

Mid-Western Ontario Open *and the* *Ontario Chanbara & Self-defense Championships!!!*



SATURDAY



JUNE 2, 2018

Divisions for Novice Kids to Senior Black Belts!!!
*Black Belt Weapons, Kata & Sparring divisions for
55 plus.*

*Kata, Sparring, Weapons, Self-defense, Chanbara, Creative,
Extreme, Team Kata & Techniques Challenge for Little
Tigers/Dragons/Ninjas/Kinder-kicks
(All UPMAC Divisions)*

Separate Black Belt divisions for men and
women. Everybody gets an award!

Listowel Royal Canadian Legion Hall

Rated UPMAC AAA National

Listowel is in Mid-western Ontario. 45 minutes northwest of Guelph and
Kitchener, 90 minutes east of London.

For more
information, call
or e-mail Mark
Yates!

(519) 577-7874

Shihan@PromarKarate.ca



Event Information

Pre- Registration

Pre-registration must be received no later than May 25, 2018.
Cost: \$35.00 for 2 events / \$5.00 for each additional event

Door Registration

1 Event \$40.00 / \$5.00 for each additional event

Doors Open

Doors open to the public at 9:00 a.m..

Start Time

ALL Black Belt divisions, as well as Creative, Extreme, Team Kata/Weapons & Handicapable will start at 10:30 a.m..
All Belt Sparring divisions will begin at 11:30 a.m..
All other Coloured Belt divisions will start at Noon SHARP! Starting with youngest to oldest.

Spectator Fees Early Spectator Fees Door

Adult (13+): \$7.00 / Children (6-12): \$5.00 / Under Five: Free
Adult (13+): \$8.00 / Children (6-12): \$5.00 / Under Five: Free

Awards

All Events: Everybody gets an award!

Rating

UPMAC "AAA" National

Rules

UPMAC Ontario rules are applicable in all divisions.

Must use a martial arts weapon(s) in all Weapons divisions.

Lyrics will be permitted in the musical divisions as long as they are appropriate (no rude or suggestive language).

Safety Equipment

Foam dipped head gear with face mask, mouth guard, foam dipped equipment for hands and feet. Groin protection (for males) **mandatory**.

Self-Defense Divisions

A competitor has 3 minutes to perform a minimum of three techniques. ALL techniques must show control of the attackers at **ALL TIMES**.

Techniques Challenge

The Techniques Challenge is a new division meant for younger competitors who may not have much experience with kata (such as Little Tigers, Little Dragons, Little Ninjas, Kinder-kicks, etc.). Competitors will be required to demonstrate (3) different stances, (3) different hand techniques performed 5x each, and (3) different kicks performed 5x each.

Belt Sparring

Competitors are given (3) pieces of belt each to tuck in the sides and the front of their actual belt. Two competitors face off in attempts to remove the pieces of belt from their fellow competitor. The competitor who removes the most belt pieces from their opponent's belt in 30 seconds wins.

Special Notes

1. Participants **MUST** compete at the age they are as of January 1, 2018 at 12 a.m.. Exception: A competitor turning 18+ during the circuit season must move up and compete at the age of (18 years to 30) (31-40) (41-50) (51-up).
2. Participants must compete at the highest belt level they have earned in *any* style.
3. Sparring is dependent at this time on OKF and PSO sanctioning. However, the request has been submitted and are awaiting a response.
4. Absolutely **NO** refunds (unless registered for Sparring and the division does not get sanctioning).

ALL BLACK BELT DIVISIONS, AS WELL AS CREATIVE, EXTREME, TEAM KATA/WEAPONS & HANDICAPABLE BEGINS AT 10:30 A.M.. ALL BELT SPARRING DIVISIONS WILL BEGIN AT 11:30 A.M.. ALL OTHER COLOURED BELT DIVISIONS WILL START AT NOON SHARP! STARTING WITH YOUNGEST TO OLDEST.

Divisions

KYU KATA (CO-ED)

1. 5 & Under, All Belts
2. 6 to 7 Novice
3. 6 to 7 Intermediate
4. 6 to 7 Advanced
5. 8 to 9 Novice
6. 8 to 9 Intermediate
7. 8 to 9 Advanced
8. 10 to 11 Novice
9. 10 to 11 Intermediate
10. 10 to 11 Advanced
11. 12 to 13 Novice
12. 12 to 13 Intermediate
13. 12 to 13 Advanced
14. 14 to 17 Novice
15. 14 to 17 Advanced
16. 18 to 34 Novice
17. 18 to 34 Advanced
18. 35 & Up Novice
19. 35 & Up Advanced

HANDICAPABLE (CO-ED)

- KATA/WEAPONS/SELF-DEFENSE (ALL RANKS)**
20. 12 & Under
 21. 13 to 17
 - 21a. 18 & Up

BLACK BELT KATA

22. 12 & Under (co-ed)
23. 13 to 17 (co-ed)
24. 18 to 34 (Women)
25. 18 to 34 (Men)
- 26a. 35 to 54 (Women)
- 26b. 35 to 54 (Men)
- 27a. 55 & Up (Women)
- 27b. 55 & Up (Men)

POINT SPARRING

KYU BOYS

28. 5 & Under, All Belts
29. 6 to 7 Novice
30. 6 to 7 Intermediate
31. 6 to 7 Advanced
32. 8 to 9 Novice
33. 8 to 9 Intermediate
34. 8 to 9 Advanced
35. 10 to 11 Novice
36. 10 to 11 Intermediate
37. 10 to 11 Advanced
38. 12 to 13 Novice
39. 12 to 13 Intermediate
40. 12 to 13 Advanced
41. 14 to 17 Novice
42. 14 to 17 Advanced
43. 18 to 34 Novice
44. 18 to 34 Advanced

45. 35 & Up Novice
46. 35 & Up Advanced

POINT SPARRING

KYU GIRLS

47. 5 & Under, All Belts
48. 6 to 7 Novice
49. 6 to 7 Intermediate
50. 6 to 7 Advanced
51. 8 to 9 Novice
52. 8 to 9 Intermediate
53. 8 to 9 Advanced
54. 10 to 11 Novice
55. 10 to 11 Intermediate
56. 10 to 11 Advanced
57. 12 to 13 Novice
58. 12 to 13 Intermediate
59. 12 to 13 Advanced
60. 14 to 17 Novice
61. 14 to 17 Advanced
62. 18 to 34 Novice
63. 18 to 34 Advanced
64. 35 & Up Novice
65. 35 & Up Advanced

POINT SPARRING

BLACK BELT

66. 9 & Under (co-ed)
67. 10 to 11 (Boys)
68. 10 to 11 (Girls)
69. 12 to 13 (Boys)
70. 12 to 13 (Girls)
71. 14 to 17 (Boys)
72. 14 to 17 (Girls)
73. 18 to 30 (Women)
74. 30 & Up (Women)
75. 18 to 30 (Men) 160 lbs. & Under (Light)
76. 18 to 30 (Men) 161 to 185 lbs. (Middle)
77. 18 to 30 (Men) 186 lbs. & Up
78. 31 to 40 (Men)
79. 41 to 49 (Men)
80. 50 to 59 (Men)
81. 60 & Up (Men)

KYU WEAPONS (CO-ED)

82. 5 & Under, All Belts
83. 6 to 7 Novice
84. 6 to 7 Intermediate
85. 6 to 7 Advanced
86. 8 to 9 Novice
87. 8 to 9 Intermediate
88. 8 to 9 Advanced
89. 10 to 11 Novice
90. 10 to 11 Intermediate

91. 10 to 11 Advanced
92. 12 to 13 Novice
93. 12 to 13 Intermediate
94. 12 to 13 Advanced
95. 14 to 17 Novice
96. 14 to 17 Advanced
97. 18 to 34 Novice
98. 18 to 34 Advanced
99. 35 & Up Novice
100. 35 & Up Advanced

BLACK BELT WEAPONS

101. 12 & Under (co-ed)
102. 13 to 17 (co-ed)
103. 18 to 34 (Women)
104. 18 to 34 (Men)
- 105a. 35 to 54 (Women)
- 105b. 35 to 54 (Men)
- 106a. 55 & Up (Women)
- 106b. 55 & Up (Men)

CHANBARA (CO-ED)*

107. 5 & Under, All KYU Belts
108. 6 to 7, All KYU Belts
- 109a. 8 to 9 Novice
- 109b. 8 to 9 Advanced
- 110a. 10 to 11 Novice
- 110b. 10 to 11 Advanced
- 111a. 12 to 13 Novice
- 111b. 12 to 13 Advanced
- 112a. 14 to 17 Novice
- 112b. 14 to 17 Advanced
- 113a. 18 to 34 Novice
- 113b. 18 to 34 Advanced
- 114a. 35 & Up Novice
- 114b. 35 & Up Advanced

BLACK BELT CHANBARA

- 115a. 12 & Under (co-ed)
- 115b. 13 to 17 (co-ed)
- 116a. 18 to 34 (Women)
- 116b. 18 to 34 (Men)
- 116c. 35 to 54 (Women)
- 116d. 35 to 54 (Men)
- 116e. 55 & Up (Women)
- 116f. 55 & Up (Men)

SELF-DEFENSE

- 117. 5 & Under, All Belts
- 118a. 6 to 7 Novice
- 118b. 6 to 7 Advanced
- 119a. 8 to 9 Novice
- 119b. 8 to 9 Advanced
- 120a. 10 to 11 Novice
- 120b. 10 to 11 Advanced
- 121a. 12 to 13 Novice
- 121b. 12 to 13 Advanced
- 122a. 14 to 17 Novice
- 122b. 14 to 17 Advanced
- 123a. 18 to 34 Novice
- 123b. 18 to 34 Advanced
- 124a. 35 & Up Novice
- 124b. 35 & Up Advanced
- 125. All Jr. Black Belts
- 126a. 18 to 34 Black Belts
- 126b. 35 to 54 Black Belts
- 126c. 55 & Up Black Belts

BELT SPARRING

B1- Competitors will be divided into respective divisions at ring side by the coordinator.

17 years & under divisions.
Adult divisions.

Head gear is required.

CREATIVE (CO-ED)*

- CR1. 17 & Under Black Belts
- CR2. 18 & Up Black Belts

EXTREME (CO-ED)*

- E1. 17 & Under Black Belts
- E2. 18 & Up Black Belts

TECHNIQUES CHALLENGE

TC1-Competitors will be divided accordingly.

TEAM KATA/WEAPONS (3 PER TEAM MAX.)

TK1. Competitors will be divided into respective divisions at ring side by the coordinator.

Novice/Advanced

divisions: Novice is White, Yellow, Orange. Advanced is Green, Blue and Brown.

Novice/Intermediate/ Advanced divisions:

Novice is White and Yellow, Intermediate is Purple, Orange and Green, Advanced is Blue and Brown.

***CREATIVE DIVISION:** Open hand and weapons combined. Music optional but not necessary. If you choose to use music, you must bring your own player. No releases or gymnastics permitted. Only creative martial arts techniques (example bo spins, jump kicks, multiple kicks, jujitsu rolls, etc.) NO cartwheels, back flips or non martial arts inversions. Must have creative elements. Traditional Forms combined with music are ok. Traditional Form by itself is not.

***EXTREME DIVISION:** Open hand and weapons combined. Music optional but not necessary. If you choose to use music, you must bring your own player. Releases and gymnastics are permitted.

***CHANBARA DIVISION**

(PADDED SWORD

FIGHTING): Equipment approved only. Foam padded swords and head gear with face mask required (we will have some on hand for those who do not have any).

**MAIL-IN PRE-REGISTRATION IS OPEN UNTIL
FRIDAY, MAY 25TH.
PAYABLE BY CERTIFIED CHEQUE OR MONEY ORDER ONLY!
CASH ONLY, AT THE DOOR.**

Name _____

Age _____ Belt _____ NOV. INT. ADV. BLK BLT
(Competing at age as of January 1, 2018 and highest belt level earned) (Please circle one)

Club _____

Address _____

Phone # _____ E-mail _____

Write In Your Division Numbers:

Kata _____ Self-defense _____ Sparring _____ Techniques Challenge _____

Weapons _____ Creative Kata/Weapons _____ Extreme Kata/Weapons _____

Belt Sparring _____ Chanbara (Padded Sword Fighting) _____ Team Kata _____

Advance Spectator Pass: Adult _____ @ \$7.00 each Advance Spectator Pass: Child _____ @ \$5.00 each

Door Spectator Pass: Adult _____ @ \$8.00 each Advance Spectator Pass: Child _____ @ \$5.00 each
Five and under FREE.

The applicant(s) hereby release and forever discharge Mark Yates, Promar Karate and Promar Karate's Instructors, the Listowel Legion and Authorized Guests from any and all actions and claims and demands whatsoever from damages, loss, theft or injury however arising which may hereby be sustained by the applicant or applicants in consequences of any participation at this event. I am fully aware of my medical condition and hereby certify that I am mentally and physically capable of competing at this event.

X _____
Applicant's signature and/or parent's signature if applicant is under 18 years of age.

We will call/email you once we have received your pre-registration as confirmation. If you do not get a phone call or email we HAVE NOT received your registration form!

Send Certified Cheques or Money Orders to Promar Karate, 190 Mitchell Road South, Listowel, Ontario, Canada, N4W 2B3

Judging

1-We will have diversity in the judging panel. Judging panels will be made of black belts from different styles and schools. **Black Belts should try not to judge their own students. We realize this will have to happen in some kyu belt divisions. In the Black Belt divisions Judges will not be judging their students, wives, husbands, instructors and teammates.**

Rules at a Glance

- 1-Sparring is light contact, **NO** face or groin. Full sparring gear (foam dipped gloves, headgear with face mask, and footgear), mouth guards and cups (for males) are mandatory in all sparring divisions.
- 2-Unsportsman like conduct from a parent, competitor or coach will result in the competitor being disqualified. Please behave appropriately.
- 3-Competitors compete at the highest belt level they have earned in *any* style.
- 4-Creative and Extreme divisions must stay true to the nature of the division. Music optional in Creative and Extreme.
- 5-No spectators on the floor. One parent may accompany a 6 and under competitor.
- 6-Each competitor is allowed to have one coach at ringside. Each coach may call one 10 second time out to coach their competitor during each match. Competitor may choose their coach. Parents are allowed to coach. Any abuse of officials or unsportsmanlike behavior of the coach will result in the minimum of a penalty point awarded to the other fighter.