

**10<sup>th</sup> Canadian National Karate Championship**  
**Toronto, Ontario**  
**October 1990**

<b>Men's Individual Kata</b>		<b>Women's Individual Kata</b>	
<b>1</b>	B. Dingman (MB)	<b>1</b>	C. Deschenes (QC)
<b>2</b>	D. Takishita (BC)	<b>2</b>	Jocelyn Desgagnes (QC)
<b>3</b>	A. Tremblay (QC)	<b>3</b>	L. Chinniah ( BC)
<b>Men's Individual Kumite</b>		<b>Women's Individual Kumite</b>	
<b>1</b>	J. Forte (ON)	<b>1</b>	O. Riley (ON)
<b>2</b>	A. Tremblay (QC)	<b>2</b>	L. Chinniah (BC)
<b>3</b>	M. Szczyglowski (ON)	<b>3</b>	Laurie Jones (AB)
<b>Men's Team Kata</b>		<b>Women's Team Kata</b>	
<b>1</b>	Quebec	<b>1</b>	Quebec
<b>2</b>	Manitoba	<b>2</b>	Alberta
<b>3</b>	Saskatchewan	<b>3</b>	Ontario
<b>Men's Team Kumite</b>		<b>Women's Team Kumite</b>	
<b>1</b>	Alberta	<b>1</b>	Quebec
<b>2</b>	Ontario	<b>2</b>	Ontario
<b>3</b>	Manitoba	<b>3</b>	Alberta