

# **MID-WESTERN ONTARIO OPEN & 4TH ANNUAL CHANBARA CHAMPIONSHIPS!**

**Saturday,  
April 18, 2020**

## **LISTOWEL, ONTARIO**

Listowel is in Mid-western Ontario, 45 min from Guelph and Kitchener-Waterloo, an hour from Kincardine, and 70 min from London.

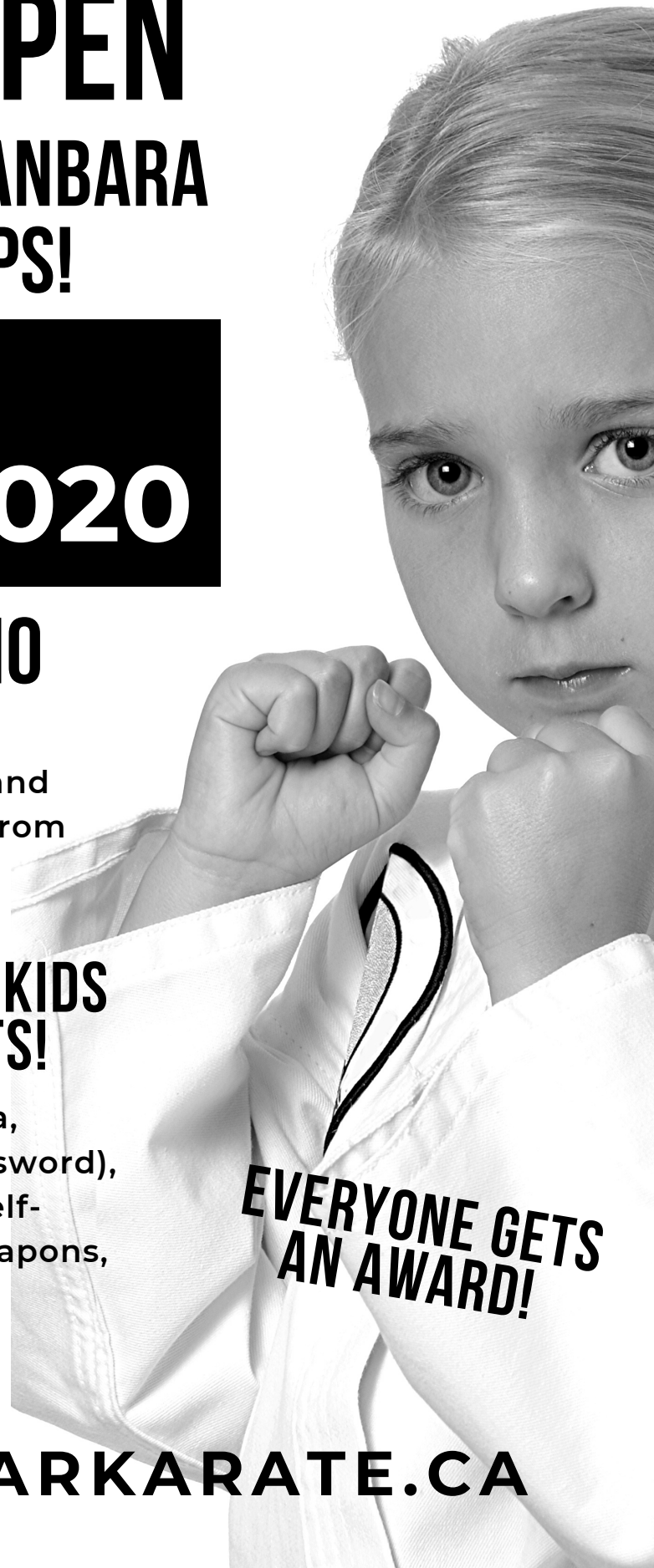
## **DIVISIONS FOR NOVICE KIDS TO SENIOR BLACK BELTS!**

We will have divisions for Kata, Weapons, Chanbara (padded sword), Flag Catch, Choreographed Self-Defense, Creative/Musical Weapons, and Team Kata.

**\*\*This is a non-sparring event.\*\***

**519-577-7874**

**INFO@PROMARKARATE.CA**



**EVERYONE GETS  
AN AWARD!**

# EVENT INFORMATION

## LOCATION: LISTOWEL ROYAL CANADIAN LEGION HALL

The tournament will be held in Listowel at the Listowel Royal Canadian Legion Hall, 565 Elizabeth St E, Listowel, ON.

## PRE-REGISTRATION: BY MONDAY, APRIL 13TH, 2020

PRE-REG COST: \$35/2 DIVISIONS, EACH ADDITION DIVISION \$5

At the door registration will be \$40/1 division, \$5 each additional division.

## SPECTATOR FEE: \$5 (CHILDREN UNDER 6 & ADULTS 60+ ARE FREE)

Who is a spectator? A spectator is a guest who is not a competitor who is coming in to watch the tournament. This could be parents, siblings, grandparents, family friends, or other non-competing team members.

START TIMES: 10AM - HANDICAP-ABLE  
10:30AM - ALL BLACK BELT DIVISIONS  
11:15AM - TEAM KATA & OPEN/MUSICAL  
NOON - ALL OTHER DIVISIONS

## EVERYONE GETS AN AWARD!

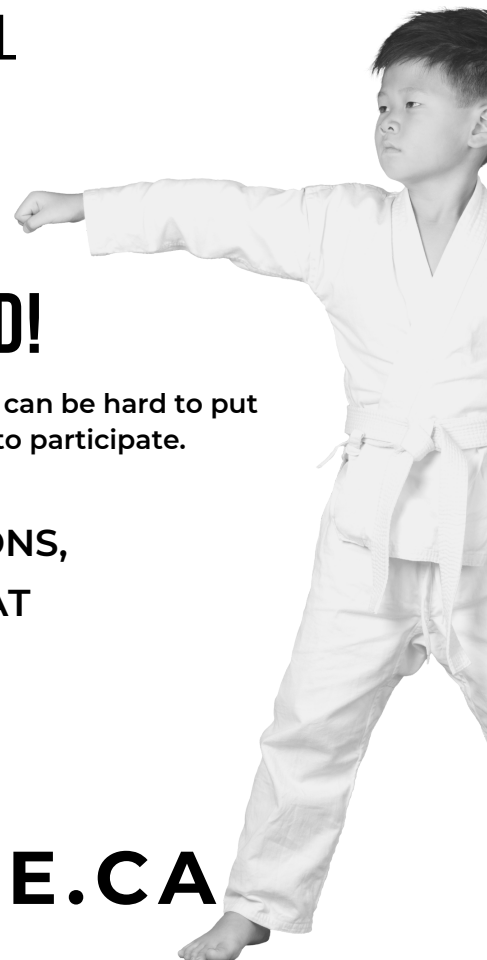
It is important to us that every competitor get an award. We know that it can be hard to put yourself out there, and we appreciate every competitor that comes to participate.

THE REGISTRATION FORM, COMPLETE LIST OF DIVISIONS,  
AND RULES FOR THE TOURNAMENT ARE AVAILABLE AT  
[HTTPS://PROMARKKARATE.CA/TOURNAMENT](https://promarkkarate.ca/tournament).

YOU CAN CONTACT MARK YATES AT:

**519-577-7874**

**INFO@PROMARKKARATE.CA**



# DIVISIONS 2020

## COLOURED BELTS

### Handicapable

- 1 - Under 12, All-belt
- 2 - 13 and up, All-belt

### Choreographed Self-Defense

- 3 - Under 5, All Belt
- 4 - 6 Years, All Belt
- 5 - 7-8, Novice
- 6 - 7-8, Advanced
- 7 - 9-10, Novice
- 8 - 9-10, Advanced
- 9 - 11-12, Novice
- 10 - 11-12, Advanced
- 11 - 13-17, All Belt
- 12 - Adult, All Belt

### Belt Sparring (All Belts)

- 13 - 3-4 Years
- 14 - 5 Years
- 15 - 6 Years
- 16 - 7-8 Years
- 17 - 9-10 Years
- 18 - 11-12 Years
- 19 - 13-17 Years
- 20 - 18+

### Team Kata

- 21 - Under 18
- 22 - 18+

### Creative/Open Weapons/Musical

- 23 - Under 18
- 24 - 18+

### Kata

- 25 - 3-4 Years
- 26 - 5 Years
- 27 - 6 Years
- 28 - 7-8, Novice
- 29 - 7-8, Intermediate
- 30 - 7-8, Advanced
- 31 - 9-10, Novice
- 32 - 9-10, Intermediate
- 33 - 9-10, Advanced
- 34 - 11-12, Novice
- 35 - 11-12, Intermediate
- 36 - 11-12, Advanced
- 37 - 13-17, Novice
- 38 - 13-17, Advanced
- 39 - 18+, Novice
- 40 - 18+, Advanced
- 41 - 35+, Novice
- 42 - 35+, Advanced

### Weapons

- 43 - 3-4 Years
- 44 - 5 Years
- 45 - 6 Years
- 46 - 7-8, Novice
- 47 - 7-8, Intermediate
- 48 - 7-8, Advanced
- 49 - 9-10, Novice
- 50 - 9-10, Intermediate
- 51 - 9-10, Advanced
- 52 - 11-12, Novice
- 53 - 11-12, Intermediate
- 54 - 11-12, Advanced
- 55 - 13-17, Novice
- 56 - 13-17, Advanced

### Weapons, Continued

- 57 - 18+, Novice
- 58 - 18+, Advanced
- 59 - 35+, Novice
- 60-35+, Advanced

### Chanbara (Padded Sword)

- 61 - 3-4 Years
- 62 - 5 Years
- 63 - 6 Years
- 64 - 7-8, Novice
- 65 - 7-8, Intermediate
- 66 - 7-8, Advanced
- 67 - 9-10, Novice
- 68 - 9-10, Intermediate
- 69 - 9-10, Advanced
- 70 - 11-12, Novice
- 71 - 11-12, Intermediate
- 72 - 11-12, Advanced
- 73 - 13-17, Novice
- 74 - 13-17, Advanced
- 75 - 18+, Novice
- 76 - 18+, Advanced

# DIVISIONS 2020

## BLACK BELTS

### Choreographed Self-Defense

77 - Under 18  
78 - 18+  
79 - 35+  
80 - 55+

### Kata

81 - Under 18, Girls  
82 - Under 18, Boys  
83 - 18+, Women  
84 - 18+, Men  
85 - 35+, Women  
86 - 35+, Men  
87 - 55+, Women  
88 - 55+, Men

### Weapons

89 - Under 18, Girls  
90 - Under 18, Boys  
91 - 18+, Women  
92 - 18+, Men  
93 - 35+, Women  
94 - 35+, Men  
95 - 55+, Women  
96 - 55+, Men

### Creative/Open Musical Weapons & Kata

97 - Under 18  
98 - 18+  
99 - 35+

### Chanbara

100 - Under 12, Coed  
101 - 13-17, Coed  
102 - 18+ Women  
103 - 18+ Men

### Team Kata

104 - All ages, Black Belts

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## Rules at a Glance

- 1) Unsportsmanlike conduct from a competitor, coach, or parent will result in the competitor being disqualified. Please behave appropriately.
- 2) Competitors compete at the highest belt level they have earned in any style.
- 3) No spectators on the floor – if the competitor is under 5 they may have one parent accompany them.

### Weapons & Creative

- 4) Must use a martial arts weapon(s) in all weapons divisions.
- 5) In creative/open musical divisions the lyrics in any music must be appropriate (no rude or suggestive language).

### Chanbara & Flag Catch

- 6) In these divisions please wear headgear, ideally with a facemask attachment.

### What is Flag Catch?

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

### Choreographed Self-Defense

- 7) Each competitor will perform a minimum of 3 self-defense moves; ALL techniques must show control of the attacker(s) at ALL TIMES. The maximum time allowed in the division is 3 minutes.

# MAIL-IN & EMAIL PRE-REGISTRATION IS AVAILABLE UNTIL MONDAY, APRIL 13TH, 2020.

YOU CAN GO TO [PROMARKARATE.CA/TOURNAMENT](http://PROMARKARATE.CA/TOURNAMENT) TO PRE-REG WITH OUR ONLINE FORM.  
ONLY PAYABLE VIA CERTIFIED CHECK/MONEY ORDER OR E-TRANSFER.

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Belt: \_\_\_\_\_ NOV INT ADV BLK Belt  
(Age as of April 18th, 2020) Please circle one

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Club Name: \_\_\_\_\_

## Divisions

- |   |   |
|---|---|
| <input type="checkbox"/> Choreographed Self-Defense | <input type="checkbox"/> Creative/Open Musical Kata & Weapons |
| <input type="checkbox"/> Kata/Forms                 | <input type="checkbox"/> Team Kata                            |
| <input type="checkbox"/> Weapons                    | <input type="checkbox"/> Flag Catch                           |
| <input type="checkbox"/> Chanbara (padded sword)    |   |

Please write in division numbers: \_\_\_\_\_

# of Spectator Passes: \_\_\_\_\_ (Under 6 and over 60 years old FREE)

**We will call/email you once we have received your pre-registration to confirm that you are registered. If you do not get a phone call or email we HAVE NOT received your registration form.**

The applicant hereby releases and forever discharges Mark Yates, Promar Karate, Promar Karate's Instructors, the Listowel Legion, and Authorized Guests from any and all actions, claims, and demands whatsoever from damages, loss, theft or injury however arising which may be sustained by the applicant in consequence 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 \_\_\_\_\_ Date: \_\_\_\_\_

Signature of competitor if over 18 years of age, or of parent/guardian.

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**FOR MAIL-IN REGISTRATION: PROMAR KARATE**  
**190 MITCHELL RD S**  
**LISTOWEL, ON**  
**N4W 3B3**

**E-MAIL REGISTRATION: [SHIHAN@PROMARKARATE.CA](mailto:SHIHAN@PROMARKARATE.CA)**

**CERTIFIED CHEQUES/MONEY ORDERS ARE PAYABLE TO PROMAR KARATE,**  
**E-TRANSFERS CAN BE SENT TO [SHIHAN@PROMARKARATE.CA](mailto:SHIHAN@PROMARKARATE.CA)**