessment Form

Online Evaluation:  
Make Ethical Decisions

360 Assessment

Observation in training  
(in-person or through  
video)

## Maintenance of Certification

Training: 20 professional  
development points over 5  
years

Actively Coaching

Self-directed  
coaching activities

NCCP Activity  
(any sport, or multi-sport)

Non-NCCP  
multi-sport training

Non-NCCP  
training in any sport

### Evaluation

A coach can elect to go  
through the Karate Canada  
evaluation process again. Once  
successful, all maintenance of  
certification requirements are  
automatically satisfied.



Competition -  
Introduction  
Trained



Competition -  
Introduction  
Certified



Competition -  
Introduction  
Maintained