

October at Karate Alberta

Karate Alberta Newsletter – October 2026

Seminars with Anzhelika Terliuga | Provincial Training | Champion Karate Tournament | Alberta athletes at the World Championships and Commonwealth Championships

Anzhelika Terliuga Seminars: Edmonton and Calgary

Karate Alberta is hosting two seminars with Anzhelika Terliuga this month.

Edmonton (St. Albert) — October 22–23, 2026

Location: Desa Dojo, 3 Rowland Crescent, St. Albert, AB T8N 4B2

Classes are organized by level. Choose the class that matches your level.

Thursday, October 22 and Friday, October 23:

- 5:00–6:30 p.m. — Intermediate class
- 7:00–9:00 p.m. — Advanced class

Cost: \$50 for 1 class, \$75 for 2 classes, \$125 for 4 classes

[REGISTER NOW – Edmonton seminar](#)

Calgary — October 24–25, 2026

Location: Alternative High School, 5003 20 St SW, Calgary, AB T2T 5A5

Open to all athletes aged 11 and up.

Saturday, October 24 and Sunday, October 25:

- 9:00 a.m. — Set up (Saturday)
- 10:00 a.m.–12:00 p.m. — First training
- 12:00–2:00 p.m. — Lunch break
- 2:00–4:00 p.m. — Second training
- 4:00 p.m. — Photo and clean up (Sunday)

Cost: \$50 for 1 class, \$75 for 2 classes, \$125 for 4 classes

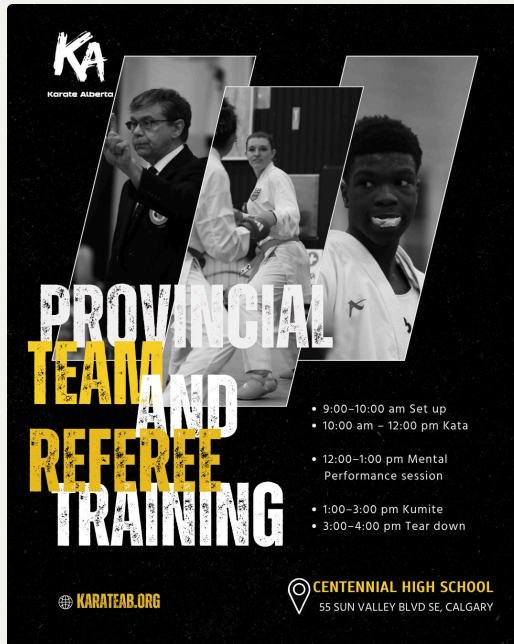
[REGISTER NOW – Calgary seminar](#)

Provincial Training — November 7, 2026

Location: Centennial High School, 55 Sun Valley Blvd SE, Calgary, AB T2X 3W7

Schedule:

- 9:00–10:00 a.m. — Set up
- 10:00 a.m.–12:00 p.m. — Kata
- 1:00–3:00 p.m. — Kumite
- 3:00–4:00 p.m. — Tear down



Mental Performance Session

A Mental Performance session runs during the lunch break, 12:00–1:00 p.m., for Canada Games athletes. Team Prospects are also welcome.

- Canada Games kata athletes: please stay after your training session.
- Canada Games kumite athletes: please arrive by **11:45 a.m.**

Registration

Athletes who are not Team Prospects register separately. The fee is \$50.

[REGISTER NOW – Provincial Training](#)

Practical Referee Training — November 7, 2026

Our first practical referee training session on September 19 was well attended and received positive feedback. Based on that response, we will hold another session during the Team Training event on November 7 at Centennial High School.

Training will be tailored to the experience and license levels of the officials attending, and to the needs of the athletes training that day. Topics include:

- Tatami procedures
- Kata and kumite judging
- Referee movement and positioning
- Bout procedures

The session is open to officials of all levels. Senior officials are encouraged to attend to mentor newer officials and share their insight with athletes.

Dress Code

To present a professional appearance and distinguish officials from coaches and athletes, please wear a casual officials' uniform:

- Grey trousers
- Black shoes and socks
- Karate Alberta golf shirt

If you do not have a Karate Alberta golf shirt, a plain golf shirt or a white short-sleeve dress shirt is acceptable. Please do not wear clothing that identifies you with your own dojo.

Registration is FREE

Officials can find registration information on the [Provincial Training event page](#).

Champion Karate Tournament — November 14, 2026

Save the date for the Champion Karate Tournament, hosted by Champion Karate.

Date: Saturday, November 14, 2026

Location: Centennial High School, 55 Sun Valley Blvd SE, Calgary, AB T2X 3W7

Schedule:

- 8:30 a.m. – Set up
- 10:00 a.m. – Tournament starts
- A detailed schedule will be shared after the registration deadline.

Registration deadline: November 11, 2026, 11:59 p.m. MT

Entry fees: \$50 per category, \$70 for 2 categories, \$90 for 3 categories, \$45 per team

Contact: info@championclub.ca

[REGISTER NOW – Champion Karate Tournament](#)





Thank You

Congratulations to everyone involved in the Karate Alberta Provincial Tournament in Edmonton. We recognize the athletes, coaches, officials, volunteers, families, and clubs who made the day possible.

Thank you to all of the officials who supported the tournament. By volunteering your time and expertise, you helped provide our athletes with a fair, safe, and positive competitive experience. A special thank you to Doug Taylor for managing the Provincial Tournament, and to Champ2Champ and Goshindo Sports for being on site for our athletes.

[**View the tournament results**](#)

[**View the tournament photos**](#) – photos by Paban Dhaliwal

[**View the tournament photos**](#) – photos by Brooklyn Carter

Alberta Athletes at the World Championships in Poland

Karate Alberta wishes the best of luck to the athletes representing Alberta at the **2026 World Cadet, Junior & U21 Championships** in Bielsko-Biala, Poland, **October 14–18, 2026**. Thank you for representing your clubs and province with determination and professionalism.

Athletes

- Jeremy Tomusange
- Muthuli Rathnayake
- Donya Movaffagh
- Indiana Carlyle-Byford
- Omar Almishri

Team Manager

- Rooz Movaffagh



Alberta Athletes at the Commonwealth Championships in Scotland

We also recognize the athletes and coaches representing Alberta at the **2026 Commonwealth Championships** in Glasgow, Scotland, **November 5–6, 2026**. We wish you every success.

Athletes

- Ben Doig
- Natalie Olson
- Solomiia Motovylyna

Coaches

- Yevhen Motovylin
- Heather Fidyk
- Adam Wackershauser



Officials Recognized at the PKF Cadet and Junior Championships

Two Alberta officials attended the **2026 PKF Cadet & Junior Championships** in San José, Costa Rica, August 27–30, 2026. Congratulations to:

- **Patricia Karl**, who earned her PKF Referee A license
- **Daniel Verzotti**, who earned his PKF Judge C license

Thank you both for your commitment to officiating and to our community.



Important Dates at a Glance

Thank you to our athletes, coaches, officials, volunteers, and families for your continued support. Clubs are encouraged to share this newsletter with their members.

Date	Event
October 14–18, 2026	World Cadet, Junior & U21 Championships – Bielsko-Biala, Poland
October 22–23, 2026	Anzhelika Terliuga Seminar – Desa Dojo, St. Albert
October 24–25, 2026	Anzhelika Terliuga Seminar – Alternative High School, Calgary
November 5–6, 2026	Commonwealth Championships – Glasgow, Scotland
November 7, 2026	Provincial Training and Practical Referee Training – Centennial High School, Calgary
November 14, 2026	Champion Karate Tournament – Centennial High School, Calgary
November 21–22, 2026	BC & Canada Open Championship - Richmonr, BC