



# NSKA Junior Competition

## Development Program

**For Ages 8-13**

- **minimum rank of yellow belt or equivalent**
- **must own sparring gear** (*wkf-style gloves, mouthpiece and groin protectors*)
- **must be registered with NSKA**

The **Junior Competition Development Program** (1 1/2 hr per week) program focusing on youth competition & tournament preparation. The focus is on Kumite. Students will learn development skills through a series of drills and exercises aimed at preparing youth for competitions and prepare for potential future provincial team selection. Kumite drills, speed & coordination exercises, tournament rules and other related subjects will be introduced throughout the program.

### Instructors:

- **Mitchell German** - 5<sup>th</sup> Degree Black Belt. Chief Instructor Halifax Ryuseikan. National Coach and Nova Scotia Karate Team Head Coach, former Canadian and International Champion
- **Steven Kelly** – 2<sup>nd</sup> degree Black Belt, Youth Instructor Halifax Ryuseikan, 2 time and current Canadian Champion, Provincial and Maritime Champion

<b>FALL SESSION</b> (September – December) <b>\$125.00</b>	<b>WINTER</b> (January – March) <b>\$100.00</b>	<b>SPRING SESSION</b> (April - June) <b>\$100.00</b>
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### Note for Ryuseikan Members:

*Junior* members pay 1/2 of the above prices.      *Junior Elite* Members are **FREE**

*Every Friday (excluding July & Aug) from 6:30 to 8:00pm*  
*Location is at the Halifax Ryuseikan Main Dojo (1237 Cole Harbour Rd)*  
*(Class is limited to 25 participants)*

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
 Phone # \_\_\_\_\_ Dojo \_\_\_\_\_  
 E-mail \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_  
 Height \_\_\_\_\_ Weight \_\_\_\_\_ Birth Date (dd/mm/year) \_\_\_\_\_  
 Emergency Contact Name(s) & Number \_\_\_\_\_  
 Relationship \_\_\_\_\_ Provincial Health Care #: \_\_\_\_\_  
 List any medical conditions or allergies: \_\_\_\_\_  
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*Please make cheques payable to "HALIFAX RYUSEIKAN"*