



1st

Nova Scotia Para Karate Seminar

**Organized by International Canadian Martial Arts
Federation (ICMAF) & Karate Nova Scotia (KNS)**

With Support from Sports Nova Scotia

July 18-19, 2026

UMMAH Masjid Gym (Basement)
Gate A - 2510 St. Matthias Street
Halifax, Nova Scotia

Invitation

Dear Supporters, Advocates, and Friends of Para Sport,

The International Canadian Martial Arts Federation (ICMAF), in partnership with Karate Nova Scotia (KNS), is proud to present the **1st Nova Scotia Para Karate Seminar**.

This initiative reflects our commitment to inclusion, accessibility, and equal opportunity in sport. We believe every individual, regardless of physical, visual, or intellectual ability, deserves the opportunity to participate, grow, and excel in Karate.

Special Guests

- **Coach Mohamed Hamdy** – Former National Coach of multiple Para Karate National Teams
- **Mr. Mohamed Allakany** – Egyptian National, Regional, and World Champion (Physical Impairment Category)

This two-day clinic combines education, practical training, and strategic planning to help establish and strengthen Para Karate programs across Nova Scotia and Canada.

We warmly invite coaches, educators, healthcare professionals, community leaders, parents, and sport advocates to join us in building a more inclusive future in martial arts.

Sincerely,

Dr. Yasser Mostafa Kamel

President, ICMAF

Shannon Doane

President, Karate Nova Scotia

Seminar Fees

Thanks to the generous support of Sport Nova Scotia, we are able to offer this exceptional professional development opportunity to participants for just \$50 per person, with additional family members able to attend for only \$20 each. We encourage all members to take advantage of this unique opportunity to learn from internationally recognized experts at a fraction of the usual cost.

Para-athletes and individuals with disabilities are invited to attend this seminar free of charge. Please indicate your status when completing the registration form.

To register please visit: <https://karatens.org/events/icmaf-para-karate-sports-seminar-2/>

Seminar Overview

Day 1 - Education & Coaching Foundations

10:00 – 11:00 AM

Medical Perspectives on Special Needs and Inclusion

Dr. Yasser Mostafa Kamel

- Understanding special needs
- Medical, social, and psychological considerations
- Support systems and inclusion strategies
- Unlocking potential through sport

11:00 AM – 12:00 PM

Introduction to Para Karate: Classification & Coaching Basics

Coach Mohamed Hamdy & Mr. Mohamed Allakany

- Para Karate classifications
- Eligibility and competition regulations
- Coaching adaptations
- Supporting diverse athlete needs

Lunch: 12:00 – 1:00 PM

1:00 – 2:00 PM

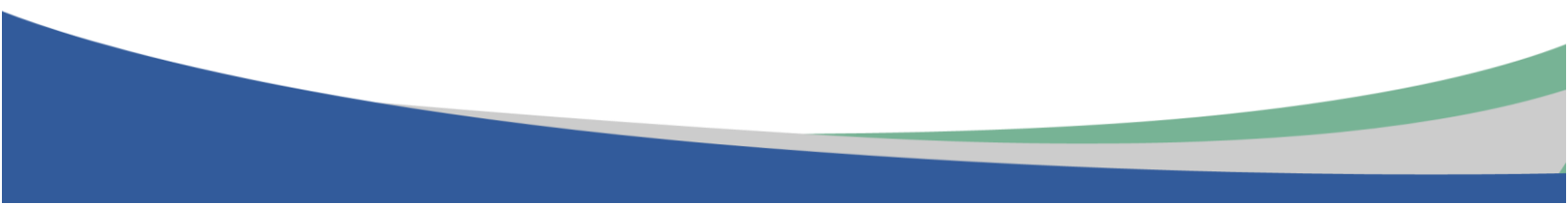
Advanced Coaching Strategies

- Holistic athlete development
- Motor skills and progression models
- Coaching methods for various disability groups
- Overcoming common barriers

2:00 – 3:00 PM

Psychological Development & Athlete Empowerment

Mr. Mohamed Allakany

- Confidence and resilience
 - Motivation and independence
 - Mental health in sport
 - Real-world success stories
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Day 2 - Practical Application & Future Development

10:00 AM – 12:00 PM

Practical Demonstration & Athlete Development Pathway

- Adapted Kata techniques
- Live coaching demonstrations
- Training progression from beginner to world champion
- Key milestones in athlete development

Lunch: 12:00 – 1:00 PM

1:00 – 2:00 PM

Creative Skills & Athlete Enrichment Workshop

- Artistic and vocational skill integration
- Practical activities adaptable to clubs
- Holistic athlete engagement strategies

2:00 – 3:00 PM

From Para Karate to Para Martial Arts

- Expanding inclusive opportunities
- International models
- Innovation and growth in Canada

3:00 – 4:00 PM

Strategic Planning: Building a Nova Scotia Para Karate Team

- Athlete recruitment and pathways
- Coach education
- 2–3 year development roadmap
- Community partnerships

Vision

This seminar aims to establish a sustainable Para Karate framework in Nova Scotia and contribute to the development of provincial and national Para programs across Canada.

Our goal is simple but powerful:

Participation → Development → Excellence

Together, we can create opportunities that empower individuals with special needs through Karate and beyond.

