

OCTOBER

22

SATURDAY

EVERYONE GETS AN AWARD!

MIDWESTERN ONTARIO OPEN

KARATE

TOURNAMENT

Divisions for Novice Kids to Senior Black Belts!

WE WILL HAVE DIVISIONS FOR KATA,
WEAPONS, SELF-DEFENSE, SPARRING,
CHANBARA (PADDED SWORD), & FLAG
CATCH (BELT SPARRING)!



SCAN ME

LISTOWEL, ON



LISTOWEL IS IN MID-WESTERN ONTARIO, 45 MIN FROM GUELPH AND KITCHENER-WATERLOO, AN HOUR FROM KINCARDINE, AND 70 MIN FROM LONDON.

THIS IS A PRE-REGISTRATION EVENT. REGISTER BY MIDNIGHT
ON THURSDAY, OCTOBER 20TH

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 Thursday, October 20th, 2022

Registration Fee: \$40/3 divisions, Each addition division \$10

THIS IS A PRE-REGISTRATION EVENT.

Spectator Fee: \$8 (Children under 5 & 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: 9:30AM • ALL PARAKARATE DIVISIONS
There are approximate start times, and may be updated after pre-registration.

10:00AM • ALL BLACK BELT DIVISIONS, CREATIVE/MUSICAL & UNDER 5S
11:00AM • BLACK BELT GRANDS
11:30AM • 6 & 7 YEAR OLDS
12:30PM • 8 & 9 YEAR OLDS
1:30PM • 10-12 YEAR OLDS
2:30PM • 13-17, 18 & UP

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 ALSO AVAILABLE AT
[HTTPS://PROMARKARATE.CA/TOURNAMENT](https://promarkarate.ca/tournament)

YOU CAN CONTACT SHIHAN MARK YATES AT:

519-577-7874

INFO@PROMARKARATE.CA



SCAN ME



DIVISIONS 2022

COLOURED BELTS

Competitors compete at the highest belt level they've achieved in any style.

Chanbara (Padded Sword)

C1 - Under 5, All Belts
C2 - 6 & 7 Years, Novice
C3 - 6 & 7 Years, Intermediate
C4 - 6 & 7 Years, Advanced
C5 - 8 & 9 Years, Novice
C6 - 8 & 9 Years, Intermediate
C7 - 8 & 9 Years, Advanced
C8 - 10-12 Years, Novice
C9 - 10-12 Years, Intermediate
C10 - 10-12 Years, Advanced
C11 - 13-17 Years, Novice
C12 - 13-17 Years, Intermediate
C13 - 13-17 Years, Advanced
C14 - 18+, All Belts

Flag Catch (Belt Sparring)

F1 - Under 5, All Belts
F2 - 6 & 7 Years, Novice
F3 - 6 & 7 Years, Intermediate
F4 - 6 & 7 Years, Advanced
F5 - 8 & 9 Years, Novice
F6 - 8 & 9 Years, Intermediate
F7 - 8 & 9 Years, Advanced
F8 - 10-12 Years, Novice
F9 - 10-12 Years, Intermediate
F10 - 10-12 Years, Advanced
F11 - 13-17 Years, Novice
F12 - 13-17 Years, Intermediate
F13 - 13-17 Years, Advanced
F14 - 18+, All Belts

Sparring

S1 - Under 5, All Belts
S2 - 6 & 7 Years, Novice
S3 - 6 & 7 Years, Intermediate
S4 - 6 & 7 Years, Advanced
S5 - 8 & 9 Years, Novice
S6 - 8 & 9 Years, Intermediate
S7 - 8 & 9 Years, Advanced
S8 - 10-12 Years, Novice
S9 - 10-12 Years, Intermediate
S10 - 10-12 Years, Advanced
S11 - 13-17 Years, Novice, M+
S12 - 13-17 Years, Novice, F+
S13 - 13-17 Years, Int. M+
S14 - 13-17 Years, Int. F+

Sparring, Continued

S15 - 13-17, Advanced, M+
S16 - 13-17, Advanced, F+
S17 - 18+, Novice, M+
S18 - 18+, Novice, F+
S19 - 18+, Intermediate, M+
S20 - 18+, Intermediate, F+
S21 - 18+, Advanced, M+
S22 - 18+, Advanced, F+

Kata

K1 - Under 5, All Belts
K2 - 6 & 7, Novice
K3 - 6 & 7, Intermediate
K4 - 6 & 7, Advanced
K5 - 8 & 9, Novice
K6 - 8 & 9, Intermediate
K7 - 8 & 9, Advanced
K8 - 10-12, Novice
K9 - 10-12, Intermediate
K10 - 10-12, Advanced
K11 - 13-17, Novice
K12 - 13-17, Intermediate
K13 - 13-17, Advanced
K14 - 18+, Novice
K15 - 18+, Int/Advanced
K16 - 35+, Novice
K17 - 35+, Int/Advanced

Weapons

W1 - Under 5, All Belts
W2 - 6 & 7, Novice
W3 - 6 & 7, Intermediate
W4 - 6 & 7, Advanced
W5 - 8 & 9, Novice
W6 - 8 & 9, Intermediate
W7 - 8 & 9, Advanced
W8 - 10-12, Novice
W9 - 10-12, Intermediate
W10 - 10-12, Advanced
W11 - 13-17, Novice
W12 - 13-17, Int/Advanced
W13 - 18+, Novice
W14 - 18+, Int/Advanced
W15 - 35+, Novice
W16 - 35+, Int/Advanced

Musical (Creative)

M1 - Musical Kata & Weapons, Under 18, All Belts
MK2 - Musical Kata & Weapons, 18+, All Belts
Self-Defense
SD1 - Under 5, All Belts
SD2 - 6 & 7, All Belts
SD3 - 8 & 9, Novice
SD4 - 8 & 9, Int/Advanced
SD5 - 10-12, Novice
SD6 - 10-12, Int/Advanced
SD7 - 13-17, Novice
SD8 - 13-17, Int/Advanced
SD9 - 18+, Novice
SD10 - 18+, Int/Advanced

Para-Karate

P1 - Under 12, All Belts
P2 - 13-17, All Belts
P3 - 18+, All Belts

BELTS AND LEVELS

Novice, intermediate, and advanced are roughly divided into the earliest third, middle third, and last third of the kyu/underbelt divisions.

Novice - White, Yellow
Intermediate - Orange, Green*
Advanced - Blue*, Brown

** In Kenpo blue is an intermediate belt and green is an advanced belt. Please register into the appropriate group to keep it fair for all competitors.*

PURPLE and RED belts are placed differently depending on the club/style.**

****Please contact us to confirm which division group you would be in if you have one of these belt levels.**

Half belts or striped belts would belong in the division of the full (lower ranked) level.

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.

DIVISIONS 2022

BLACK BELTS

Chanbara (Padded Sword)

C16 - Under 18
C17 - 18 & up, F+
C18 - 18 & up, M+

Weapons

W17 - Under 18, F+
W18 - Under 18, M+
W19 - 18-34, F+
W20 - 18-34, M+
W21 - 35-54, F+
W22 - 35-54, M+
W23 - 55 and up, F+
W24 - 55 and up, M+

Sparring

SJ1 - Under 12, F+
SJ2 - Under 12, M+
SJ3 - 13-17, F+
SJ4 - 13-17, M+
SB1 - 18+, M+, 150 lbs and under
SB2 - 18+, M+, 151-185lbs
SB3 - 18+, M+, 185lbs plus
SB4 - 18+, F+
SB5 - 35+, F+
SB6 - 35+, M+

Musical (Creative)

MB1 - Musical Kata & Weapons,
Under 18
MB2 - Musical Kata & Weapons, 18+

Kata

K18 - Under 18, F+
K19 - Under 18, M+
K20 - 18-34, F+
K21 - 18-34, M+
K22 - 35-54, F+
K23 - 35-54, M+
K24 - 55 and up, F+
K25 - 55 and up, M+

Self-Defense

SD11 - Under 18
SD12 - 18+
SD13 - 35+
SD14 - 55+

RULES AT A GLANCE

UNSPORTSMANLIKE CONDUCT FROM A COMPETITOR, COACH, OR PARENT WILL RESULT IN THE COMPETITOR BEING DISQUALIFIED. PLEASE BEHAVE APPROPRIATELY.

WEAPONS & KATA

You can perform a traditional, creative, open, or musical form and it will be judged accordingly. Must use a martial arts weapon(s) in all weapons divisions. If you choose to do a musical form, the lyrics in any music must be appropriate (no rude or suggestive language). The maximum time allowed in the division is 3 minutes.

CHANBARA (PADDED SWORD) & FLAG CATCH (BELT SPARRING)

Safety Equipment: In these divisions please wear a mouthguard, and headgear (face shield optional).

SPARRING - General rules are:

- Light contact.
- No face contact.
- Coloured belts, 2 mins or 5 points.
- BBs 2 minutes, 10-point mercy rule, only need a one-point lead to win.
- All techniques are one point.
- No sweeps, takedowns etc.
- No warnings for safety violations. Automatic 1-point or DQ if breaking rules, etc.

Safety Equipment: Mouthguard, headgear (face shield recommended), gloves, kickboots, & groin protection.

SELF-DEFENSE

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.

AGE

Please compete at the age you are as of October 22, 2022.

GENDER

Coloured belt youths and adults are competing with all genders together. Black belt divisions are divided up into M+ (boys, men, and non-binary folks) and F+ (girls, women, and non-binary folks). If you are non-binary or gender fluid please make the choice that works best for you.

We will not question your gender and we will take care to inform our judges that we are promoting an inclusive environment for ALL martial artists. If you have any questions or concerns in advance or at the event, please do not hesitate to speak with Shihan Mark Yates.

MAIL-IN & EMAIL PRE-REGISTRATION IS AVAILABLE UNTIL MIDNIGHT ON THURSDAY, OCTOBER 22, 2022.

YOU CAN GO TO 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 October 22, 2022) Please circle one

Address: _____

Phone #: _____

Email: _____

Club Name: _____

Divisions

- | | | |
|-------------------------------------|---------------------------------------|-------------------------------------|
| <input type="checkbox"/> Kata/Forms | <input type="checkbox"/> Self-Defense | <input type="checkbox"/> Flag Catch |
| <input type="checkbox"/> Weapons | <input type="checkbox"/> Chanbara | <input type="checkbox"/> Sparring |

Please write in division numbers: _____

of Spectator Passes: _____ (Under 5 and adults 60+ are 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.

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

E-MAIL REGISTRATION: SHIHAN@PROMARKARATE.CA

**CERTIFIED CHEQUES/MONEY ORDERS ARE PAYABLE TO PROMAR KARATE,
E-TRANSFERS CAN BE SENT TO SHIHAN@PROMARKARATE.CA**

**TOURNAMENT
FEE: \$40/3
DIVISIONS,
EACH
ADDITION
DIVISION \$10**

**SPECTATOR
FEE: \$8
(CHILDREN
UNDER 5 &
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.