



Greenstone Martial Arts Tournament

Saturday, October 5, 2019

No registrations at the door.

Must be registered by September 26, 2019

9:30 am starting with weapons and creative kata. Doors open at 8:30 am

First 2 events \$40

Each additional Event \$5

Spectators \$2 (5 and under free)

Competitor Name: _____

D.O.B M _____ Day _____ Year _____ Age _____

M/F/U _____ Belt Colour: _____

School/DOJO: _____

Location: _____

Instructor: _____

Contact Info: _____

Number or email: _____

Please check the events you will compete in

Traditional Kata	
Musical/Creative	
Traditional Weapons	
Creative Weapons	
Team Form	
Sparring	
Para- athlete	
non-competitive	

Pre- Registered Prices

First Two events _____ \$40

Each additional Event _____ x \$5 _____

Grand Total \$ _____

cash, cheque (payable to Midori Ishi Kai Martial Arts)

Etransfer karate@greenstonemartialarts.com

Please ask your Sensei for the security answer.

OFFICE USE ONLY

Payment _____ Initial _____

Paid via cheque, cash, etransfer # _____

Recognizing that I have an obligation to take reasonable measures to protect myself or I—we retain primary responsibility to protect my—our child; I—we agree to indemnify and hold the organization, its directors and officers, representatives and agents, harmless from lawsuit by my child, our family, or our heirs in the event that harm should befall my child in the course of this karate tournament.

18+ or parent/guardian signature

Print name

Sign Name

Traditional forms

2 rounds, top 4 competitors will move to the next round perform seconded kata (except white belts they can repeat their same kata) combined score of two katas declares winner

Traditional/Creative Weapon forms and Creative/Musical

1 kata

Must present yourself

State NAME, DOJO, and ask for permission to begin

Team forms

3 person teams accepted 1 form total can be traditional, creative or weapons (No Music)

Kumite

Guaranteed 2 fights. NO CONTACT

MADATORY –foot/shin pads, chest pads, hand pads, mouth guard,

Helmets and groin protectors highly recommend.

Attacks are limited to the following areas:

head, face ,neck, abdomen, chest, side.

SCORING Ippon (3 points): Jodan kicks,- Throwing or leg sweeping the opponent to the mat followed by a scoring technique, Waza (2 points):- Chudan kicks. Yuko (1 point): Jodan or chudan tsuki, Uchi.

No coaching from the sidelines

There will be T-shirts for sale at \$25.00.

Door prize and draws.

Canteen on site..

Learn a bo-kata while you are here so you can compete next time in the tournament.

Orange/Green/Blue belts, ages 9 and up.

Pre-register via email, space is limited \$10 per person (pay instructor). 9:30am -10:30am.

Location: Chateause Jeunese Auditorium and Gymnasium, Longlac Ontario, 167 CENTENNIAL PROM

Visit our website to register on-line (ready in JUNE)

<https://www.greenstonemartialarts.com/>

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