



**23rd Annual South Calgary Karate Spring
Tournament & Workshops March 6 & 7, 2020
and
“Spotlight on Females Karate Tournament” March 8, 2020**



23rd Annual Spring Workshops and Tournaments

March 5-8, 2020

Featuring Two Tournaments:

Saturday March 7

South Calgary 23rd Annual Spring Tournament

Sunday March 8

“Spotlight on Females Karate Tournament”





Monday & Thursday March 2 & 5, 2020

Officials Clinics - West Island College Gym 1

March 2, 2020 Intro to WKF Karate Rules 7-10pm

March 5, 2020 SWKKF Officials Clinic Refresher 7-10pm

Friday March 6, 2020

Tournament Workshops – Crescent Point Regional Field House

Featured Female Guests: Sensei Heather Fidyk, Sensei Shelley McGregor, Sensei Kelsey Mramor, Sensei Marlene Pinckbeck and Shintani Team members

Youth Ages 6-14 – Kata & Kumite Tournament preparation

Teen/Adult – Kata, Kumite & Advanced Officiating tournament preparation

Saturday March 7, 2020

Tournament SWKKF Rules – Crescent Point Regional Field House

Events: JFK Flag Kumite (preschoolers), Youth kata, kumite, para & shindo, Adult kata, kumite, para & shindo, Black belts Kata, Kumite, Para, Shindo, & Team.

Sunday March 8, 2020

“Spotlight on Females Karate Tournament”

WKF Rules – Crescent Point Regional Field House

Events: Female Pre Novice, Novice, Intermediate, Elite, Masters Male Elite only



Details of Events

Events	Date(s)	Time	Location	Who
Intro to WKF Rules Clinic	March 2	7-10pm	West Island College	Ages 12+
SWKKF Rules Refresher Clinic	March 5	7-10pm	West Island College	Ages 12+
Youth Tournament Workshop Registration Link	March 6	6-7:15pm	Crescent Point Regional Field House	Ages 6-12
Teen/Adult Tournament Workshop Registration Link	March 6	7:30-9:30	Crescent Point Regional Field House	Ages 12+
Spring Tournament Registration Link	March 7	8-5pm	Crescent Point Regional Field House	Ages 4+
Spotlight on Females Karate Tournament Registration Link	March 8	7:30-2pm	Crescent Point Regional Field House	Ages 6+

Registration Options

- Online Registration - *links above* – submit by **Feb 28** to receive Free Souvenir Tournament T-Shirt
- Online Registration – available until March 4, 2020
- Registration in person – Friday at Workshops
- Last Registration – March 7 - 8-8:30am & March 8 – 7:30-8am



Volunteers

Set up* Take Down*Registration*Scorekeeping*First Aid*Hospitality Room

- Sign up online [VOLUNTEER LINK](#)
- Scorekeeping clinic online [LINK](#)

Annual Cash Raffle Draw \$5/ticket

Our Annual Raffle draw will occur after the Tournament.

All sold ticket stubs, money, and unsold tickets must be returned prior to the draw.

Hotel Suggestions

- Best Western Plus Okotoks Inn & Suites (403) 995-6262
- Lakeview Inn & Suites (403) 938-7400
- Okotoks Inn (403) 938-4101

Location Addresses

- West Island College - 7410 Black foot Trail SE, Calgary
- Crescent Point Regional Field House - 125 Field House Dr East, Okotoks, AB

Prices

- Official Clinics - Free
- Workshops \$20-Individual \$40-Family
- Tournament \$30-Individual \$70-Family
- Black Belt Competitors who Officiate - \$5

Note: Tournament competitors & officials who register prior to Feb 28 will receive a souvenir T-shirt

March 7, 2020 South Calgary 23rd Annual Spring Tournament Overview

- 8:00 Officials Meeting & Volunteer Meeting
Final Registration for Tournament
- 8:30 Registration Closed
- 8:45 Opening Ceremony
- 9:00 All Shindo divisions, Black belt Masters Kata
Marshal and organize JFK & Youth White - Orange divisions
- 10:00 Youth kyu belt divisions continued
- 1:00 Para Kata, Black Belt Kata & Open Kata
Black Belt Kumite
- 2:30 Marshal and organize all Adult divisions
- 3:00 Adult Brown belt divisions
Adult white – blue divisions
- 5:00 Black Belt Team Kumite
- 6:00 Take Down
- 6:30 Dinner

Additional Kyu Belt Information (Rule Modifications)

FLAG KUMITE - Just For Kicks (Preschoolers)

- Each participant with two flags, one flag on either side of belt (left/right): blue & red competitors
- Participant who captures both of their opponent's flags is declared the winner or the most flags after 1.5 minute run time, if tied – Hantei
- 2 matches for everyone: no single winner

KATA

- Must be SWKKF Kata (Invitational athletes and brown belts may compete different kata)
- Pinan Katas cannot be above competitor's rank
- Optional SWKKF Katas can be competed at any rank – kyu belt and black belt appropriate
- Tie Break Kata – Simultaneous Kata as determined by Centre Referee
- Large Divisions will have finals

- 10-14 top 3 compete in Finals
- 15 -19 top 4 compete in Finals
- 20+ top 6 compete in Finals

KUMITE

- All Kyu Belt Kumite Divisions - Revised Single Elimination - guaranteed two matches: first match determines A/B side, then single elimination after first match, bye will not count as a match.
- DQ will result in loss of match unless Official removes competitor from event
- Hand Pads and Mouth Guard mandatory, shin/instep suggested for athletes over 12years, addition equipment optional (hand pads will be available for use)
- Male groin protection for males
- Time for Matches
 - White/Yellow Youth - 1.5 min Run Time
 - Orange Youth - 1.75 min Run Time
 - Green & up Youth & Adult -2 min Run Time



SHINDO

- Beginner, Novice, Advance divisions

AWARDS

- Just For Kicks FLAG KUMITE – each competitor will receive certificate – no medals

- Medals will only be awarded in each division to the top 3 for kata and top 3 for kumite

Link for [Shintani Tournament Rules](#)

Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner.

Black Belt Event Information and Rules

Kata - 6 Events

1. Male Kata 16-34 all dan ranks
2. Female Kata 16-34 all dan ranks
3. Male Masters 35+ all dan ranks*
4. Female Masters 35+ all dan ranks*
5. Para Kata - Open
6. Open Yudansha (Black Belt) Kata: single elimination seeded
 - Round 1- Pinan – chosen by center official
 - Round 2- Open Shintani kata (invitational guests - compete a kata similar to Shintani kata)
 - Round 3- Open styles kata
 - Round 4- choice - Kushanku, Kankusho, or Chatanyara kushanku

Yudansha can compete any Kata, with no rank or dan restrictions! This means competitors should start practicing, or learning, katas that they think will compete at the tournament. Katas from a different style must conform to the style.

- May be combined if less than 5 per division*
- Divisions with 10-14 top 3 will compete Kata as determined by Centre Referee in Finals
- Divisions with 15 - 19 top 4 will compete Kata as determined by Centre Referee in Finals
- Divisions with 20+ top 6 will compete Kata as determined by Centre Referee in Finals

Kumite - 6 Events

1. Male Kumite 16-34 all dan ranks (SWKKF Rules)**
2. Male Masters Kumite 35+ (SWKKF Rules)**
3. Female Kumite 16-34 all dan ranks (SWKKF Rules)**
4. Female Masters Kumite 35+ (SWKKF Rules)**
5. Open Male Kumite (SWKKF Rules)**
6. Open Female Kumite (SWKKF Rules)**

**Drawsheet will be Revised Single Elimination - guaranteed two matches: first match determines A/B side, then single elimination after first match, bye will not count as a match.

Shindo – 1 Event

- Yudansha Level in Shindo

Team Kumite - 1 Event

- Teams will consist of 1 female and 3 males – black belts only
- SWKKF Rules
- Match information and point accumulation rules TBD day of tournament

Sensei Lyle Muenchrath Award

This trophy will be awarded to the Black Belt competitor with the best overall record in the tournament. It will be awarded based on the Black belt events.

See Appendix A

Spotlight on Females Karate Tournament

Purpose:

This event is being hosted to celebrate the strong female presence within the South Calgary Wado Kai Karate club, the Shintani Karate Federation, Karate Alberta and Karate Canada. This event will inspire our current young female athletes and future generations of female Karate-ka. The event will “spotlight” female recreational and elite athletes, officials, coaches, volunteers and organizers.

- Sensei Heather Fidyk, Rokudan, ChPC

March 8, 2020 “Spotlight on Females Karate Tournament” Overview

- 7:30 Officials Meeting, Coaches Meeting & Volunteer Meeting
 - 7:30 Final Registration for Tournament
 - 8:00 Registration Closed
 - 8:15 Opening Ceremony – All competitors must bow in
 - 8:30 Female Recreational Kata & Kumite Divisions Age 6 Pre Novice to Masters (2-3 Tatatmis)
 - 8:30 Female Elite Kata U14, Cadet, Junior, Senior (2 Tatatmis)
 - 9:30 Male Elite Kata U14, Cadet, Junior, Senior (2 Tatatmis)
 - 11:00 Female Elite Kumite U14, Cadet, Junior, Senior (2 Tatatmis)
 - 12:00 Male Elite Kumite U14, Cadet, Junior, Senior (2 Tatatmis)
 - 2:30 Clean up
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Rules

Female Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules*
- Masters Age 35+ – Modified WKF Rules

Male Divisions

- Elite Divisions – WKF Rules*

Para Divisions

- WKF Rules – guideline only

Coaches

- Club jacket, track pants runners
- Appropriate conduct is expected

Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner.

Divisions

Female Divisions

- Recreational Divisions – divided by age
 - Kata & Kumite Pre-Novice (White & White Stripe) less than 1 year in Karate
 - Kata & Kumite Novice (Yellow & Orange)
 - Kata & Kumite Intermediate (Green & Blue)
- Elite Divisions – Age as per Karate Canada Age Matrix
 - U14 ages 12-13
 - Kata / Kumite -45kg / Kumite +45kg
 - Cadet ages 14-15
 - Kata / Kumite -50kg / Kumite +50kg
 - Junior ages 16-17
 - Kata / Kumite -55kg / Kumite +55kg
 - Senior ages 18+
 - Kata / Kumite -61kg / Kumite +61kg
- Masters Age 35+
 - Kata & Kumite Kyu Belt
 - Kata & Kumite Black Belt

Para Divisions

- Kata Kyu Belt
- Kata Black Belt

Male Divisions

- Elite Divisions – Age as per Karate Canada Age Matrix
 - U14 ages 12-13
 - Kata / Kumite -50kg / Kumite +50kg
 - Cadet ages 14-15
 - Kata / Kumite -63kg / Kumite +63kg
 - Junior ages 16-17
 - Kata / Kumite -68kg / Kumite +68kg
 - Senior ages 18+
 - Kata / Kumite -75kg / Kumite +75kg



Modified WKF Rules

KATA:

Recreational - Pre Novice, Novice, Intermediate & Masters

- May use any kata from their style curriculum
- Competitors will compete simultaneous kata
- Drawsheet will be Single elimination
- Pre-Novice & Novice division may restart a kata once without penalty
- Competitors may repeat katas as required

KUMITE:

Recreational - Pre Novice, Novice, Intermediate & Masters

- Kumite events shall be 2 minutes run time or first to 8 points.
- Drawsheet will be Single elimination - unless otherwise announced

WKF Rules*

KATA:

- May use any kata from their style curriculum
- U14 & Cadet events will compete simultaneous kata, not points
- Drawsheet will be Repechage - unless otherwise announced
- Junior & Senior events will be WKF points/pools

KUMITE:

- Kumite events shall be 2 minutes stop time, and 3 minute stop time for Senior
- Drawsheet will be Repechage - unless otherwise announced

Safety Equipment

Recreational & Masters Kumite Divisions

- Hand Pads and Mouth Guard mandatory, shin/instep suggested for athletes over 12years, addition equipment optional (hand pads will be available for use)
- Male groin protection for males

Elite Kumite Divisions

- WKF Regulation

South Calgary Wado Kai Karate Club

2013 Winner – Christian Boivin, South Calgary, AB
2014 Winner – Brent Miyagishima, South Calgary, AB
2015 Winner – Mackenzie Bruins, South Calgary, AB
2016 Winner – Laszlo Veszi, Living Skies Karate, SK
2017 Winner – Zachary Raymond, South Calgary, AB
2018 Winner – Nicolas Gosselin, Thunder Bay, ON
2019 Winner – Scott Knowles, Bushido Edmonton, AB



Sensei Lyle Muenchrath Memorial Trophy

The Spring Tournament 2013 marked the introduction of the Sensei Lyle Muenchrath Memorial Trophy, which is awarded annually at the South Calgary Wado Kai Spring tournament.

The award will remind students of the enormous contribution Sensei Lyle Muenchrath made to both the South Calgary Wado Kai Karate Club, the Shintani Wado Kai Karate Federation and the legacy he leaves behind.

This trophy will be awarded to the Black Belt competitor with the best overall record in the tournament. It will be awarded based on the Black belt events.



Points will be awarded based on event results*

- Five (5) points for Gold in Kata, Kumite & Open Kata, Open Kumite, Shindo and Team Kumite
- Four (4) for Silver in Kata, Kumite & Open Kata, Open Kumite, Shindo and Team Kumite
- Three (3) for Bronze in Kata, Kumite & Open Kata, Open Kumite, Shindo and Team Kumite
- Two (2) for 4th place in in Kata, Kumite & Open Kata, Open Kumite, Shindo and Team Kumite
- One (1) point each for participation in in Kata, Kumite & Open Kata, Open Kumite, Shindo and Team Kumite
- Bonus two (2) for participating in all six events
- Bonus two (2) for judging/refereeing all day at the tournament
- Total Maximum Available: 40 points

*For events with 3 or less competitors, results points will be reduced by ½
In the event of a tie a winner will be determined based on event participation.
If a tie still exists both competitors will share award.

Regards,
Heather Fidyk
Head Instructor & Treasurer

Serving the communities of Calgary since 1996

