

# ABOUT THE KARATE NL TOURNAMENT

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PROVIDED BY THE POWER KARATE ACADEMY



## ABOUT KARATE NL

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- Karate NL is the recognized **sport** governing body for karate in the province of Newfoundland & Labrador.

## ISN'T POWER KARATE 'TRADITIONAL' KARATE

Yes. The power Karate Academy teaches Shotokan Karate, a traditional karate style.

## TRADITIONAL KARATE VS SPORT KARATE

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- Traditional Karate (PKA) is a weaponless self-defense system developed in Okinawa. It is a general term for Karate that follows Budo principles. “Budo” is roughly translated as the **way**, or path, of the warrior. The objective behind traditional karate is self-defence and survival (based on the concept of ‘finishing blow’), but incorporates mind, body and spirit.
- Sport karate is typically more about competition and scoring points. The points are awarded to the fastest and the most precise hit on the target with a foot or fist.

## TRADITIONAL KARATE VS SPORT KARATE

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- In sport karate competitions, some protective equipment is mandatory:
  - Kata: Red & Blue Belts
  - Team Kata: Red & Blue Belts
  - Kumite: Red & Blue Belts, Mouth guard, Jock (male only), Red & Blue WKF Style Gloves
  - Flag / Ninja Kumite: Red & Blue Belts

**PKA will have coaches at the event to assist competitors in all events.**

## PKA AND SPORT KARATE TOURNAMENTS

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- Having our students participate in sport karate tournaments has the following positive outcomes:
  - The opportunity for competition: students test their skills against other competitors
  - The opportunity to perform in front of spectators, boosting self-confidence and embracing performance anxieties
  - The opportunity to witness other Karate styles such as Gojo-ryu, Uechi-ryu, Wado-ryu, etc.
  - The opportunity to be part of a Team, outside our own Dojo. This lends to a feeling of support and encouragement
  - The opportunity to have fun!

## CONCLUSION

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- PKA students can compete in Sport Karate tournaments without changing their style or approach to Karate. Even though it is a sport event, we do our own thing!
- Winning and losing are different sides of the same Karate journey coin: students learn from both.
- While there is value in competition, PKA respects individual choices around competing.

***If you have questions, please contact us: [powerkarateacademy@gmail.com](mailto:powerkarateacademy@gmail.com)***