

**SATURDAY  
OCT 26**

**LISTOWEL,  
ONTARIO**

**CHANBARA**



# **CHAMPIONSHIPS**

- **CHANBARA (TWO-HANDED)**
- **SHIELD AND SWORD  
CHANBARA**
- **BELT SPARRING (FLAG CATCH)**

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

**All ages and belt levels welcome! Parakarate divisions available**

**THIS IS A PRE-REGISTRATION EVENT. REGISTER BY  
MIDNIGHT ON TUESDAY, OCTOBER 22ND**

**[WWW.PROMARKARATE.CA/TOURNAMENT](http://WWW.PROMARKARATE.CA/TOURNAMENT)**

# EVENT INFORMATION

**Location: Listowel Legion Hall (Small Hall, Upstairs)**

Royal Canadian Legion Branch 259, 565 Elizabeth St E, Listowel, ON N4W 2R1

**Pre-Registration: By Tuesday, October 22nd**

**Registration Fee: \$45/3 divisions**

Fees must accompany registration please. Send e-transfers to [shihan@promarkarate.ca](mailto:shihan@promarkarate.ca)

**Spectator Fee: \$10 (Children 5 and Under & 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 Time: 10am - We will post start times for different age groups after we've finished pre-registration.**

**Divisions with more than 10 competitors will be split into smaller groups.**

We appreciate our competitors and want everyone to have a great experience. Splitting divisions takes a little extra time so please have patience during this process.

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 2024

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

## BELT SPARRING

Belt Sparring will be co-ed. In both Chanbara divisions we will separate boys and girls. The exception will be if you are a one-person division. If that is the case, we will automatically put you in with the other gender.

B1-5 and under, all belts.  
B2-6&7 Novice  
B3-6&7 Int. & Adv.  
B4-8&9 Novice  
B5-8&9 Intermediate  
B6-8&9 Advanced  
B7-10-12 Novice  
B8-10-12 Intermediate  
B9-10-12 Advanced  
B10-13-17 Novice  
B11-13-17 Intermediate  
B12-13-17 Advanced.  
B13-Adult Novice & Int  
B14-Adult Advanced & Black Belt

## CHANBARA (TWO HANDED)

Women and girls are division A, men and boys are division B. Non-binary folks can choose one or the other (not both) for their division. E.g. C1A is Chanbara, five and under, female. If you are non-binary please choose one.

### Girls and Women:

C1A-5 and under, all belts.  
C2A-6&7 Novice  
C3A-6&7 Int. & Adv.  
C4A-8&9 Novice  
C5A-8&9 Intermediate  
C6A-8&9 Advanced  
C7A-10-12 Novice  
C8A-10-12 Intermediate  
C9A-10-12 Advanced  
C10A-13-17 Novice  
C11A-13-17 Intermediate  
C12A-13-17 Advanced  
C13A-Adult Novice & Intermediate  
C14A-Adult Advanced & Black Belt

### Boys and Men Divisions:

C1B-5 and under, all belts.  
C2B-6&7 Novice  
C3B-6&7 Int. & Adv.  
C4B-8&9 Novice  
C5B-8&9 Intermediate  
C6B-8&9 Advanced  
C7B-10-12 Novice  
C8B-10-12 Intermediate  
C9B-10-12 Advanced  
C10B-13-17 Novice  
C11B-13-17 Intermediate  
C12B-13-17 Advanced.  
C13B-Adult Novice & Intermediate  
C14B-Adult Advanced & Black Belt

## SHIELD AND SWORD

For Shield and Sword, the fighter holds the sword in one hand and a focus pad on the other. The focus pad can be used for blocking. Points are scored to the same areas as regular chanbara but using the one hand.

### Girls and Women:

SS1A-5 and under, all belts.  
SS2A-6&7 Novice  
SS3A-6&7 Int. & Adv.  
SS4A-8&9 Novice  
SS5A-8&9 Intermediate  
SS6A-8&9 Advanced  
SS7A-10-12 Novice  
SS8A-10-12 Intermediate  
SS9A-10-12 Advanced  
SS10A-13-17 Novice  
SS11A-13-17 Intermediate  
SS12A-13-17 Advanced.  
SS13A-Adult Novice & Int  
SS14A-Adult Advanced & Black Belt

### Boys and Men Divisions:

SS1B-5 and under, all belts.  
SS2B-6&7 Novice  
SS3B-6&7 Int. & Adv.  
SS4B-8&9 Novice  
SS5B-8&9 Intermediate  
SS6B-8&9 Advanced  
SS7B-10-12 Novice  
SS8B-10-12 Intermediate  
SS9B-10-12 Advanced  
SS10B-13-17 Novice  
SS11B-13-17 Intermediate  
SS12B-13-17 Advanced.  
SS13B-Adult Novice & Int  
SS14B-Adult Advanced & Black Belt

# PRE-REGISTRATION IS AVAILABLE UNTIL MIDNIGHT ON TUESDAY, OCTOBER 22ND.

YOU CAN GO TO [PROMARKKARATE.CA/TOURNAMENT](http://PROMARKKARATE.CA/TOURNAMENT) TO PRE-REG WITH OUR ONLINE FORM.  
PAYABLE VIA E-TRANSFER TO [SHIHAN@PROMARKKARATE.CA](mailto:SHIHAN@PROMARKKARATE.CA)

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

Age: \_\_\_\_\_ Belt: \_\_\_\_\_ Nov / Int / Adv Gender: \_\_\_\_\_  
(Age as of day of competition) (Coloured belts, please circle)

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

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

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

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

**DIVISIONS** (Please write in division number. Register for only 4 divisions)

Chanbara # \_\_\_\_\_ Shield & Sword # \_\_\_\_\_

Belt Sparring (Flag Catch) # \_\_\_\_\_

# of Spectator Passes: \_\_\_\_\_

Spectators 5 and Under and 60+ are free

The applicant hereby releases and forever discharges Mark Yates, Promar Karate, Promar Karate's Instructors, Listowel Agricultural Hall, 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.

**TOURNAMENT  
FEE: \$45/3  
DIVISIONS**

**SPECTATOR  
FEE: \$10  
(CHILDREN 5  
AND UNDER &  
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.

Register by going to [promarkkarate.ca/tournament](http://promarkkarate.ca/tournament) and attaching your registration form or e-mailing your registration form to "[shihan@promarkkarate.ca](mailto:shihan@promarkkarate.ca)".

Please send in e-transfer payment for competitors and spectators with your registration form. Put the competitors full name on the e-transfer. Send e-transfers to [shihan@promarkkarate.ca](mailto:shihan@promarkkarate.ca)

We will email you when we receive your forms and payment.