

Michigan Karate Tournament

Children - Teens - Young Adults



Sunday, October 3, 2010

Melvin G. Bailey Recreation Center
36651 Ford Road
Westland, MI 48185

Hosted by: **Shotokan Karate Federation**

www.karatemi.com

Contact Sensei Tony Valvona if you have questions
Cell phone: (734) 658-5683 E-mail: Tony@karatemi.com

Doors open at 10:30 a.m.

Spectator/parent fees (paid at the door):

- \$5.00: Adults (15 yrs & older)
- \$3.00: Sr. Citizens (65 yrs & older)
- \$3.00: Children (5-14 yrs)
- Free: Children (4 yrs & under)

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IMPORTANT INFORMATION

Mail form with check or money order to: Tony Valvona 44060 Cottisford Rd, Northville, MI 48167-8911	1 EVENT: \$35 2 EVENTS: \$50 3 EVENTS: \$60 Postmark all Fees & Registration Forms by Sept. 14, 2010 Add a \$5 late fee per event if postmarked after September 14 th No registration will be accepted after September 21, 2010 No Refunds After Registration
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Awards: 1st, 2nd and 3rd place medals will be awarded in each division.
A spirit medal will be awarded for kids ages 12 and under.

Dress Code: Judges and officials are required to wear gray or dark pants, white shirt, a red tie and black or dark colored sport coat. Black belts helping with the tournament can wear their Karate uniform.

Equipment: (Kumite, Advanced Kumite & Flag Sparring)

- Kids Flag Sparring (ages 5-8): Headgear is **mandatory**.
- Children, Teens & Young Adults (ages 7-25): Headgear (white preferred) is optional (but highly recommended).
- Children, Teens & Young Adults (ages 7-25): Fist pads are **mandatory** (1 set each red & blue is recommended but other colors are acceptable).
- Male & Female (ages 7-25): mouth guard is **mandatory**.
- Males (ages 7-25): Groin cup is **mandatory**.
- Females (all ages): Chest protector is optional (must have your own).
- All Competitors (ages 15-25): Foot pads, shin guards, wrapped bandages (unless for obvious injury) are **NOT** allowed.
- All Competitors: No eyeglasses will be allowed unless they are high impact sport glasses approved by the Tournament Director or Doctor.

When to Arrive:

10:00 am	Volunteers arrive
10:30 am	Judges and Referee, briefing
10:30 am	Competitors (athletes) sign in
11:00 am	Introduction of officials
11:15 am	National Anthem
11:30 am	Start of tournament

Cameras: Please, cameras with lights or Tri-Pods will **NOT** be allowed.

Food: Pizza, pop, coffee and bottled water will be available for purchase on site.

Only water in plastic bottles will be allowed in the gymnasium. All other food or drink **must** remain in the food service room. Consuming food or drink in the hallways and non-food/beverage rooms is not allowed.

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The tournament director reserves the right to combine divisions and / or mix gender

KIHON (Basics)

Basic Technique Competition: Two at a time. Double elimination (if time and division size permits).
Male and female divisions may be combined.
Children ----- Ages 5-12 Teens ----- Ages 13-17

9th – 7th Kyu

Starting from Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.*

1. Stepping forward four times: execute lunge punch to stomach level.
2. Stepping backward four times: execute rising block.
3. Stepping forward four times: execute front snap kick from back leg to stomach level.
4. Stepping backward four times: execute downward block.

6th – 4th Kyu

Starting from Kamae (combative stance) then leaving punching arm out in between counts. *Each move will be counted separately.*

1. Stepping forward four times: execute punch to face level and twice to stomach level.
2. Stepping backward four times: execute rising block and reverse punch to stomach.
3. Stepping forward four times: outside to inward block in front stance, switch to horse stance and execute elbow attack, Jodan back fist, switch to front stance, reverse punch to stomach level.
4. Stepping backward four times: in back stance execute knife hand block, switching to front stance execute reverse punch to stomach level.

3rd Kyu through Black Belt

Starting from Kamae (combative stance) and coming back to Kamae in between counts. *Each move will be counted separately.*

1. Stepping forward four times: execute punch to face level and twice to stomach level.
2. Stepping backward four times: execute inward to outward block, jab with front hand to face level (Kizami-Zuki) and reverse punch to stomach level.
3. Stepping forward four times: execute front snap kick with front leg to stomach level and roundhouse kick with rear leg to face level and reverse punch to stomach level.
4. Stepping backward four times: execute lunge punch to the face and two punches to the stomach, roundhouse kick with front leg to stomach landing with reverse punch to the stomach.

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KATA (Forms)

Flag system: Two at a time. Double eliminations (if time and size of division permits).

Brown and Black Belts: Shall perform advanced kata's from Tekki Shodan and up. No Basic katas.

Individual Kata (Males & females may be combined)

Children ----- Ages 5-6, 7-8, 9-12

Teens ----- Ages 13-15, 16-17

Young Adults ----- Ages 18-25

SPECIAL DIVISION

FLAG SPARRING

For kids not into free sparring yet. Headgear is **mandatory** for **all** competitors.

Beginner: White or Yellow Belt under 1 year of training. Novice: Orange Belt over 1 year of training.

Individual Flag Sparring (Males & females may be combined)

Children----- Ages 5-6, 7-8

KUMITE (Sparring)

Separate male & female divisions divided by **similar** size & rank arranged by age as shown below.

Children (male) ----- Ages 7-8 & 9-10 & 11-12 Children (female) ----- Ages 7-8 & 9-10 & 11-12

Teens Male ----- Ages 13-14 & 15-17 Teens Female ----- Ages 13-14 & 15-17

Young Adults Male -- Ages 18-25 Young Adults Female --- Ages 18-25

ADVANCED KUMITE DIVISION

Separate male & female divisions divided by **similar** size & rank arranged by age as shown below.

Individual Advanced Kumite – 1st Brown and Black (1 Kyu and Dans)

Young Adults Male ----- Ages 18-21 & 22-25 Young Adults Female ----- Ages 18-21 & 22-25

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TOURNAMENT RULES and REGULATIONS

The tournament director reserves the right to combine the events when appropriate.

1. The selection of Judges will be determined by experience, rank, and knowledge. Judges will be assigned to rings the morning of the tournament at the tournament site.
2. Athletes must wear a clean white Karate uniform.
3. Only one club patch, five inches in diameter, on the left side of the jacket is allowed.
4. Fingernails and toenails must be trimmed short.
5. WKF Karate gloves are mandatory. Fabric type fist guards, 1 inch thick will be allowed.

KUMITE RULES: MODIFIED WKF RULES

1. The result of a bout is determined by a contestant obtaining a clear lead of 8 points or the highest number of points when time runs out.
2. Non-injurious light controlled "touch" contact to the head, face and neck with hand and foot techniques is allowed.
3. Matches are 2 minutes running time.
4. All competitions will be double elimination depending on size of the division and time.
5. If you have a child age 9 through 17 that is tall for his or her age please place them in the next age division for the safety of others.

CRITERIA FOR DECISION

1. In individual bouts if there is a tie, an extension not exceeding one minute running time will be fought (encho-sen).
2. An encho-sen is an extension of a bout and all initial bout penalties & warnings carry over.
3. The first competitor to obtain an award in sudden death will be declared the winner.
4. In the event that neither competitor is awarded a score the decision will be made by the referee and judges.

JOGAI PENALTIES

1. 1st time out of bounds: Chukoku - warning with no point awarded
2. 2nd time out of bounds: Keikoku - 1 point awarded to opponent
3. 3rd time out of bounds: Hansoku Chui – 2 points awarded to opponent
4. 4th time out of bounds: Hansoku – disqualification (loss of match)

KIDS FLAG SPARRING**

1. Each match will be 1½ minutes running time. Double elimination.
2. If both second belts come off at the same time, stop the time and put both second belts back on and finish the match.
3. If there is a tie, add a one minute running time overtime where 1st competitor to pull a flag wins.

** contact Tony Valvona for an explanation if desired

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CONTACT PENALTIES

1. Non-injurious, light, controlled “touch” contact to the face, head and neck is allowed.
 2. Where contact is deemed by the referee to be too strong, but does not diminish the competitor’s chances of winning, a warning (Chukoku) may be given.
 3. A second contact under the same circumstances will be penalized by Keikoku and Ippon (one point) given to the opponent.
 4. A third offence will be given Hansoku Chui and Nihon (two points) to the injured competitor.
 5. A further offence will result in disqualification by Hansoku.
- Chukoku ----- warning with no point awarded
 - Keikoku ----- 1 point awarded to opponent
 - Hansoku Chui ----- 2 points awarded to opponent
 - Hansoku ----- disqualification (loss of match)

SCORING: Target areas head, face, neck (including the throat), chest, side, back and abdomen.

1. IPPON (1 point) ----- Tsuki (punches) or Uchi (strikes) to a target area.
2. NIHON (2 points)
 - a. Chudan kicks to the back, side, chest or abdomen.
 - b. Tsuki to the back (including the back of the head and neck).
 - c. Legally off balancing the opponent and scoring.
 - d. Combination of punch and strikes that each score in their own right.
3. SANBON (3 points)
 - a. Kicks to the face, head or neck (must have absolute control).
 - b. Sweeping or throwing the opponent to the mat followed by a score.

PENALTY CATEGORIES (PROHIBITED BEHAVIOR)

1. Category 1
 - a. Techniques which make excessive contact having regard to the scoring area attacked.
 - b. Techniques which make contact with the throat.
 - c. Attacks to the arms, legs, groin, joints or instep.
 - d. Attacks to the face with open hand techniques (e.g. Teisho or Nukite).
 - e. Dangerous or forbidden throwing techniques.
2. Category 2
 - a. Feigning or exaggerating injury.
 - b. Repeated exits (Jogai) from the competition area.
 - c. Self-endangerment from behavior that exposes oneself to injury by the opponent or failing to take adequate measures like turning the back for self-protection (Mubobi).
 - d. Avoiding contact (running) to prevent the opponent having the opportunity to score.
 - e. Clinching, wrestling, pushing or seizing without attempting a striking technique.
 - f. Techniques which by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks whether they land or not.
 - g. Attacks with the head, knees or elbows.
 - h. Unsportsman like action, talking to or goading the opponent, failing to obey the Referee.

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Registration Form Young Adults (18 – 25)

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For Office Use – Athlete Number: _____

PLEASE PRINT CLEARLY

ATHLETE:	First Name	Last Name

GENDER (M / F): _____ AGE: _____ HEIGHT: _____ WEIGHT: _____ DOB: ____ / ____ / ____

CIRCLE RANK: 9 kyu 8 kyu 7 kyu 6 kyu 5 kyu 4 kyu 3 kyu 2 kyu 1 kyu Sho-dan & above

ATHLETE PHONE NUMBER: _____ e-mail: _____

CLUB NAME: _____ INSTRUCTOR NAME: _____

CLUB PHONE NUMBER: _____ e-mail: _____

COMPETITION FEE (Please X Box):

1 Event \$35 <input type="checkbox"/> Late Fee \$40 <input type="checkbox"/>	2 Events \$50 <input type="checkbox"/> Late Fee \$60 <input type="checkbox"/>	3 Events \$60 <input type="checkbox"/> Late Fee \$75 <input type="checkbox"/>
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PLEASE X THE EVENT(S) THE ATHLETE IS COMPETING IN:

AGE on tournament date	KATA - FORMS 9 kyu & above	KUMITE - FIGHT 9 kyu & above	ADVANCED KUMITE 1 kyu - dans
18 - 25	<input type="checkbox"/>	<input type="checkbox"/>	See below

ADVANCED KUMITE DIVISION 18-21 Years Old / Advanced 1st Brown & Black (1 kyu - dans):

ADVANCED KUMITE DIVISION 22-25 Years Old / Advanced 1st Brown & Black (1 kyu - dans):

I hereby for myself, my executor(s), my heirs, Forever and always agree to save and hold harmless the Shotokan Karate Federation of Michigan (SKFofMI – Tony Valvona) and any instructor, volunteers and anyone else for any liability or injury I may sustain by the way of my traveling to or from, participating in or other direct or indirect involvement in said karate event I have entered. In addition, I hereby for now and forever accept any and all responsibilities for any actions in conjunction with said event and the traveling to or from or participation in said event. Finally, I agree to allow, without compensation, the unrestricted use of any photographs, films or video tapes of myself.

Competitor's (Athlete's) Signature: _____ Date: _____

Parent / Guardian's Signature: _____ (for athlete under 18 years old)

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OFFICE USE

#
Pgs

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ATTENDANCE LIST

School Name:	School Phone Number:
Instructor Name:	Cell Phone Number:

Please type or print clearly & legibly in the area provided below, be sure you check the right category(ies) that the athlete is competing in.

Athlete Number Office Use	Name		M F	Age	Rank	KIHON Age 5-17	KATA Age 5-25	KUMITE Age 7-25	ADVANCED KUMITE Age 18-21	ADVANCED KUMITE Age 22-25	KID'S FLAG SPARRING Age 5-8
	First	Last									
1						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Use additional sheets as needed