



Norma Foster

- First woman in Aberdeen, Scotland to earn a black belt in Karate
- First woman referee for World Karate Federation
- First woman on World Karate Federation referee council
- Sixth-degree black belt
- Helped establish women's karate team events for the first time in 1983
- National Karate Association champion, kumite and kata, 1984, 1985, 1986
- Was a competitive swimmer up until the age of 14, when she was told she was not good enough, Norma took up Karate



Tokyo British Club's Norma Foster