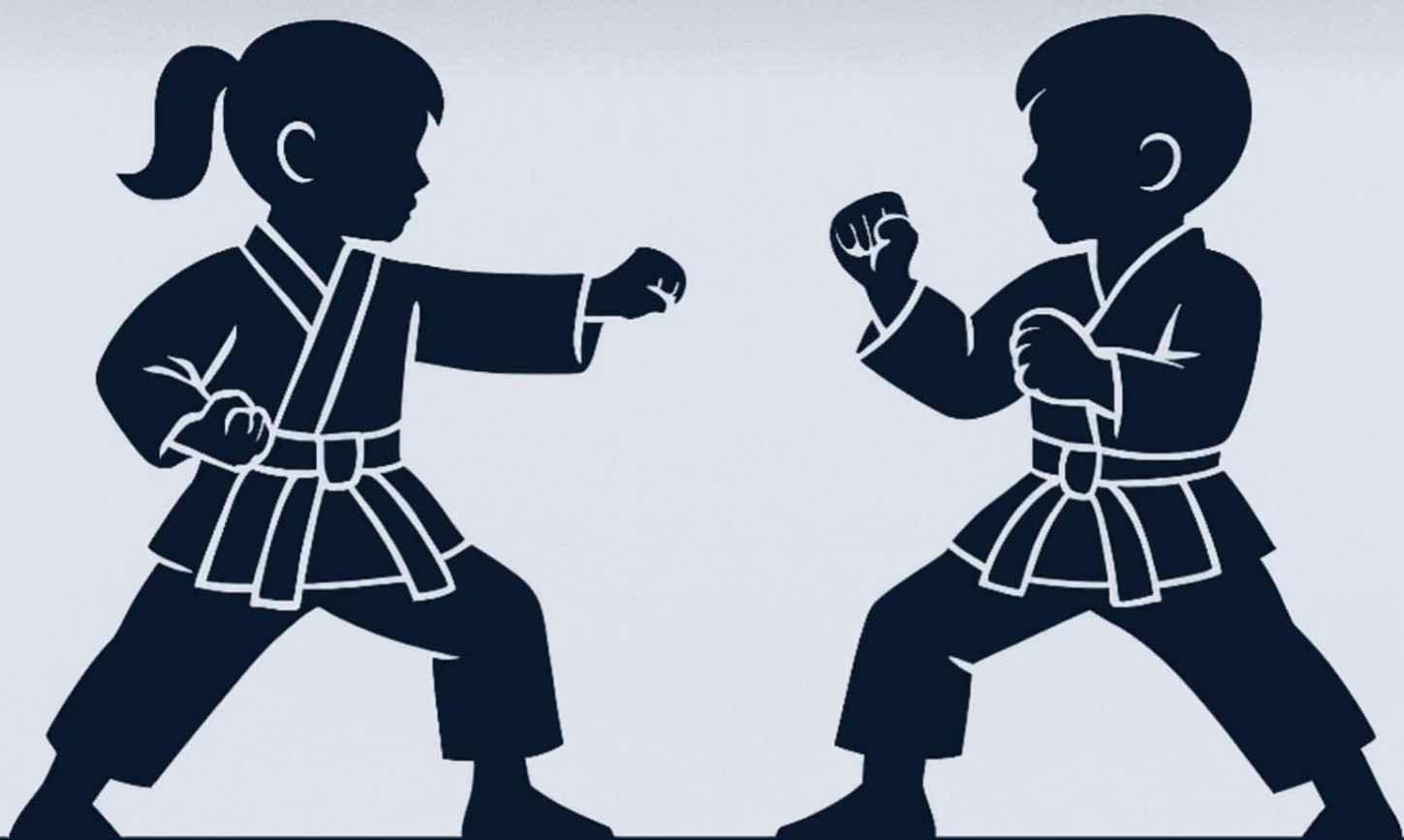


Sanctioned by: Karate Alberta

KA



KARATE TOURNAMENT



28th Annual Spring Workshop & Tournament
Crescent Point Fieldhouse, Okotoks
March 6 & 7, 2026

28th Annual Spring Workshops and Tournament

March 6 & 7, 2026

South Calgary Karate

Annual Spring Workshop & Tournament



Invitation,

On behalf of the South Calgary Karate Club you are cordially invited to the 28th Annual Spring Tournament. This inclusive tournament is sanctioned by Karate Alberta and welcomes all karate-ka to participate even if you are not a Karate Alberta Member. The tournament is an opportunity for karate students to showcase their abilities. Athletes as young as 4 years old to athletes into older adulthood will be able to compete in a safe environment overseen by our trained and certified officials. Coaches are encouraged to have completed NCCP requirements.

See you soon,

Heather Fidyk

Friday March 6, 2026

Officials Clinics - Crescent Point Regional Field House

Brown & Black Belts ages 14+

WKF Karate Rules Seminar 6-7:15 - Sensei Geraldine Young

Friday March 6, 2026

Tournament Workshop – Crescent Point Regional Field House

6 - 7:15pm Youth Ages 6-13 – Kata & Kumite Tournament preparation

7:30 - 9pm Teen/Adult Kyu Belts – Kata, Kumite Tournament preparation

Saturday March 7, 2026

Tournament – Crescent Point Regional Field House

Dinner – Big Sky BBQ – everyone invited following the tournament - 306016 15 St E, Foothills AB

Details of Events

Events	Date(s)	Time	Location	Who
WKF Rules Seminar Officials tournament registration Link	Friday March 6	6-7:30pm	Crescent Point Regional Field House	Ages 14+
Youth Workshop Registration Link	Friday March 6	6-7:15pm	Crescent Point Regional Field House	Ages 4-13
Teen/Adult Workshop Registration Link	Friday March 6	7:30-9:30	Crescent Point Regional Field House	Ages 14+
South Calgary Karate Annual Spring Tournament Registration Link	Saturday March 7	8am-7pm	Crescent Point Regional Field House	Ages 4+

Registration Options

- Online Registration - *links above* – available until **Tuesday March 3, 2026**
- Last Registration, in person – Friday at Workshops

Volunteers

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

- Sign up online [VOLUNTEER LINK](#)

Hotel Block booking

- Best Western Plus Okotoks Inn & Suites (403) 995-6262 [Link](#) for block booking – **Deadline is Feb 9**
-

Location Address

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

Prices

- Official Clinic - Free
 - Workshops \$20 - Individual \$40-Family
 - Tournament \$50/Individual (\$25 for U8 athletes)
 - Black Belts who also Officiate will receive \$40 discount
-

Souvenir Tournament T-Shirt

- Must be pre-ordered by Feb 20, 2026
 - Cost \$20
-

Local uniform and equipment suppliers (purchase before tournament)

- [Champ2Champ](#)
 - [Goshindo Sports](#)
-

Important Links

- [Workshop Registration](#)
- [Tournament Registration](#) (competitors & officials)
- [Volunteer Link](#)
- [T-Shirt Order Link](#)
- WKF Rules: [World Karate Federation \(wkf.net\)](#)

March 7, 2026, South Calgary 28th Annual Spring Tournament Overview*

8:00 Officials Meeting & Volunteer Meeting
 8:45 Opening Ceremony
 9:00 All Shindo, Para, Team Kata, Black belt
 Advanced, Seniors & Masters Kata
 9:15 Marshal and organize Events A, B & C
 10:30 Events A, B & C
 11:30 Marshal and organize Events D, E & F

12:30 Events D, E & F
 3:00 Marshal and organize Events G & H
 3:30 Events G & H
 6:30 Take Down

**Tentative schedule, subject to change, if ahead of schedule, we will continue with divisions.*

Awards

Competitors Awards

- Medals will only be awarded in each division to the top 4 for kata/shindo and top 4 for kumite
- Certificates of participation will be emailed following the tournament

Sensei Lyle Muenchrath Award

- This trophy will be awarded to the Black Belt competitor (18+) with the best overall record in the tournament, including placement (kata, kumite, shindo) and participation (workshop & tournament) as a competitor, organizer and/or official.

Divisions

- *Competitors can only compete in ONE Kata Event and ONE Kumite Event and Shindo (if applicable)*
- General Information – see appendix for full details
 - Kata & Kumite Novice - White to Yellow (10kyu - 7kyu) less than 2 years in Karate
 - Kata & Kumite Intermediate - Orange - Green (6kyu - 3kyu) 2-4 years in Karate
 - Kata & Kumite Advanced - Blue - Jr Black (3kyu -1kyu) 4+ years in Karate
 - Black Belt - Adult Black Belts (18+)
 - Male & Female divisions (maybe combined for U12)
 - Age as per day of Tournament A-D-T
 - Age as per Karate Canada Age Matrix A-M
- *Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner*

¹ Red & Blue Belts, White hand pads, some helmets & external vests will be available to use if competitors do not have

Rules & Equipment Summary

Four to Seven Year-Old Combined

Format	Athletes divided into groups of 4
Kata	<ul style="list-style-type: none"> Flags - two at a time Draw – single elimination
Kumite	<ul style="list-style-type: none"> Phantom Kumite - Each athlete will demonstrate their best kumite against a stationary “BOB” or stand-up bag simultaneously. Judge’s decision by flags for best performance based on technique, speed and spirit.

KATA

NOVICE	U10	U12	U14	U16	U18	18+ 35+	PARA
Format	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - one at a time Draw – single elimination	Flags - one at a time Draw – single elimination
Number of Katas	May repeat kata	May repeat kata	May repeat kata	May repeat kata	May repeat kata	May repeat kata	May repeat kata
INTERMEDIATE	U10	U12	U14	U16	U18	18+ 35+	PARA
Format	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - one at a time Draw – single elimination	Flags - one at a time Draw – single elimination
Number of Katas	Two kata alternate	Two kata alternate	Two kata alternate	Two kata alternate	Two kata alternate	Two kata alternate	May repeat kata
ADVANCED	U10	U12	U14	U16	U18	18+ 35+	PARA
Format		Same as U14	WKF Scoring Repechage	WKF Scoring Repechage	WKF Scoring Repechage	WKF Scoring Repechage	WKF Rules
Number of Katas		Same as U14	WKF Rules with addition of Shintani Katas	WKF Rules with addition of Shintani Katas	WKF Rules with addition of Shintani Katas	WKF Rules with addition of Shintani Katas	WKF Rules with addition of Shintani Katas

KUMITE

NOV/INTER	U10	U12	U14	U16	U18	18+ 35+
Format	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination
Time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	2 min. Stop time
Points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points
Contact	Jodan is no touch with fist or foot Chudan is no touch	Jodan is no touch with fist or foot Chudan is no touch	Jodan is no touch with fist or foot Chudan is light touch only	Jodan is no touch with fist or foot Chudan is light touch only	Jodan is no touch with fist or foot Chudan is light touch only	Jodan is skin touch with fist or foot Chudan is light touch only
EQUIPMENT						
Belts	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Mouth Guard	Required	Required	Required	Required	Required	Required
Groin protector	Required for Males	Required for Males	Required for Males	Required for Males	Required for Males	Required for Males
Gloves	Red, Blue, or White	Red, Blue, or White	Red, Blue, or White	Red, Blue, or White	Red, Blue, or White	Red, Blue, or White
Shin & Foot	Red or Blue	Red or Blue	Red or Blue	Red or Blue	Red or Blue	Red or Blue
Internal Body Protector				Required	Required	Required
Female Chest Protector			Required for Females	Required for Females	Required for Females	Required for Females
External Body Protector	Required	Required	Required			
Helmet	Required	Required	Required			

The following equipment will be available for shared use at the Tournament; however, participants are encouraged to purchase their own.

- Gloves – White
- Red & Blue Belts
- External body protectors
- Helmets

Local retailers

- [Champ2Champ](#)
- [Goshindo Sports](#)

Equipment vendors will be on-site for purchasing equipment; consider purchasing before tournament.

KUMITE

ADVANCED	U12	U14	U16	U18	18+	35+
Format	Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin
Time	Same as U14	1 min. 30 sec. Stop time	2 min. Stop time	2 min. Stop time	3 min. Stop time	2 min. Stop time
Points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points	
Contact	Jodan is no touch with fist or foot Chudan is light touch only	Jodan is skin touch with fist or foot	Jodan is skin touch with fist or foot	Jodan is skin touch with fist or foot	Jodan is skin touch with fist or foot	Jodan is no touch with fist or foot Chudan is light touch only

EQUIPMENT

Belts	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Mouth Guard	Required	Required	Required	Required	Required	Required
Groin protector	Required for Males	Required for Males	Required for Males	Required for Males	Required for Males	Required for Males
Gloves	Red or Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red or Blue
Shin & Foot	Red or Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red or Blue
Internal Body Protector			Required	Required	Required	
Female Chest Protector		Required for Females	Required for Females	Required for Females	Required for Females	
External Body Protector	Required	Required				

SOUTH CALGARY KARATE TOURNAMENT

Event U8	A	4-7 Years	Age Detail*
KATA	Combined		
Novice	1		A-D-T
PHANTOM KUMITE			
Novice	2		A-D-T
Event U10	B	8-9 Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
KUMITE	Female	Male	
Novice	5	6	A-D-T
Intermediate	7	8	A-D-T
Event U12	C	10-11 Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
KUMITE	Female	Male	
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Event U14	D	12-13 Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	A-M
KUMITE	Female	Male	
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Youth under 50kg	11	12	A-M
Adv Youth over 50kg	13	14	A-M
Event U16	E	14-15 Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	A-M
Event U18	F	16-17 Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	A-M
KUMITE	Female	Male	
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Junior under 53kg	11		A-M
Adv Junior under 59kg	13		A-M
Adv Junior over 59kg	15		A-M
Adv Junior under 61kg		12	A-M
Adv Junior under 68kg		14	A-M
Adv Junior over 68kg		16	A-M
Event SENIOR	G	18+ Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	A-M
Black Belts	7	8	A-D-T
KUMITE	Female	Male	
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Senior under 61kg	11		A-M
Adv Senior over 61kg	12		A-M
Adv Senior under 75kg		13	A-M
Adv Senior over 75kg		14	A-M