

# **25<sup>th</sup> Annual Spring Workshops and Tournaments**

**March 10-12, 2023**

**Featuring Two Tournaments:**

**Saturday March 11**

**South Calgary Annual Spring Tournament**

**Sunday March 12**

**South Calgary Karate Tournament**





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## Friday March 10, 2023

Officials Clinics - Crescent Point Regional Field House

Brown & Black Belts

SWKKF Officials Clinic Refresher 5:30-7:30pm - Sensei Heather Fidyk

Intro to WKF Karate Rules 7:30-9:30pm - Sensei Geraldine Young

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## Friday March 10, 2023

Tournament Workshop – Crescent Point Regional Field House

Featured Guests: To Be Announced

Youth Ages 6-13 – Kata & Kumite Tournament preparation

Teen/Adult Kyu Belts – Kata, Kumite Tournament preparation

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## Saturday March 11, 2023

Tournament SWKKF Rules – Crescent Point Regional Field House

Events: Youth kata, kumite or pad-kumite, para & shindo, competitors ages 6+

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## Sunday March 12, 2023

South Calgary Karate Tournament

WKF Rules – Crescent Point Regional Field House

Events: Recreational age 10+ & Elite Kata & Kumite, Team event if time permits



## Details of Events

Events	Date(s)	Time	Location	Who
<b>SWKKF Rules Refresher Clinic</b>	Friday March 10	5:30- 7:30pm	Crescent Point Regional Field House	Ages 12+
<b>Intro to WKF Rules Clinic</b>	Friday March 10	7:30- 9:30pm	Crescent Point Regional Field House	Ages 12+
<b>Youth Workshop</b> <a href="#">Registration Link</a>	Friday March 10	6-7:15pm	Crescent Point Regional Field House	Ages 6-13
<b>Teen/Adult Workshop</b> <a href="#">Registration Link</a>	Friday March 10	7:30-9:30	Crescent Point Regional Field House	Ages 14+
<b>Annual Spring Tournament (Shintani rules)</b> <a href="#">Registration Link</a>	Saturday March 11	8-5pm	Crescent Point Regional Field House	Ages 4+
<b>South Calgary Karate Tournament (WKF rules)</b> <a href="#">Registration Link</a>	Sunday March 12	7:30- 3:30pm	Crescent Point Regional Field House	Ages 8+

## Registration Options

- Online Registration - *links above* – available until **March 6, 2023**
- Registration in person – Friday at Workshops
- Last Registration – March 11 - 8-8:30am & March 12 – 7:30-8am



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## Volunteers

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

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

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## Hotel Suggestions

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

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## Location Addresses

- Crescent Point Regional Field House - 125 Field House Dr East, Okotoks, AB

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## Prices

- Official Clinics - Free
- Workshops \$20 - Individual \$40-Family
- Tournament \$30 – Individual, \$65 – Family – Saturday only
- Black Belt Competitors who volunteer to Officiate - \$5

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## Souvenir Tournament T-Shirt

- Must be pre ordered by March 1, 2023
- Cost \$15



## March 11, 2023, South Calgary 25<sup>th</sup> Annual Spring Tournament Overview\*

8:00	Officials Meeting & Volunteer Meeting Final Registration for Tournament	10:00	Youth kyu belt divisions continued
8:30	Registration Closed	1:00	Para Kata, Black Belt Kata & Open Kata Black Belt Kumite
8:45	Opening Ceremony	2:00	Marshal and organize all <u>Adult divisions</u>
9:00	All Shindo divisions, Black belt Masters Kata	3:00	Adult Brown belt divisions Adult white – blue divisions
9:15	Marshal and organize <u>Youth White - Blue divisions</u>	5:00	Black Belt Team Kumite
		6:00	Take Down

*\*Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!*

## Kyu Belt Information (Rule Modifications/Clarifications)

### KATA

- Must be SWKKF Kata (Invitational athletes may compete different kata)
- Scored event
- Pinan Katas cannot be above competitor's rank
- Shintani 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

White/Yellow 8+ - Brown Belt

- Drawsheet - 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 in first round.
- 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)

### "Bob" KUMITE

White – Yellow Belts U8

- Attacks – punches and kicks on "Bob"
- Scored event
- Criteria for evaluation
  - Timing, distance, speed power, repertoire, tactics, and spirit
- Time for Match
  - 45 seconds

### SHINDO

- Beginner, Novice, Advance divisions

### AWARDS

- 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.*

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# 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 Kata
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 kata choice – cannot repeat a 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 they 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 in first round.

## Shindo – 1 Event

- Yudansha Level in Shindo

## Team Kumite - 1 Event

- Teams will be created on day of tournament
- 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 – *not yet available*

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# March 12, 2023, South Calgary 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 Novice & Intermediate Kata & Kumite Divisions U12 to Masters
- 8:30 Female Advanced Kata U14, U16, U18, Senior
- 9:30 Male Advanced Kata U14, U16, U18, Senior
- 11:00 Female Elite Kumite U14, U16, U18, Senior
- 12:00 Male Elite Kumite U14, U16, U18, Senior
- 3:00 Clean up

*\*Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!*

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## Divisions

Recreational Intermediate Divisions – U10, U12, U14, U16, U18, Adult Black belts (not Elite)

- Kata & Kumite Novice (less than 2 years in Karate)
- Kata & Kumite Intermediate (more than 2 years but not Black belt)
- Kata & Kumite Recreational Black Belt Adults
- Male & Female divisions (maybe combined for U12)
- Age as per day of Tournament

Elite Divisions – Age as per day of Tournament or KC age Matrix (*not both*)

- U14 Youth ages 12-13 Female
  - Kata / Kumite -45kg / Kumite +45kg
- U16 Cadet ages 14-15 Female
  - Kata / Kumite -50kg / Kumite +50kg
- U18 Junior ages 16-17 Female
  - Kata / Kumite -55kg / Kumite +55kg
- Senior ages 18+ Female
  - Kata / Kumite -61kg / Kumite +61kg
- U14 Youth ages 12-13 Male
  - Kata / Kumite -50kg / Kumite +50kg
- U16 Cadet ages 14-15 Male
  - Kata / Kumite -63kg / Kumite +63kg
- U18 Junior ages 16-17 Male
  - Kata / Kumite -68kg / Kumite +68kg
- Senior ages 18+ Male
  - Kata / Kumite -75kg / Kumite +75kg

Para Divisions

- Kata Kyu Belt
- Kata Black Belt



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## Rules

### Female Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules

### Male Divisions

- Recreational Divisions – Modified WKF Rules
- 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*

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## Modified WKF Rules

### KATA:

#### Recreational

- May use any kata from their style curriculum
- Point system – less than 8 competitors (one kata, highest score wins), 8+ will have 2<sup>nd</sup> Kata for top 4 athletes
- Competitors may repeat katas as required

### KUMITE:

#### Recreational

- Kumite events shall be 2 minutes run time or first to 8 points
  - No head contact – contact will result in penalty, penalties or DQ as assessed by referee
  - Drawsheet will be Single elimination - unless otherwise announced
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## WKF Rules

### KATA:

- May use any kata from their style curriculum
- Point system – less than 8 competitors (one kata, highest score wins), 8+ will have 2<sup>nd</sup> Kata for top 4 athletes
- Competitors may *not* repeat katas

### KUMITE:

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





WKF Rules: [World Karate Federation \(wkf.net\)](http://wkf.net)

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## Safety Equipment

Recreational & Masters Kumite Divisions

- Hand & foot pads and mouth guard mandatory, addition equipment optional
- Male groin protection for males

Elite Kumite Divisions

- WKF Regulation
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## Team Kumite Event

- Only if time allows
  - Teams will be created by draw from those choosing to participate on day of tournament
  - Rules will be WKF age based
  - Format at tournament director's discretion
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## Registration Link

[southcalgarykt2023.myuventex.com](http://southcalgarykt2023.myuventex.com)