A NUNS' ISLAND KARATEKA ON THE TOP STEP OF THE PODIUM IN TOKYO

Joanie Roussy wins first place in women's kata, age 30–39, at the 2026 Karate Dream Festival International Championship.

1ST PLACE	TOKYO, JAPAN	CANADA	WKO SHINKYOKUSHINKAI
Women's kata · age 30–39	July 18–19, 2026	International representation	Organizer · 230+ categories

Montréal, September 2026 — Joanie Roussy, sempai and director of Shinkyokushin Karate Nuns' Island, won first place in women's kata, age 30–39, at the *2026 Karate Dream Festival International Championship*, held July 18–19 at Yoyogi National Gymnasium in Tokyo. Organized by the World Karate Organization Shinkyokushinkai, the event brought together competitors from dozens of countries across more than 230 categories.

Representing Canada, Roussy prevailed in kata, the discipline that evaluates precision, power and technical mastery of karate's codified sequences. She is one of three Canadian athletes to reach the podium at this edition.

> *"Stepping onto the tatami at Yoyogi, in front of the best kata in the world, was already a victory. Hearing my name called for first place gave fifteen years of work their full meaning. I share it with my dojo and with every woman who trains with me on Nuns' Island."*
> ***— Joanie Roussy***

AN UNUSUAL PATH

Trained as an early-childhood educator, Joanie Roussy first practiced soccer, figure skating and volleyball before turning to combat sports. She discovered kickboxing in 2010 and Kyokushin karate in 2011, the year she helped Alexandre Haché establish the Nuns' Island karate school. A black belt, she now teaches there and leads the school's women's classes.

KARATE FOR WOMEN

Since opening, the school has welcomed more than 500 children and adults. Roussy's women's classes are designed to make karate accessible to people with no martial-arts experience, with an emphasis on confidence, physical conditioning and discipline rather than competition.

> *"Joanie embodies what we have taught since 2011: rigour, humility and the courage to show up. Her result in Tokyo shows the young people at the dojo, and especially the girls, that the path is open."* ***— Alexandre Haché, sensei and co-founder***

ABOUT

Shinkyokushin is a branch of Kyokushin, a full-contact style of karate founded in Japan by Masutatsu Ōyama. The World Karate Organization Shinkyokushinkai, headquartered in Tokyo, brings together federations in more than 100 countries.

Shinkyokushin Karate Nuns' Island, founded in 2011, offers karate classes for children and adults, women's classes and fitness programs. karateids.com

- 30 -

Joanie Roussy with her trophy, Tokyo, July 19, 2026. Photo: Shinkyokushin Karate Nuns' Island (free for editorial use).

AT A GLANCE

Result : 1st place, women's kata 30–39

Event : Karate Dream Festival 2026 International Championship

Dates : July 18–19, 2026

Venue : Yoyogi National Gymnasium, Tokyo

Style : Shinkyokushin (kyokushin)

Club : Shinkyokushin Karaté Île-des-Sœurs, 2011

PRESS CONTACT

Shinkyokushin Karaté Île-des-Sœurs
Verdun (Montréal)

+1 514 756-0984

karateids@icloud.com

karateids.com

Interviews in French and English