



KARATE NOVA SCOTIA



2023 Team Tryout & Training Camps

We are pleased to advise you that the time has come to get everyone back together! After a successful 2022 Nationals, we are preparing now for 2023!

- July 7th to 9th 2023, Laval, Quebec
- To compete at Nationals an athlete **must be at least 12 years old by July 7, 2023.**

This year KUMITE workouts are only available to those who are trying out for the team and register for the tryout. All workouts for **kumite training** will take place at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour.

The first KUMITE Session is November 20th!

The **KATA tryouts and training camps** consist of a series of open workouts (10 years and up), followed by a series of closed workouts for the selected team starting April 8th. We encourage those who want to come out and learn some additional kata skills but may not feel ready for Nationals. You may want to challenge yourself and at the same time get a taste for a future year.

All workouts for **kata training** will take place at the Halifax Ryuseikan Dojo at 1237 Cole Harbour Road, Cole Harbour or the Windsor Karate Club, 4407 Highway #1, Three Mile Plains, Nova Scotia.





The first KATA Session is November 19th!

The registration cost to try out for the team is \$100.00. This amount is non-refundable.

The cost for the open kata sessions is \$20 per session.

Dojo Coaches are encouraged to attend for free!

The Karate Nova Scotia website has [a team page](#) that will also have information as the season moves on. Please visit regularly.

All members attending these workouts must complete the athlete registration page, located here, <https://martialmember.com/ExternalMember/Index/39>

Covid Guidelines: Please follow current Provincial Guidelines.

Anyone who has questions about the team workouts please contact Greg Da Ros (info@karatens.org), or Jeff Murphy (td@karatens.org)

We look forward to seeing everyone this season!

Events: <https://karatens.org/events/>

Team Page: <https://karatens.org/programs/team/>

