



## **Shintani Wado Kai Karate Federation** **NATIONAL TEAM 2012-2014**

October 18, 2013

To SWKKF Members:

On October 11 and 12, 2013, the 2012-2014 SWKKF National Team attended the 7<sup>th</sup> Commonwealth Championships in Montreal, Quebec. The tournament was attended by Australia, New Zealand, South Africa, Botswana, Canada, Ghana, India, Pakistan and Brunei. Representing our team was Sensei Scott Hill, Sensei Scott Knowles, Sensei Zac Raymond, Sensei Bernadine Jugdutt, Sensei Ashleigh Fidyk, Sensei LJ Veszi, Sensei Brody Hicks, and Sensei Cameron McGregor. Each team member competed in kata and kumite divisions based on age and/or weight. Their performance was remarkable as they implemented new techniques and strategies while competing with spirit and passion. Medal achievements include:

Sensei Cameron McGregor: Gold, Kumite individual male juniors +76kg  
Sensei Zac Raymond: Bronze, Kumite individual male seniors -60kg  
Sensei Scott Hill: Bronze, Kumite individual male seniors +84kg  
Sensei Bernadine Jugdutt: Bronze, Kumite individual female seniors -61kg

Many thanks to the SWKKF for their support and to Sensei Scott Hill, Sensei Sanford de Witt, Sensei Roger St. Arneault and Sensei Kelsey Mramor for their coaching and management of the event and to Sensei Ron Mattie, Sensei Heather Fidyk and Sensei Michel Gosselin for their support in the weeks and months leading up to the event.

In Harmony,

SWKKF Team Management and Coaching Staff