



KARATE NOVA SCOTIA



2018-19 Kata Development Camps

Greetings Dojo Senseis,

I would like to invite you and your students to participate in the Karate Nova Scotia Kata development training that will be taking this year and leading up to the National Championships May in Edmonton. The training will be open to all KNS members or Karate Canada Affiliates who are a minimum of 12 years of age and have achieved the rank of green belt or equivalent. All the training sessions will be held at **the Windsor Karate Club at 4404 Highway #1, Three Mile Plains, Windsor, NS.**

Dojo Sensei's are encouraged to attend. The training will be in conjunction with the Team Nova Scotia tryouts and the dates are listed below. The cost of the training will be \$15/ session unless you are trying out for Team Nova Scotia in which event it is covered by your \$95 registration fee. Please note the first 4 sessions will be open to anyone however the remaining 3 will be for Team candidates only.

Please refer to the Karate Nova Scotia [Athletes Handbook](#) for team selection process and criteria.

Dates:	Oct 13	Jan 5	Schedule:	1:00 – 2:00 warm-up and basic training
	Nov 17	Feb 16		2:00 – 3:00 Individual kata skill development
	Dec 8	Mar 16		3:00 – 3:15 Break
		April 27		3:15 – 3:45 presentations
				3:45 – 4:45 Individual kata skill development
				4:45 – 5:00 presentations/video (team candidates only)

If you have any questions or concerns, please do not hesitate to contact me.

Sincerely,

Coach David Griffin
Head Kata Trainer,
Team Nova Scotia

cc: Shannon Doane