

High Performance Coach Report

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Events and Results

NS Karate Team:

2024 National Championships – July 4-7, Laval, Quebec

NS sent 33 athletes (31 in 2023) who competed in 42 events (39 in 2023)

Results – 9 medals (8 in 2023) 3 Gold 2 Silver 4 Bronze

Sean O'Neil	Gold - kumite Men's -84kg
Evan Peddle	Gold - kumite Men's -67kg
Emmi German	Gold - kumite Junior -53kg
Dorian Thibault	Silver- kumite U21 -75kg
Kotoki Mori	Silver- kumite Cadet -52kg
Kaden Shen	Bronze - kumite Cadet -63kg
Jack Boutilier	Bronze, kumite Junior -61kg
Ben Khan	Bronze - kumite U21 -84kg
Jameson Kirker	Bronze - kumite Junior -76kg

2025 National Championships – April 3-6, Richmond, BC

NS sent 33 athletes (33 in 2024) who competed in 44 events (42 in 2024)

Results – 14 medals (9 in 2024) Best result ever!

4 Gold (most ever), 4 Silver (most ever) 6 Bronze

Sean O'Neil	Gold - kumite Men's -84kg
Ryan O'Neil	Gold - kumite Men's -75kg
Emmi German	Gold - kumite Junior -53kg
Kotoki Mori	Gold- kumite Cadet -52kg
Trysten Deveau	Silver – kumite Senior -50kg
Evan Peddle	Silver - kumite U21 Championships -67kg
Yassin Kamel	Silver - kumite Cadet -63kg
Leonidas Manos	Silver - kumite Cadet -57kg
Ben Khan	Bronze - kumite U21 team trials -84kg
Owen Jones	Bronze - kumite Junior +76kg
Ben Khan	Bronze - kumite U21 Championships -84kg
Gassan Alkurdi	Bronze - kumite U21 Championships -67kg
Kaden Shen	Bronze - kumite Junior -68kg
Dynielle Tolentino	Bronze - kumite Cadet -47kg
Joseph LeBlanc	Bronze - kumite U14 +55kg

International Events:

PKF Cadet, Junior & U21 Championships – Aug 22-25, 2024, Sao Paolo, Brazil

Coach: Mitchell German

Athletes:

Dorian Thibault	participated kumite U21 -75kg
Emmi German	participated kumite Junior -53kg
Kotoki Mori	participated kumite Cadet -52kg

Karate 1 - Series A - Feb 14-16, 2025, Larnaca, Cyprus

Coach: Mitchell German

Athletes:

Sean O'Neil	participated kumite Senior -84kg
Evan Peddle	participated kumite Senior -67kg
Serena MacRury	participated kumite Senior -61kg
Trysten Deveau	participated kumite Senior -55kg

Karate 1 – Youth League - Feb 20-23, 2025, Fujairah, UAE

Coaches: Mitchell German, San Fung

Athletes:

Ben Khan	participated kumite U21 -84kg
Jameson Kirker	participated kumite U21 -75kg
Evan Peddle	participated kumite U21 -67kg
Gassan Alkurdi	participated kumite U21 -67kg
Owen Jones	participated kumite Junior +76kg
Isaac Davis	participated kumite Junior -68kg
Emmi German	participated kumite Junior -53kg
Kaden Shen	participated kumite Cadet -70kg

Coaching

Certifications: WKF Accredited Coach – Mitchell German, San Fung

New additions: Orion Gokiert

Events:

- Coaches who attended 2024 National Championships - Mitchell German, San Fung, Greg Da Ros, Jeff Murphy, Trysten Deveau, Maaik Niet, Sean O'Neil (player/coach)
- Coaches who attended 2025 National Championships - Mitchell German, San Fung, Greg Da Ros, Orion Gokiert, Trysten Deveau (player/coach), Sean O'Neil (player/coach)
- Coaches who attended 2024 Junior PKF in Sao Paola, Brazil - Mitchell German
- Coaches who attended Senior Series A in Larnaca Cyprus (Feb 2025) - Mitchell German

- Coaches who attended Senior Youth League in Fujairah, UAE (Feb 2025) - 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. Sean O'Neil
2. Evan Peddle

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. Emmi German
2. Owen Jones
3. Ben Khan
4. Serena MacRury
5. Isaac Davis
6. Hilmir Bjarnason
7. Kotoki Mori (added 2024)
8. Jameson Kirker (added 2024)

Guest Instructor Clinics

We were able to host 1 clinic: Kumite seminar with Karate Canada Top Competitor Hana Furumoto-Deshaies, Nov 15-17, 2024

Team Trainings

4 Mandatory Team trainings (2 sessions of each Kata and Kumite per day). Several additional optional trainings also occurred leading up to events. In addition, there are 3 dojo's offering development sessions open to current and future provincial athletes: Halifax Ryuseikan, Performance Martial Arts & Murphy's Karate Academy. Windsor Karate Club and SMU Shotokan Karate Club are also supporting Kata athletes.

Funding

Additional funding awarded to support athletes and coaches participating in international events

- Sport NS (Support 4 Sport) Tier 3 (Elite Athlete Assistance) - **8 athletes** (representing Karate Canada) received **\$3000** each to attend international events
- Funding Project – A special funding project was granted by Sport NS for athletes and coaches who attended Karate 1 events in Larnaca and Fujairah. Total of **\$8787** was awarded.
- Support4Sport – Individual Coach Initiative – **\$2000** awarded to 1 coach to attend and achieve WKF Accredited Coach Certification in Fujairah, UAE.