



WADO KAI COACHING NEWS

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KARATE NEW ZEALAND NATIONAL CHAMPS—Wellington Results

Congratulations to everyone.

Thanks to Sensei Jimileen who came down to Referee on the Sunday and did a great job.

Thanks to Sensei Gregor McLachlan (Palmerston North) who helped to coach on the Saturday

Thanks also to all the older team members that worked together as a team and coached the younger ones on the Sunday and did a great job

Thanks to all the parents that came down to help support and also volunteered as tournament helpers/marshals

NATIONAL Training Camp

Well done to Isaac, Larissa, James, Charlotte, Kate, Sarah, Tarek, Alison and Ewan for attending. Wado-Kai topped the fitness test, Alison Oliver beat everyone for the longest time holding the bridge. Ewan Oliver won the squat and Larissa Smith was second. I'm very proud - Awesome effort .

NATIONAL TEAM SELECTION

The club has done exceptionally well in the selections for the National Team to compete at the Oceania National Champs in Auckland.

Our biggest numbers to be selected ever!

The below members have been selected from New Zealand Wado-Kai.

Kumite

James Grace – Kumite
Barney Gill – Kumite Palmerston North
Tarek Lakbal – Kumite
Isaac Smith – Kumite
Hogan Gill – Kumite Palmerston North
Sarah Bryant – Kumite
Alison Oliver – Kumite

Kata

Sarah Campbell - Kata
Charlotte Dumble – Kata
Childrens Team Kata
Sarah Bryant
Kate Bryant
Charlotte Dumble

Reserves

Ewan Oliver – Reserve Kumite
Kate Bryant – Reserve Kumite
Phillip Wilson – Reserve Kumite
Isaac Smith – Kata
James Grace – Kata
Barney Gill – Kata Palmerston North
Sarah Bryant – Kata
Kate Bryant – Kata

	Surname	name	age	Kumite	KumiteO pen	Kata	Kata Open
1	Oliver	Ewan	14	-	-	-	-
2	Oliver	Alison	15	Gold	Bronze	Gold	n/a
3	Dumble	Charlotte	13	Silver	Bronze	Gold	Gold
4	Dumble	Gabrielle	10	N/A	N/A	Bronze	N/A
5	Johnson	Daniel	11	Gold	N/A	Gold	N/A
6	Johnson	Heath	7	Gold	N/A	Bronze	N/A
7	Smith	Larissa	11	Gold	N/A	Silver	N/A
8	Grace	James	14	Bronze	Bronze	Bronze	N/A
9	Grace	Lizzy	10	Bronze	N/A	Silver	N/A
10	Tupaea	Tayne	10	Gold	N/A	?	N/A
11	Tupaea	Quinn	9	-	N/A	Silver	N/A
12	Clausen	Katie	13	Silver	N/A	Silver	N/A
13	Bryant	Sarah	13	N/A	N/A	Silver	/
14	Bryant	Kate	13	Gold	Bronze	Bronze	Bronze
15	Shaw	Hayden	12	/	/	Bronze	
16	Lakbal	Tarek	13	Gold	N/A	Gold	
17	Smith	Isaac	16	Gold	Silver	N/A	
	Mixed	Children		Team	Kumite	Bronze	
	14-15yrs	Male		Team	Kumite	Gold	