

Atlantic Canada Karate Championships 2012 – Team Karate NL

Team Karate NL has great performance at Atlantics - Feb 11, 2012 in Charlottetown PEI

The four Atlantic provinces gathered in Charlottetown, PEI on Saturday 11 February to compete for the honours of victory at the 2012 Atlantic Canada Karate Championships. Karate NL provincial team gave a strong performance in every event and dominated some divisions.

Atlantic Canada Karate Championships 11 Feb 2012 Charlottetown PEI - Team NL Results								
Athlete	Kata	# comp	Team Kata	# teams	Kumite	# comp		
Au Andrew	4th Bronze	6	2nd Silver	7	<i>competed</i>	7	Div: Intmd M 11-13yrs	
Au Samantha	1st Gold	4	2nd Silver	7	4th Bronze	4	Div: F 12-13yrs	
Besso Nathaniel	1st Gold	9	1st Gold	7	1st Gold	8	Div: M 11-13yrs	
Burton Tyler	4th Bronze	9	3rd Bronze	7	2nd Silver	7	Div: Intmd M 11-13yrs	
Coady Christopher	2nd Silver	9			1st Gold	7	Div: Intmd M 11-13yrs	
Coady Joshua	3rd Bronze	8	1st Gold	7	<i>competed</i>	8	Div: M 16-17yrs	
Fitzpatrick Devon	5 th	8	3rd Bronze	7	<i>competed</i>	7	Div: Intmd M 11-13yrs	
Gosse Kevin	1st Gold	8	1st Gold	7	<i>competed</i>	8	Div: M 14-15yrs	
Gosse Sarah	4th Bronze	4			<i>competed</i>	6	Div: F Under 21	
Menard Lucas	3rd Bronze	9	3rd Bronze	7	3rd Bronze	7	Div: Intmd M 11-13yrs	
Peyton Brooke	1st Gold	4	2nd Silver	7	2nd Silver	4	Div: F 10-11yrs	
Total: 19 medals	10		3		6			



Karate NL Team 2012 – Atlantic Canada Karate Championships

F - Christopher Coady, Tyler Burton, Brooke Peyton, Samantha Au, Devon Fitzpatrick. *R*: K/im Fitzpatrick, Andrew Au, Lucas Menard, Nathaniel Besso, Wing Au, Sarah Gosse, Kevin Gosse, Joshua Coady, D.J. Ryan.

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There are 3 main events which are divided generally by age, gender and experience (rank & years of training):

1. **Kata** - A performance of a prearranged set of movements which incorporate varied fighting techniques in an imagined combat visualized by the performer. The *kata* is a traditional "form" which originated in Okinawa, Japan and has been passed down over the centuries from various traditional Japanese *karate* masters.

**Under 14yrs of age this may be a mix of boy and girl competitors.*

KNL Team 2012 performance - Kata: 4 gold + 1 silver + 2 bronze (3rd) + 3 bronze (4th) + one 5th place.

2. **Team Kata** - A performance by a team of 3 members where "synchronization" is an additional criteria of excellence.

**Regional & provincial level competitions permit a mixed open division of gender & ages.*

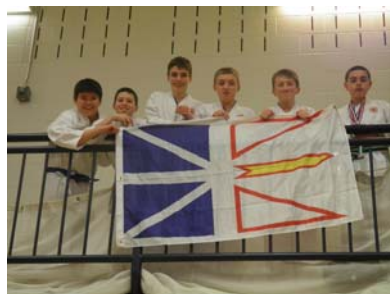
KNL Team 2012 performance - Team Kata: Open division - 1 gold + 1 silver + 1 bronze (3rd)

3. **Kumite** - A free style fighting match where 2 competitors meet in the ring to prove which of them is the superior fighter.

**Divisions are by gender, age, weight and experience.*

KNL Team 2012 performance - Kumite: 2 gold + 2 silver + 1 bronze (3rd) + 1 bronze (4th) + 4 competed.

Karate NL and its leaders strive to provide the best competitive opportunities for its members who aspire to the elite levels of karate competition. Participation in the Atlantic region championships is one of these important opportunities. Under the coaching leadership of Head Coach Wing Au and Coach Kim Fitzpatrick, the team of 11 athletes won 19 medals. The contingent of *athletes, coaches, officials and volunteers included Staff: Wing Au (Coach), Kim Fitzpatrick (Coach), Paul Burton (a/coach), John Coady (a/coach), Marc Menard (volunteer). Referees: Derek J Ryan, Wing Au. Athletes: Sarah Gosse (22yrs), Joshua Coady (17yrs), Kevin Gosse (15yrs), Nathaniel Besso (13yrs), Andrew Au (13yrs), Christopher Coady (12yrs), Lucas Menard (12yrs), Devon Fitzpatrick(12yrs), Tyler Burton (12yrs), Samantha Au (12yrs), Brooke Peyton (10yrs).*



The training, the competition and the camaraderie were all part of a very successful athletic experience for these 11 young Newfoundlanders. They represented themselves and their province with hard work, dedication and great sportsmanship. Karate NL is proud to congratulate all who participated on a job well done!

We look forward to seeing two of the older team members and their coaches representing the province at the 2012 Canadian National Karate Championships in Richmond, BC (March 15-17). We wish the best of luck to Joshua Coady and Kevin Gosse.

Karate NL congratulates Coach Au and Coach Fitzpatrick on the team's success. We also thank them for their generosity of time and effort to train these young athletes.

To all the members, parents and volunteers, we offer sincerest thanks. To the Dept of Tourism, Culture & Recreation - Sports' Division, we thank you for your great and continuing support..