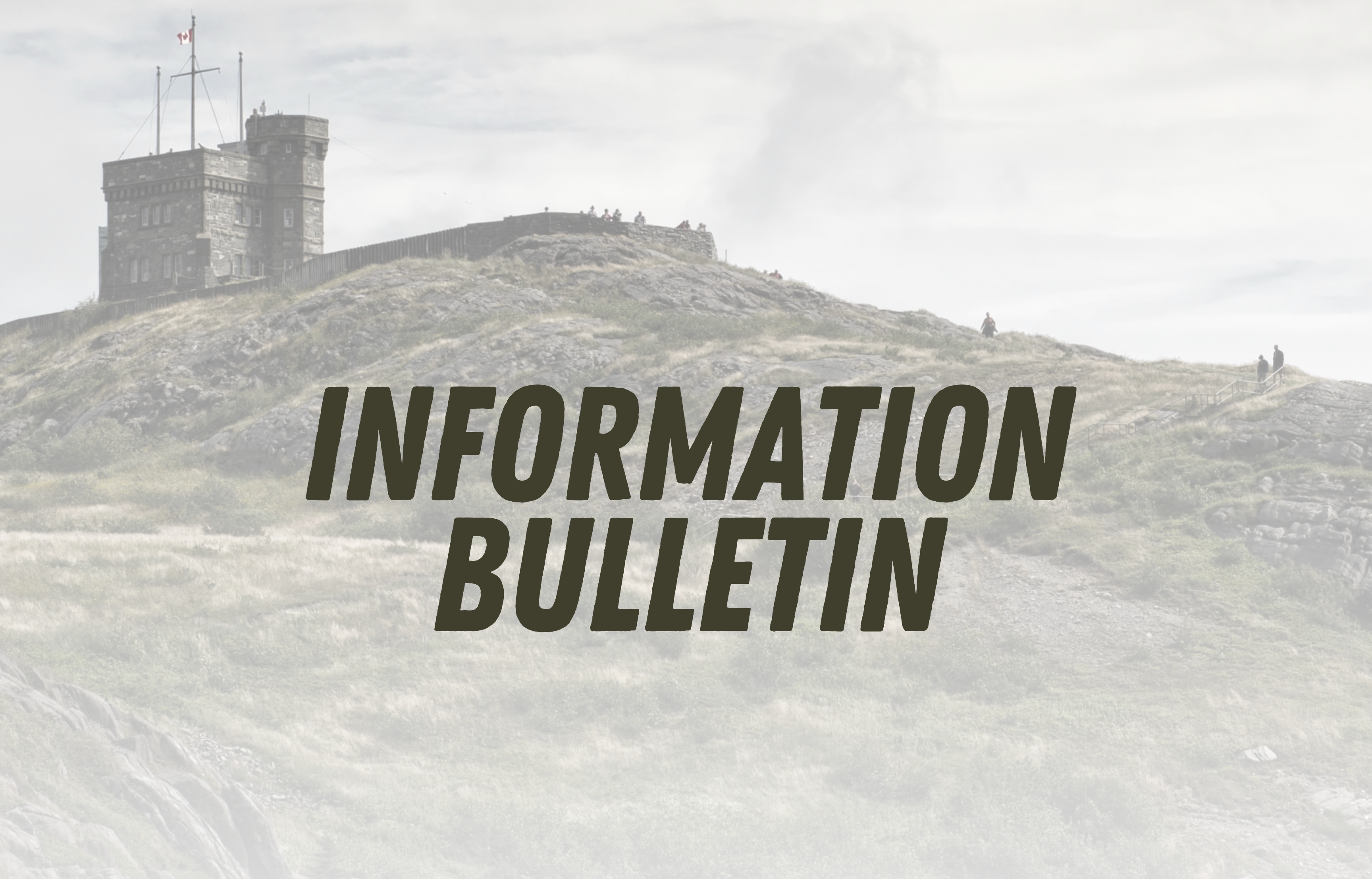




ATLANTIC KARATE **20** CHAMPIONSHIPS **21**

ST. JOHN'S, NEWFOUNDLAND & LABRADOR
NOVEMBER 19TH - 20TH - 21ST



INFORMATION BULLETIN

PROUDLY HOSTED BY KARATE NEWFOUNDLAND & LABRADOR



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GENERAL EVENT INFORMATION

1.1 DATE

Friday November 19th 2021 - Saturday November 20th 2021 - Sunday November 21st 2021

1.2 VENUE

The PowerPlex Sports Complex
90 Crosbie Rd, St. John's, NL A1B 3W4

1.3 Live Streaming

Live Streaming will not be available at this event. Karate Newfoundland & Labrador will continue to explore options leading up to the event.

1.4 COVID-19 RISK MITIGATION MEASURES

Karate NL has been working closely with our Public Health department and Sport NL to establish a plan allowing for implementation of reasonable hygiene and safety measures to help mitigate the risks of transmission of COVID-19 during this event, and to ensure safety of participants and the community. A detailed plan of these measures (which will likely include: screening, wearing of personal protective equipment and maintenance of physical distancing when not engaging in field-of-play training and competition, hygiene measures and staggered scheduling of activities to reduce gatherings) will be made available in the coming weeks. This detailed plan will be updated from time to time leading up to the date of the event. We thank all participants in advance for their cooperation, as your support will be essential for the success of this event.

1.5 Primary Contacts:

Nathaniel Besso

President Karate Newfoundland & Labrador
Email: nathaniel.besso@gmail.com
Tel: (709) 727-1458

Sandy Fraser

Secretary Karate Newfoundland & Labrador
Email: fraser-s@hotmail.com



ITS TIME TO COME TOGETHER AGAIN.

COMPETITOR ELIGIBILITY GUIDELINES

All participants must be members of their provincial karate associations.

Athletes will be placed in a division in which they compete against other athletes who are relatively the same rank and age. Students will also compete by weight class if they are eligible to compete in kumite.

- Flag Kumite - Flag Kumite is an event where two athletes enter the ring with fabric flags looped into the front and back of their karate belt. Athletes score points by successfully pulling their opponents fabric flag out of their belt.
- Individual Kata - Athletes will compete against each other by entering the ring one at a time and performing a kata of their choosing. Once both athletes complete their kata the judges will vote to decide the winner.
- Team Kata - This event is exactly the same as Individual Kata except athletes now compete as a team of three. The three athletes must perform the same kata at the same time. Again at the conclusion of both team's performances they will vote for the winner.
- Individual Kumite - Kumite is the physical combat side of karate. Two athletes enter the ring and attempt to score points by striking scoring areas of their opponent.

2.1 INDIVIDUAL KUMITE

Athletes aged 8 years and older can compete in individual kumite.

2.2 INDIVIDUAL KATA

Athletes aged 4 years and older can compete in individual kata.

2.3 TEAM KATA

Athletes aged 6 years and older can compete in team kata.

2.4 INDIVIDUAL FLAG/ NINJA KUMITE

Athletes aged 7 years and under can compete in individual flag kumite.



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MANDATORY EQUIPMENT

3.1 KARATE-GI

- In alignment with current WKF rules of competition, please note that karate-gis including colored embroidery on the shoulders will be permitted in ALL divisions (kata and kumite) at the 2021 Atlantic Karate Championships. The wearing of karate-gis featuring blue, red or white shoulder embroidery by competitors will therefore be accepted. The wearing of karate-gis featuring gold shoulder embroidery is only permitted for current, reigning WKF world champions, where applicable (no other color will be permitted).



3.2 BODY PROTECTOR

- The use of approved body protectors is recommended for all kumite participants.
- The use of approved body protectors is required for participants in all elite/ provincial team kumite divisions.

3.3 GROIN CUP / PROTECTOR

- Mandatory for all male kumite athletes.

3.4 HEAD PROTECTOR

- The use of head protectors or helmets is not permitted.

3.5 GLOVES

- Participants must have a blue and a red pair of gloves / hand protectors.
- Participants competing in elite/ provincial team kumite divisions must have both a blue and a red pair of gloves / hand protectors.

3.6 FOOT AND SHIN PROTECTORS

- It is recommended that participants wear a pair of white WKF approved foot/ shin protectors.
- Participants competing in elite/ provincial team kumite divisions must have both a blue and a red pair of foot / shin protectors.

3.7 MOUTH GUARD

- Participants must have a mouth guard

3.8 KARATE BELTS

- Participants must have both red and blue belts.

All equipment (including uniforms / gis) must perform like current WKF equipment, but it is not mandatory to be WKF-branded equipment. WKF-branded equipment will not be refused at the 2021 Atlantic Karate Championships.

COACH ELIGIBILITY GUIDELINES

4.1 NCCP REQUIREMENTS

All participants must be members of their provincial or territorial karate Associations and Teams, and participants may only be pre-registered online through their PTSO's Team Manager or designated representative.

- Any and all coaches who wish to sit in a chair and coach ring side at this event must have a minimum NCCP (National Coaching Certification Program) certification of "Competition Introduction Trained".

OFFICIAL ELIGIBILITY GUIDELINES

5.1 REFEREE

- Any and all officials who wish to officiate at this event must complete the officials training course on Saturday November 20th 2021.

5.2 JUDGE

- Any and all officials who wish to officiate at this event must complete the officials training course on Saturday November 20th 2021.

5.3 TABLE OFFICIAL

- Any and all table officials who wish to volunteer at this event must attend the training sessions on October 3rd 2021 and October 31st 2021.

****Further information to be released soon.****

5.4 VOLUNTEER

- Any and all table officials who wish to volunteer at this event must attend the training sessions on October 3rd 2021 and October 31st 2021.

****Further information to be released soon.****



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ONLINE PRE-REGISTRATION

ATHLETES, COACHES, REFEREES & DELEGATES

Online Pre-Registration will be mandatory for all athletes, coaches, officials, and delegates who wish to attend this event. Spectators will not have to pre-register.

Registration is available on the Karate Newfoundland & Labrador Website.

For questions on how to pre-register, all team managers may contact Karate NL directly at karatenl@gmail.com. Registrants are responsible for the quality and accuracy of the entered registration data.

- Changes to online pre-registration entries are possible and free of charge until Friday, November 12th 2021, inclusively.
- *PLEASE NOTE: • NO CHANGES to registrations in individual divisions and team kata divisions will be accepted after Friday, November 12th 2021. • NO LATE REGISTRATION permitted.

ON-SITE REGISTRATION / ACCREDITATION

7.1 On-Site Registration

There will be no on site registration.

- Any athlete who does not complete the online pre-registration will not be allowed to compete at the event.
- Any coach who does not complete the online pre-registration will not be allowed to coach at the event.
- Any official who does not complete the online pre-registration will not be allowed to officiate at the event.

7.2 Accreditation

Accreditation will take place at the venue on Saturday November 20th 2021 from 9:00am - 10:00am.



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DIVISIONS

DIVISIONS - 2021 ATLANTIC KARATE CHAMPIONSHIPS

8.1 FEMALE & MALE INDIVIDUAL KATA

- IKA 1 - Individual Kata - 4 - 5 Year Old's - Novice
- IKA 2 - Individual Kata - 6 - 7 Year Old's - Novice
- IKA 3 - Individual Kata - 6 - 7 Year Old's - Intermediate
- IKA 4 - Individual Kata - 8 - 9 Year Old's - Novice
- IKA 5 - Individual Kata - 8 - 9 Year Old's - Intermediate
- IKA 6 - Individual Kata - 8 - 9 Year Old's - Advanced
- IKA 7 - Individual Kata - 10 - 11 Year Old's - Novice
- IKA 8 - Individual Kata - 10 - 11 Year Old's - Intermediate
- IKA 9 - Individual Kata - 10 - 11 Year Old's - Advanced
- IKA 10 - Individual Kata - 12 - 13 Year Old's - Novice
- IKA 11 - Individual Kata - 12 - 13 Year Old's - Intermediate
- IKA 12 - Individual Kata - 12 - 13 Year Old's - Advanced
- IKA 13 - Individual Kata - 12 - 13 Year Old's - Elite
- IKA 14 - Individual Kata - 14 - 15 Year Old's - Novice
- IKA 15 - Individual Kata - 14 - 15 Year Old's - Intermediate
- IKA 16 - Individual Kata - 14 - 15 Year Old's - Advanced
- IKA 17 - Individual Kata - 14 - 15 Year Old's - Elite
- IKA 18 - Individual Kata - 16+ - Novice
- IKA 19 - Individual Kata - 16+ - Intermediate
- IKA 20 - Individual Kata - 16+ - Advanced
- IKA 21 - Individual Kata - 16 - 17- Elite
- IKA 22 - Individual Kata - U21 - Elite
- IKA 23 - Individual Kata - Senior - Elite

8.2 FEMALE & MALE TEAM KATA

- TKA 1 - Team Kata - 6 - 7 Year Old's - Novice
- TKA 2 - Team Kata - 6 - 7 Year Old's - Intermediate
- TKA 3 - Team Kata - 8 - 9 Year Old's - Novice
- TKA 4 - Team Kata - 8 - 9 Year Old's - Intermediate
- TKA 5 - Team Kata - 8 - 9 Year Old's - Advanced
- TKA 6 - Team Kata - 10 - 11 Year Old's - Novice
- TKA 7 - Team Kata - 10 - 11 Year Old's - Intermediate
- TKA 8 - Team Kata - 10 - 11 Year Old's - Advanced
- TKA 9 - Team Kata - 12 - 13 Year Old's - Novice
- TKA 10 - Team Kata - 12 - 13 Year Old's - Intermediate
- TKA 11 - Team Kata - 12 - 13 Year Old's - Advanced
- TKA 12 - Team Kata - 12 - 13 Year Old's - Elite
- TKA 13 - Team Kata - 14 - 15 Year Old's - Novice
- TKA 14 - Team Kata - 14 - 15 Year Old's - Intermediate
- TKA 15 - Team Kata - 14 - 15 Year Old's - Advanced
- TKA 16 - Team Kata - 14 - 15 Year Old's - Elite
- TKA 17 - Team Kata - 16+ - Novice
- TKA 18 - Team Kata - 16+ - Intermediate
- TKA 19 - Team Kata - 16+ - Advanced
- TKA 20 - Team Kata - 16 - 17- Elite
- TKA 21 - Team Kata - U21 - Elite
- TKA 22 - Team Kata - Senior - Elite

DIVISIONS CONTINUED

DIVISIONS - 2021 ATLANTIC KARATE CHAMPIONSHIPS

8.3 FEMALE INDIVIDUAL KUMITE

- FIKU 1 - Female Individual Kumite - 8 - 9 Year Old's - Novice
- FIKU 2 - Female Individual Kumite - 8 - 9 Year Old's - Intermediate
- FIKU 3 - Female Individual Kumite - 8 - 9 Year Old's - Advanced
- FIKU 4 - Female Individual Kumite - 10 - 11 Year Old's - Novice
- FIKU 5 - Female Individual Kumite - 10 - 11 Year Old's - Intermediate
- FIKU 6 - Female Individual Kumite - 10 - 11 Year Old's - Advanced
- FIKU 7 - Female Individual Kumite - 12 - 13 Year Old's - Novice
- FIKU 8 - Female Individual Kumite - 12 - 13 Year Old's - Intermediate
- FIKU 9 - Female Individual Kumite - 12 - 13 Year Old's - Advanced
- FIKU 10 - Female Individual Kumite - 12 - 13 Year Old's - Elite
- FIKU 11 - Female Individual Kumite - 14 - 15 Year Old's - Novice
- FIKU 12 - Female Individual Kumite - 14 - 15 Year Old's - Intermediate
- FIKU 13 - Female Individual Kumite - 14 - 15 Year Old's - Advanced
- FIKU 14 - Female Individual Kumite - 14 - 15 Year Old's - Elite
- FIKU 15 - Female Individual Kumite - 16+ - Novice
- FIKU 16 - Female Individual Kumite - 16+ - Intermediate
- FIKU 17 - Female Individual Kumite - 16+ - Advanced
- FIKU 18 - Female Individual Kumite - 16 - 17- Elite
- FIKU 19 - Female Individual Kumite - U21 - Elite
- FIKU 20 - Female Individual Kumite - Senior - Elite

8.4 MALE INDIVIDUAL KUMITE

- MIKU 1 - Male Individual Kumite - 8 - 9 Year Old's - Novice
- MIKU 2 - Male Individual Kumite - 8 - 9 Year Old's - Intermediate
- MIKU 3 - Male Individual Kumite - 8 - 9 Year Old's - Advanced
- MIKU 4 - Male Individual Kumite - 10 - 11 Year Old's - Novice
- MIKU 5 - Male Individual Kumite - 10 - 11 Year Old's - Intermediate
- MIKU 6 - Male Individual Kumite - 10 - 11 Year Old's - Advanced
- MIKU 7 - Male Individual Kumite - 12 - 13 Year Old's - Novice
- MIKU 8 - Male Individual Kumite - 12 - 13 Year Old's - Intermediate
- MIKU 9 - Male Individual Kumite - 12 - 13 Year Old's - Advanced
- MIKU 10 - Male Individual Kumite - 12 - 13 Year Old's - Elite
- MIKU 11 - Male Individual Kumite - 14 - 15 Year Old's - Novice
- MIKU 12 - Male Individual Kumite - 14 - 15 Year Old's - Intermediate
- MIKU 13 - Male Individual Kumite - 14 - 15 Year Old's - Advanced
- MIKU 14 - Male Individual Kumite - 14 - 15 Year Old's - Elite
- MIKU 15 - Male Individual Kumite - 16+ - Novice
- MIKU 16 - Male Individual Kumite - 16+ - Intermediate
- MIKU 17 - Male Individual Kumite - 16+ - Advanced
- MIKU 18 - Male Individual Kumite - 16 - 17- Elite
- MIKU 19 - Male Individual Kumite - U21 - Elite
- MIKU 20 - Male Individual Kumite - Senior - Elite

8.5 INDIVIDUAL FLAG / NINJA KUMITE

- IFK 1 - Individual Flag Kata - 4 - 5 Year Old's - Novice
- IFK 2 - Individual Flag Kata - 6 - 7 Year Old's - Novice
- IFK 3 - Individual Flag Kata - 6 - 7 Year Old's - Intermediate

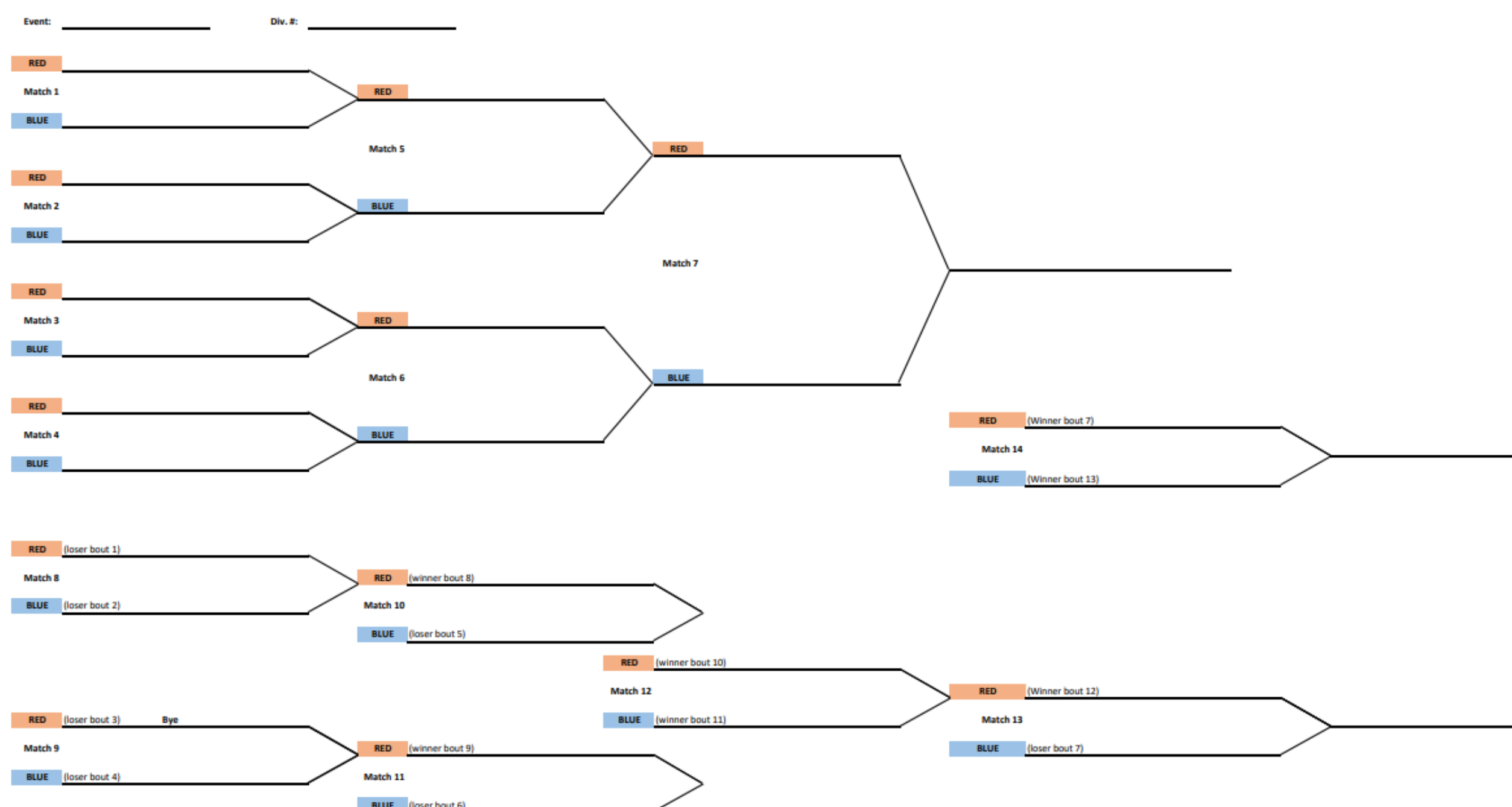
ELIMINATION FORMULA

All novice and intermediate divisions will use a simple repechage draw sheet.

All Elite Individual Kumite Divisions will use “True” double elimination format – Whereby each athlete must lose 2 matches / rounds in order to be eliminated.

All Elite Individual Kata Divisions will use the flag scoring system with a “True” double elimination format – Whereby each athlete must lose 2 matches / rounds in order to be eliminated.

All Elite Team Kata Divisions will use the flag scoring system with a “True” double elimination format – Whereby each athlete must lose 2 matches / rounds in order to be eliminated.



VIDEO REPLAY

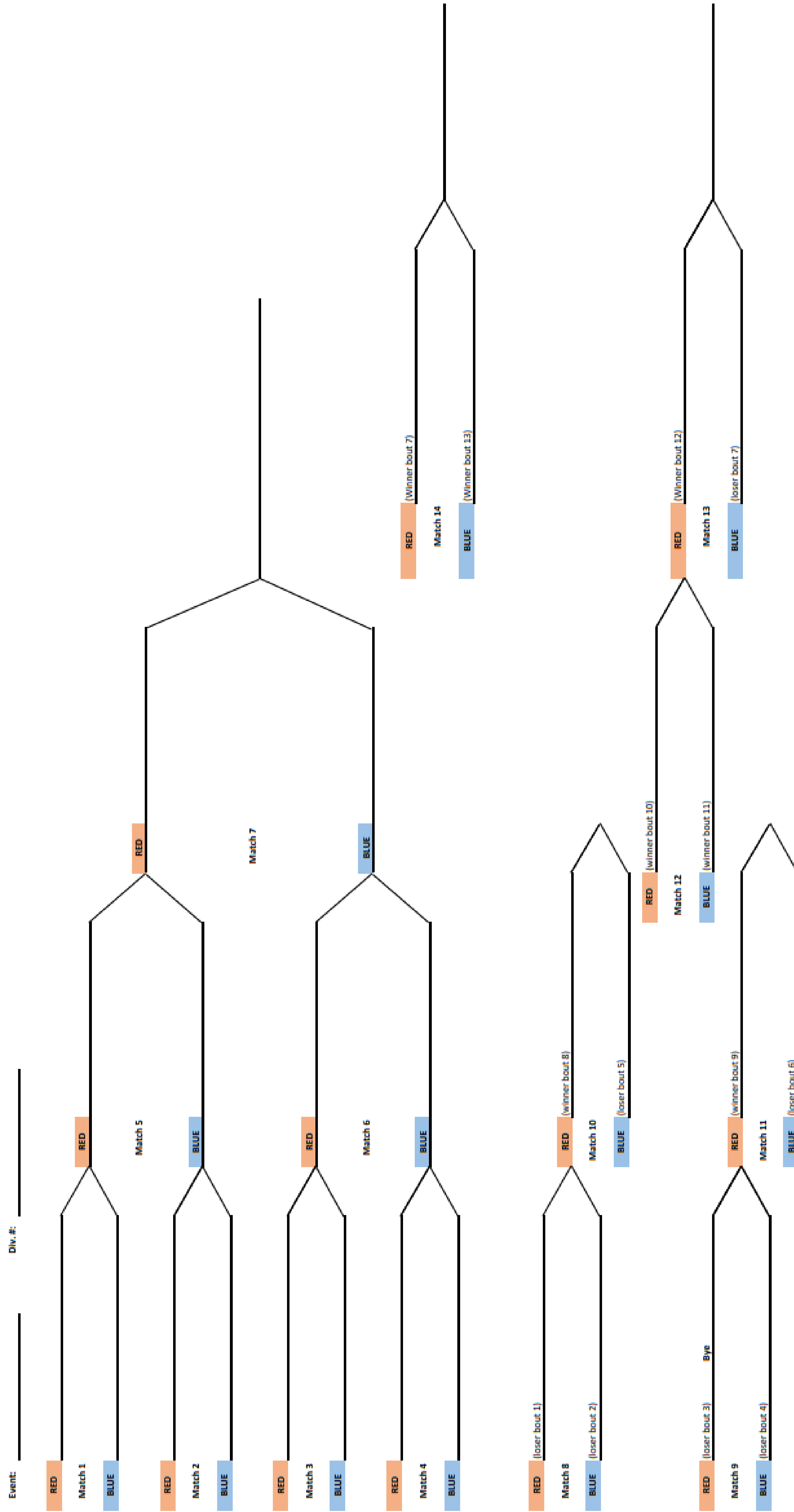
At this time, Karate NL does not intend to make Instant Video Replay available to coaches.

COMPETITION RULES

Unless specified otherwise or elsewhere in the event’s Information Bulletin, the competition rules which will be in effect at the 2021 Atlantic Karate Championships will be the published Kata and Kumite Rules of Competition of the World Karate Federation, in effect as of January 1st, 2020 (accessible at: https://www.wkf.net/pdf/WKF_Compensation%20Rules_2020_EN.pdf).



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WEIGH-IN RULES & PROTOCOL

13.1 RULES

1. Elite Kumite Athletes: Acceptable Weight Variance

Elite Kumite athletes competing at the 2021 Atlantic Karate Championships will be required to weigh within the weight limitations of the division in which they are registered.

13.2 PROTOCOL

Weigh-ins will take place on Saturday November 20th 2021 from 9:00am - 9:45am at the venue. Weigh-in rules and protocol are as follows:

1. The official weigh-in will take place one day before the commencement of competition.
 - a. Weigh-ins are scheduled for 9:00am - 9:45am.
 - b. Officer in charge of weigh-in will certify successful weigh-in results on the overall data list provided to the Officer in charge.
2. The Chief Official is responsible for the operation of the weigh-ins.
 - a. Chief Official will assign or approve the officers in charge of verification of weights at the site of the weigh-ins. It is recommended that this officer or officers be a certified provincial or national level tournament official who meets with the approval of the Chief Official. Minimum requirement would be an officer in whom Chief Official has confidence even though he/she may not be a certified official.
 - b. Event Manager will assist the Chief Official in finding and scheduling the weigh-in officers needed.
3. Once the weigh-in has been closed by the Chief Official, further access will require an appeal for exceptional consideration to be made to the President of Karate NL.
4. The Event Manager is required to provide any assistance requested by the Chief Official.
5. The Event Manager is responsible for establishing an appropriate location for the weigh-ins and for supplying at least 2 or more quality scales.
 - a. One quality scale to the “male” weigh-in area and one quality scale to the “female” weigh-in area. Both of these scales need to be calibrated to give the same readings within 0.1 kg (100 grams).
6. All athletes are to initially weigh-in during the officially posted time period. The amount of time allotted for weigh-ins may be increased due to the increased number of athletes.
7. Athletes to weigh-in wearing shorts & t-shirt but may be permitted to reduce to under-garments or if they choose, to be nude.
8. Privacy screens will be provided around the scale/weighing area.
9. No spectators are allowed during the weigh in process.
10. One coach, or his or her designate, is required to attend the weigh in for each participating team. They are not permitted to interfere in the weigh-in process.

WEIGH-IN RULES & PROTOCOL

11. Athletes will be weighed by same-sex individuals. Without exception, opposite sex individuals are not permitted in the official weigh-in area.

12. Upon arrival, athletes must present their official event accreditation. Without exception, athletes without accreditation will not be granted an opportunity to weigh-in.

13. “Last-chance window” for final weigh-in opportunity: There will be a final weigh in opportunity for those struggling to make weight. No weight restriction on who may weigh-in at this final this opportunity. It will be at the end of Weigh-in day at 2:00pm-2:30pm.

REGISTRATION FEES

14. ENTRY FEES

Competitor entry fees are as follows:

- First Division: \$30.00 CAD
- Second Division: Additional \$25.00 CAD
- Third Division: Additional \$20.00 CAD
- Fourth Division: Additional \$15.00 CAD
- Kumite Clinic: (Non Provincial Team Members): Additional \$20.00
- Kumite Clinic: (Provincial Team Members): Additional \$70.00

PAYMENT OF REGISTRATION FEES

Payment can be submitted to your Provincial Sport Organization. Please contact your club or provincial team head coach for details. Each PSO will then submit registration fees via e-transfer or via cheque to Karate NL.

OFFICIAL HOST HOTEL

Capital Hotel, 208 Kenmount Rd, St. John's, NL A1B 3P2

Room Rates:

- Double occupancy (includes two hot breakfasts) \$109 plus taxes / per room/ night
- Quad occupancy (hot breakfasts for additional \$5.00 per person) \$114 plus taxes / per room/ night

Room Booking Process:

Simply call the hotel at (709) 738-4480 and speak with the front desk. Inform them that you're attending the Atlantic Karate Championships in November & they will book the rooms for the above rates. There isn't a discount code that can be used when booking online unfortunately.

If any PSO prefers, you can submit an overall rooming list to Karate NL and we can make a group booking on our end for the entirety of your delegation.



TRANSPORTATION

- St. John's International Airport currently operates a Closed Taxi Stand. City Wide Taxi is the exclusive provider of ground transportation services for the public at St. John's International Airport.
- Taxi cabs queue outside the Arrivals Area. A taxi dispatcher is available to assist you.
- Taxi rates are set for hotels and B&Bs.

Taxi Cost to the Hotel: \$30.00

* Plus \$3.00 for each additional person.

(709) 722-7777

- Meter rates apply for travel from the hotel to the airport.
- Karate NL will not be providing transportation to the Venue from the hotel.

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Date	Location	Event	Start Time	End Time	Participants
Friday November 19th 2021	The Capital Hotel	Kumite Clinic	6:30pm	8:30pm	Elite / Provincial Team Athletes
Saturday November 20th 2021	PowerPlex	Accreditation	9:00am	9:30am	PSO Coaches
Saturday November 20th 2021	PowerPlex	Weigh Ins	9:00am	9:45am	Elite / Provincial Team Athletes
Saturday November 20th 2021	PowerPlex	Flag Kumite Clinic	9:00am	9:45am	5 - 7 Year Olds Flag Kumite Session
Saturday November 20th 2021	PowerPlex	Kumite Clinic	9:00am	9:45am	8 - 11 Year Olds Kumite Session
Saturday November 20th 2021	PowerPlex	Kumite Clinic	10:00am	11:30pm	Elite / Provincial Team Athletes
Saturday November 20th 2021	PowerPlex	Kata Open Training	10:00am	12:00pm	Elite / Provincial Team Athletes
Saturday November 20th 2021	PowerPlex	Officials Seminar - Kumite Rules	10:00am	12:00pm	Officials & Volunteers
Saturday November 20th 2021	PowerPlex	Kumite Clinic	11:45am	12:30pm	12+ Year Olds Kumite Session
Saturday November 20th 2021		LUNCH BREAK	12:30pm	2:00pm	All
Saturday November 20th 2021	PowerPlex	Kumite Clinic	2:00pm	4:00pm	Elite / Provincial Team Athletes
Saturday November 20th 2021	PowerPlex	Officials Seminar - Kata Rules	2:00pm	4:00pm	Officials & Volunteers
Saturday November 20th 2021	PowerPlex	Kata Open Training	2:00pm	4:00pm	Elite / Provincial Team Athletes
Saturday November 20th 2021	PowerPlex	Tournament Set Up	4:00pm	5:30pm	Karate NL
Sunday November 21st 2021	PowerPlex	Officials & Volunteers Arrival	8:00am	8:20am	Officials & Volunteers
Sunday November 21st 2021	PowerPlex	Athlete & Coach Arrival	8:30am	9:00am	All
Sunday November 21st 2021	PowerPlex	Tournament - 11 years & Under	9:00am	12:00pm	All
Sunday November 21st 2021		LUNCH BREAK	12:00pm	12:30pm	All
Sunday November 21st 2021	PowerPlex	Tournament - 12 years & Over	12:30pm	4:30pm	All
Sunday November 21st 2021	PowerPlex	Tournament Clean Up	4:30pm	5:30pm	Karate NL
Sunday November 21st 2021	The Capital Hotel	Atlantic Championships Banquet	7:00pm	9:00pm	All

IT'S TIME TO COME TOGETHER AGAIN.

CLINIC INSTRUCTOR INFORMATION

KUMITE CLINICS - SENSEI DENIS BEAUDOIN



Sensei Denis Beaudoin is the Karate Canada Head Kumite Coach. Coach Beaudoin has coached Canada's best karate athletes at international events around the world. He has exceptional skill and insight and has an impressive record of success. Under his direction in recent years the National Junior Team Program in particular has enjoyed exceptional success with Canada having our first ever Junior World Champion back in 2019!

He has built a strong program that continues to produce exceptional international performances from Canadian athletes. Coach Beaudoin had devoted more than 40 years to sport, coaching and athlete development. He has been recognized in his home province of Quebec for his exceptional contribution to sport with the "2020 Geoff Gowan Lifetime Achievement Award". He is a 7th Dan recognized by Japan, Karate Canada and World Karate Federation. Atlantic Canadian athletes are fortunate to have this opportunity to train with Sensei Denis Beaudoin.

OFFICIALS SEMINAR - SENSEI DEREK RYAN

Sensei Derek Ryan is Karate NL's most certified official. Sensei Ryan has been certified at every level of competitive karate. From growing a local team of strong officiating talent to officiating at the highest levels of the World Karate Championships, Sensei Ryan has done it all! His experiences as an official and knowledge of the rules will greatly enhance any officials skills after COVID-19 canceled all tournaments for the past two years.

Please note the officials seminar will not be a certification event. This seminar will only review the rules of the World Karate Federation, allow time for visiting officials to become aware of how this edition of the Atlantic Championships will operate and allow time for everyone at the seminar to share any knowledge and experiences they have to better the level of officiating in Atlantic Canada.



NCCP SEMINAR - ****CANCELLED****

Due to insufficient interest in the NCCP Certification Course Karate NL has decided to cancel this portion of the tournament.

KATA CLINICS - ****CANCELLED****

Due to the COVID-19 pandemic and scheduling conflicts with potential guest instructors Karate NL is not able to offer a kata clinic at this event. Athletes and Teams will have open practice space available to train and prepare for the competition on Sunday.

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ST. JOHN'S, NEWFOUNDLAND & LABRADOR
NOVEMBER 19TH - 20TH - 21ST



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