



# CHANBARA & Fight Fest

**Sparring, Two Handed Chanbara, Sword  
& Shield Chanbara, Belt Sparring**

All Ages & Belt  
Levels Welcome

Free Team Chanbara  
(for registered competitors)

**Saturday**  
25 October

**Registration**  
\$45/3 Divisions

**Listowel**  
Legion

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

565 Elizabeth St E, Listowel, ON N4W 2T4

**Register Now!**

[promarkarate.ca/fightfest](http://promarkarate.ca/fightfest)

# 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 Wednesday, October 22nd

## Registration Fee: \$45/3 divisions, Additional Division \$15

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 [PROMARKARATE.CA/FIGHTFEST](http://PROMARKARATE.CA/FIGHTFEST)

YOU CAN CONTACT SHIHAN MARK YATES AT:

**519-577-7874**

**SHIHAN@PROMARKARATE.CA**



# DIVISIONS

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

## BELT SPARRING

Belt Sparring will be co-ed. In Sparring & 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

## SPARRING

Group A: Girls/Women

Group B: Boys/Men

If you're non-binary, please choose one group and maintain consistency

Eg. S1 A is Sparring, Under 5, Girls

S1 A/B- 5 and under, all belts.

S2 A/B- 6&7 Novice

S3 A/B- 6&7 Int. & Adv.

S4 A/B- 8&9 Novice

S5 A/B- 8&9 Intermediate

S6 A/B- 8&9 Advanced

S7 A/B- 10-12 Novice

S8 A/B- 10-12 Intermediate

## SPARRING, CONTINUED

S9 A/B- 10-12 Advanced

S10 A/B- 13-17 Novice

S11 A/B- 13-17 Intermediate

S12 A/B- 13-17 Advanced.

S13 A/B- Adult Novice

S14 A/B- Adult Intermediate

S15 A/B- Adult Advanced

S16 A/B- Black Belt

## CHANBARA (TWO HANDED)

Group A: Girls/Women

Group B: Boys/Men

If you're non-binary, please choose one group and maintain consistency

Eg. C1A is Chanbara, Under 5, Girls

C1 A/B- 5 and under, all belts.

C2 A/B- 6&7 Novice

C3 A/B- 6&7 Int. & Adv.

C4 A/B- 8&9 Novice

C5 A/B- 8&9 Intermediate

C6 A/B- 8&9 Advanced

C7 A/B- 10-12 Novice

C8 A/B- 10-12 Intermediate

C9 A/B- 10-12 Advanced

C10 A/B- 13-17 Novice

C11 A/B- 13-17 Intermediate

C12 A/B- 13-17 Advanced

C13 A/B- Adult Novice & Intermediate

C14 A/B- 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.

CS1 A/B- 5 and under, all belts.

CS2 A/B- 6&7 Novice

CS3 A/B- 6&7 Int. & Adv.

CS4 A/B- 8&9 Novice

CS5 A/B- 8&9 Intermediate

CS6 A/B- 8&9 Advanced

CS7 A/B- 10-12 Novice

CS8 A/B- 10-12 Intermediate

CS9 A/B- 10-12 Advanced

CS10 A/B- 13-17 Novice

CS11 A/B- 13-17 Intermediate

CS12 A/B- 13-17 Advanced.

CS13 A/B- Adult Novice & Int

CS14 A/B- Adult Advanced & Black Belt

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

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

## TOURNAMENT FEE: \$45/3 DIVISIONS, ADDITIONAL DIVISION \$15

Are you interested in joining Team Chanbara? It's FREE! Teams are made up of 3 members in these age groups: 5 & Under, 6-7, 8-9, 10-12, 13-17, Adult. Make a group with your club if you can! Not enough for your age group? Mark down that you'd like to join in and we'll find you a team.

## 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/fightfest](http://promarkkarate.ca/fightfest) 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 contact you when we've received your form & payment. If you don't hear from us within 3 days, please email Mark at [shihan@promarkkarate.ca](mailto:shihan@promarkkarate.ca) to make sure we received your registration form.

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
(Age as of day of competition)

Belt: \_\_\_\_\_ Nov Int Adv Black Belt Gender: \_\_\_\_\_

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

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

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

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

### DIVISIONS (Please write in division number)

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

Belt Sparring/Flag Catch # \_\_\_\_\_ Team Chanbara \_\_\_\_\_  
Please write in teammate names or if you need to be placed on a team

**SPECTATORS** # of Passes \_\_\_\_\_ Spectators 5 and Under and 60+ are free

The applicant hereby releases and forever discharges Mark Yates, Promar Karate, Promar Karate's Instructors, the local venue, 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.

# RULES

## PLEASE READ CAREFULLY

**Be Allergy Aware: This is a nut-free environment.** Some people have serious and deadly allergies to foods like peanuts. Please be considerate when bringing in food - thank you!

### COACHING

No coaching.

### CHANBARA (PADDED SWORD) & SHIELD AND SWORD

- No hits to the head, face, throat or groin. Hits to arms, legs, torso and back are allowed.
- No baseball swings. No running to avoid the fight. Action stops if a player falls.
- Two hands on the handle for it to be a point - for shield and sword one hand on sword, other hand holds shield
- Fights are 90 seconds or the first to five points.

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

### BELT SPARRING (FLAG CATCH)

- Each player gets three flags tucked into their belt. Players must pull out the other person's flags.
- Belt pieces are one in the middle, one to each side and slightly towards the front.
- Matches are 30 seconds or the first one to get all the flags.
- You may move and block but no strikes, no holding onto your flags, and don't avoid the fight.

### SPARRING

- No sweeps or take downs. Refs will stop the action if a player ends up on the floor. Deliberate falling or running out of the ring to avoid an attack will be a one point penalty (no warnings)
- Light contact. Excessive contact is a penalty point or DQ
- No face contact or strikes below the belt or to the back. Non-target contact is a penalty point or DQ
- All techniques are one point
- Coloured belt matches will be 90 seconds or first to 5 points. Black belt matches will be 2 minutes or first to 5 points.

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