

# KARATE NOVA SCOTIA

## Coaching Report

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Annual General Meeting - 2024

# Events and Results

## NS Karate Team:

**2023 National Championships** – July 5-9, Laval, Quebec

NS sent 9 coaches and 31 athletes who competed in 39 events

Results – 8 medals

Gassan Alkurdi	Silver - kumite Junior -68kg
Emmi German	Silver - kumite cadet -54kg
Jack Boutilier, William Lawlor, Trent Mumford	Silver - Senior male team kata
Kaden Shen	Bronze - kumite cadet -63kg
Sean O'Neil	Bronze - kumite Men's -84kg
Ryan O'Neil	Bronze - kumite Men's -75kg
Owen Jones	Bronze - kumite cadet + 70kg
Isaac Davis	Bronze - kumite cadet -57kg

**JIC & US Open** – March 29-31, 2024, Forth Worth, Texas

Coaches – Mitchell German, San Fung

Results – 9 athletes, 6 medals

Sean O'Neil	Bronze - kumite Men's -84kg
Evan Peddle	Bronze - kumite junior -68kg
Emmi German	Bronze - Kumite junior -53kg
Kaden Shen	Bronze - kumite cadet -63kg
Kaden Shen, Isaac Davis	Bronze - cadet team Kumite
Ben Khan, Jameson Kirker	Bronze - junior team Kumite

## National Teams:

**Sr Pan Am Games Qualifier** May 25, Costa Rica

<b>Ryan O'Neil</b>	<b>WON</b> - kumite Men's -75kg
Sean O'Neil	participated Men's kumite -84kg

**PKF Sr. Championships** May 26-28, 2023, Costa Rica

Ryan O'Neil	participated kumite men's -75kg & Team Kumite
Sean O'Neil	participated kumite men's -84kg & Team Kumite

**PKF Cadet, Junior & U21 Championships** – Aug 22-25, 2023, Santiago, Chile

Coach – Mitchell German

Results – 4 athletes, 1 medal

<b>Emmi German</b>	<b>SILVER</b> - Kumite cadet -54kg
Kaden Shen	participated kumite cadet -63kg
Isaac Davis	participated Kumite Youth -55kg
Gassan Alkurdi	participated kumite junior -61kg

**Pan Am Games**, – Nov 3-5, 2023, Santiago, Chile  
Ryan O'Neil

participated kumite men's -75kg

## Coaching

Provincial team coaches who attended national championships: Mitchell German, San Fung, Shannon Doane, Greg Da Ros, Trysten Deveau, Maaiko Niet, Sean O'Neil (player/coach) Maria Habchi, Hannah Glennie (Apprentice Coach) Jeff Murphy (did not attend), Crissy Murphy (did not attend)

Coaches who attended Junior PKF: Mitchell German

Coaches who attended 2024 JIC & US Open: Mitchell German, San Fung

## Team Development

### **Canada Sports Institute Atlantic (CSIA) - Athletes**

The goal of the CSIA is to help athletes and coaches training in Atlantic Canada to maximize their athletic potential and achieve success by supporting them with performance and life services.

Canadian Development category - To qualify for this program, you need to be a Sr. National Team Athlete attending international events or a Jr. National Team Athlete attending a World Championships

1. Ryan O'Neil
2. Sean O'Neil

Provincial Development (Prospects) - In addition to our CSIA athletes, we have athletes participating in the provincial Sport Science Program. These athletes attend two strength and conditioning (S&C) sessions a week and access to sport nutrition and sport psychology sessions. There were additions and changes to this list this year. The current list of athletes who participates in S&C at the Canada Games Centre are:

1. Evan Peddle
2. Saad Eldlio
3. Jack Boutilier
4. Emmi German
5. Owen Jones
6. Ben Khan
7. Serena MacRury
8. Isaac Davis
9. Hilmir Bjarnason
10. William Lawlor (new)
11. Aiden Harris (new)
- Norah Glennie (removed)

The next additions or changes to the program will be in September 2024.

## Guest Instructor Clinics

We were able to host two clinics with guest coaches: Kata seminar with provincial and national coach Toshi Uchiage from Vancouver, Dec 2-3, 2023. Kumite seminar with provincial and national coach Yevhen Motovylin from Alberta, March 2-3, 2024.

## Team Trainings

Several Mandatory Team trainings for both Kata and Kumite. Shannon Doane and Maaik Niet hosted kata trainings in Dartmouth and Windsor. Kumite coaches hosted kumite trainings in Dartmouth. Several additional optional trainings also occurred leading up to events.

## Educational Series

KNS collaborated with Karate Alberta to create an educational series on basic karate kumite techniques. The project was professionally made by the Content Lab and funded by the Government of Alberta. The comprehensive series of videos covered Single Offense Techniques, Combinations, and Defensive Scoring Techniques. In addition, there is exclusive insights from renowned karate expert Anzhelika Terliuga in the Coaching Moments segments.

Videos can be found here: <https://karateab.org/educational-series/>

### **Karate**

#### **Organizations**

Karate Alberta  
Karate Nova Scotia

### **Coaches**

Heather Fidyk  
Yevhen Motovylin  
*San Fung*  
*Mitchell German*  
Anzhelika Terliuga  
Gary Sabean

### **Athletes**

*Emmi German*  
Maisie Rathwell  
Sophie Lawrance  
Mariah Blunt  
Muthuli Rathnayke  
Donya Mavaffagh

#### **Produced by:**

The Content Lab



Mitchell German

***KNS High Performance Coach***

***KNS Team Head Coach***