

## High Performance Coach Report

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### Events and Results

#### NS Karate Team:

**2026 U21 & Sr National Championships** – Feb 19 - 22, Halifax, NS

NS sent 13 athletes (U21 & Senior only event)

Results – 6 medals

2 Gold, 2 Silver, 2 Bronze

Emmi German

Gold - kumite U21 -50kg &

Emmi German

Silver- kumite Senior -50kg

Mikayla German

Gold - kumite Senior -50kg

Ryan O'Neil

Silver - kumite Men's -75kg

Sean O'Neil

Bronze - kumite Men's -84kg

Owen Jones

Bronze - U21 +84kg

#### International Events:

**PKF Cadet & Junior Championships** – Aug 28-31, 2025, Asuncion, Paraguay

Coach: Mitchell German

Athletes:

Emmi German

participated kumite Junior -53kg

Kotoki Mori

participated kumite Cadet -52kg

Yassin Kamel

participated kumite Cadet -63kg

Leonidas Manos

participated kumite Cadet -57kg

Owen Jones

participated kumite Junior +76kg

**PKF U21 & Senior Championships** – May 22-24, 2025, Monterrey, Mexico

Coach: N/A

Athletes:

Sean O'Neil

participated kumite Senior -84kg

Ryan O'Neil

participated kumite Senior -75kg

Trysten Deveau

participated kumite Senior -50kg

### **WKF Karate 1 – Youth League – June 26-29, 2025, Porec, Croatia**

Coaches: Mitchell German, San Fung

Athletes:

Owen Jones

participated kumite Junior +76kg

Emmi German

participated kumite Junior -53kg

Mikayka German

participated kumite U21 -50kg

Joseph LeBlanc

participated kumite U14 +55kg

### **WKF Karate 1 – Youth League – Aug 6-10, 2025, Monterrey, Mexico**

Coaches: N/A

Athletes:

Evan Peddle

participated kumite U21 -67kg

## Coaching

**Certifications:** PKF Kata & Kumite Coach certification – Mitchell German

### **Events:**

- Coaches who attended 2026 U21 & Sr National Championships - Mitchell German, San Fung, Greg Da Ros, Jeff Murphy, Krystal Turner
- Coaches who attended 2025 Junior PKF in Asuncion, Paraguay - Mitchell German
- Coaches who attended Youth League in Porec, Croatia - 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
3. Emmi German
4. Mikayla German
5. Trysten Deveau

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. Owen Jones
2. Serena MacRury
3. Isaac Davis
4. Kotoki Mori
5. Yassin Kamel
6. Leonidas Manos
7. Jack Boutilier
8. Ben Khan

### Guest Instructor Clinics

2 Kumite seminars – Yevhen Motovylin & Hana Furumoto-Deshaies  
1 kata seminar- Claudia Laos-Loo

### Team Trainings

For 2026, Karate Canada separated Nationals into Junior and Senior events. We had several kumite and kata team trainings with trainings still ongoing with Juniors in preparation for Jr Nationals.

Development - 4 dojo's offering development sessions open to current and future provincial athletes led by provincial coaches: Halifax Ryuseikan, Performance Martial Arts, Murphy's Karate Academy & Windsor Karate Club (kata).

### Funding

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

- Sport NS (Support 4 Sport) Tier 3 (Elite Athlete Assistance) - **10 athletes** (representing Karate Canada) received **\$3000** each to attend international events