

APRIL  
**26**  
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, CHANBARA (PADDED SWORD), SELF DEFENSE, BELT SPARRING (FLAG CATCH), POINT SPARRING & PARAKARATE DIVISIONS!



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 TUESDAY, APRIL 22ND  
[WWW.PROMARKKARATE.CA/TOURNAMENT](http://WWW.PROMARKKARATE.CA/TOURNAMENT)**

# EVENT INFORMATION

## Location: Listowel Agriculture Hall

Listowel AG Hall, 5699 Perth Line 86, Listowel, ON N4W 3H4

## Pre-Registration: By Tuesday, April 22nd

## Registration Fee: \$45/3 divisions, Addition division \$15

Even though we are offering 6 different divisions, please pick only four. This will speed up the event.

## 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 TIMES:

There are approximate start times, and will be updated after pre-registration. Official start times will be sent out on Thursday, April 26th.

- 8:30AM• DOORS OPEN
- 9:30AM• BLACK BELT SELF DEFENSE, WEAPONS & KATA, ALL PARAKARATE DIVISIONS
- 10:30AM• 5 & UNDER, 6-7
- NOON• 8-9
- 1:30PM• 10-12
- 3PM• BLACK BELT SPARRING, 13-17, 18+ COLOURED BELTS

**BLACK BELTS:** If you've ever competed, someone was there to judge you! Please let us know if you're able to assist during the day to give us a diverse judging panel.

### **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**



# DIVISIONS 2025

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

Novice: White & Yellow | Intermediate: Orange & Green | Advanced: Blue & Brown

\*Purple and Red are used in different levels, please clarify upon registration. Belt systems in Kempo and Kung Fu can differ, please go in the division appropriate for your belt rank.

## COLOURED BELTS

### Chanbara (Padded Sword)

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

### Flag Catch/Belt Sparring

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

## Sparring

Divisions for ages 8+ will be separating girls/women (A) and boys/men (B); if you are non-binary please choose whichever group works best for you

S1 - 5 and Under, All Belts  
S2 - 6 & 7 Years, Novice  
S3 - 6 & 7 Years, Int/Adv  
S4 - 8 & 9 Years, Novice, A/B  
S5 - 8 & 9 Years, Int., A/B  
S6 - 8 & 9 Years, Advanced, A/B  
S7 - 10-12 Years, Novice, A/B  
S8 - 10-12 Years, Int., A/B  
S9 - 10-12 Years, Adv., A/B  
S10 - 13-17 Years, Novice, A/B  
S11 - 13-17 Years, Int. A/B  
S12 - 13-17, Advanced, A/B  
S13 - 18+, Novice, A/B  
S14 - 18+, Int/Adv, A/B

## Weapons

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

## Kata

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

## Self-Defense

SD1 - 5 and Under, 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 18, All Belts  
P2 - 18+, All Belts

## BLACK BELTS

### Chanbara (Padded Sword)

C12 - 13-17 Years, Adv/BB  
C13 - 18+, All Belts/BB  
*Will be held at the start times for 13-17 & 18+*

### Belt Sparring/Flag Catch

F12 - 13-17 Years, Adv/BB  
F13 - 18+, All Belts/BB  
*Will be held at the start times for 13-17 & 18+*

## Sparring

*Sparring is split into A=Girls/Women/Non-binary and B=Boys/Men/Non-Binary. If you're non-binary please choose 1 group to compete in.*

SBB1 - Under 12, A/B  
SBB2 - 13-17, A/B  
SBB3 - 18+, A/B  
SBB4 - 35+, A/B

## Self-Defense

SD11 - Under 18  
SD12 - 18+

## Kata

KBB1 - Under 18  
KBB2 - 18-34  
KBB3 - 35-54  
KBB4 - 55-64  
KBB5 - 65+  
KBB6 - Kempo Forms - Under 18  
KBB7 - Kempo Forms - 18+

## Weapons

WBB1 - Under 18  
WBB2 - 18-34  
WBB3 - 35-54  
WBB4 - 55-64  
WBB5 - 65+

# PRE-REGISTRATION IS AVAILABLE UNTIL MIDNIGHT ON TUESDAY, APRIL 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)

Kata/Forms # \_\_\_\_\_ Self-Defense # \_\_\_\_\_

Weapons # \_\_\_\_\_ Flag Catch # \_\_\_\_\_

Sparring # \_\_\_\_\_ Chanbara # \_\_\_\_\_

# 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,  
ADDITION  
DIVISION \$15**

**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.