

APRIL
25
SATURDAY

EVERYONE GETS AN AWARD!

SMALL DIVISION SIZES: DIVISIONS THAT HAVE 9+ COMPETITORS WILL BE BROKEN INTO SMALLER GROUPS

MIDWESTERN ONTARIO OPEN

TOURNAMENT

Divisions for Novice Kids to Senior Black Belts!

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



SCAN ME

LISTOWEL, ON



LISTOWEL AGRICULTURAL HALL, 5699 PERTH LINE 86, LISTOWEL ONTARIO
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 WEDNESDAY, APRIL 22ND**

WWW.PROMARKARATE.CA/TOURNAMENT

EVENT INFORMATION

Location: Listowel Agricultural Hall

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

Pre-Registration: By Wednesday, April 22nd

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

Competitors may register for a maximum of 4 divisions. Fees must accompany registration please. Send e-transfers to shihan@promarkarate.ca

- **Competitors compete at the highest belt level they've achieved in any style.**
- **Divisions with 9+ 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. Eg. If we have 12 competitors, they would be broken into two groups of 6 - that means we'd have two firsts, two seconds, etc.

- **Belt Sparring will be co-ed**
- **Sparring & Chanbara will be separated by gender**

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. Group A: Girls/Women/Non-Binary (AFAB) | Group B: Boys/Men/Non-Binary (AMAB)

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.

THE REGISTRATION FORM, COMPLETE LIST OF DIVISIONS, AND RULES FOR THE TOURNAMENT ARE ALSO AVAILABLE AT PROMARKARATE.CA/TOURNAMENT

YOU CAN CONTACT SHIHAN MARK YATES AT:

519-577-7874

SHIHAN@PROMARKARATE.CA



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

YOU CAN GO TO PROMARKARATE.CA/TOURNAMENT TO PRE-REG WITH OUR ONLINE FORM.
PAYABLE VIA E-TRANSFER TO SHIHAN@PROMARKARATE.CA

TOURNAMENT FEE: \$45/3 DIVISIONS, ONE ADDITIONAL 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, coaches, or other non-competing team members.

Register by going to promarkarate.ca/tournament and attaching your registration form, emailing your registration form to "shihan@promarkarate.ca", or handing in your registration form.

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@promarkarate.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@promarkarate.ca to make sure we received your registration form.

Name: _____ Birthdate: _____
YYYY - MM - DD

Belt: _____ Nov Int Adv Black Belt Gender: _____

Address: _____

Phone #: _____

Email: _____

Club Name: _____

AGE GROUP (Please check off your age group)

Coloured Belts: 5 and Under__ 6-7__ 8-9__ 10-12__ 13-17__ 18-34__ 35+__

Black Belts: 10 and Under__ 11-13__ 14-17__ 18-24__ 35-49__ 50+__ 60+__

DIVISIONS (Please check off your division)

Self Defense ___ Weapons___ Sparring ___ Kata ___ Kempo Kata___

Belt Sparring/Flag Catch ___ Chanbara _____ Parakarate ___

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 (PG. 1)

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.

WEAPONS & KATA

1 - You can perform a traditional or creative form and it will be judged accordingly. No music. Must use a martial arts weapon(s) in all weapons divisions. The maximum time allowed in the division is 3 minutes.

2 - Weapons: If you drop your weapon there is NO restart and NO score. All divisions.

3 - Kata: Coloured belts are allowed one restart. While there is no set penalty, it will be up to each judge's discretion if they will lower that player's score. Black belts will have no restart and no score.

CHANBARA (PADDED 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.
- 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.
- 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.

SELF-DEFENSE

Players need a partner/attacker (some people don't realize this). Your partner should have a uniform or if a parent is your partner, something karate-ish. Players have a maximum of three minutes. They must demonstrate at least three moves. ALL techniques must show control of the attacker(s) at ALL TIMES.

RULES (PG. 2)

PLEASE READ CAREFULLY

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

Notes: 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.

Jr Black Belts are to enter the appropriate Black Belt division(s). Coloured belts are to enter the appropriate coloured belt division(s). **All competitors compete at the highest rank they have achieved in any style.** If you got a Black Belt in Tae Kwon Do ten years ago and you are currently a yellow belt in Shotokan, you compete as a Black Belt.

Instructors, if your Brown Belt student is so advanced and fantastic that you think they should compete in the Black Belt division, please grade them to Black Belt and I will be happy to oblige.

Parents/Coaches caught fudging their child's belt level to get into an easier/lower division will be disqualified. At my last event, I had 5 parents trying to sneak orange belts in with the whites and yellows. I have no tolerance for that sort of cheating.

AGE

Compete at the age you are the day of the tournament.

GENDER

Compete as whichever gender you go by. No questions will be asked. However, please clearly mark your gender on your registration form and cards.

PARAKARATE DIVISIONS

You may go into up to four divisions. Kata, Weapons and Self-defense can be Para. Para for sparring, chanbara and belt sparring may depend on how many competitors we have. If you are the only person in a head to head division you may take first place and we will try to get you an exhibition match. You may also opt to go into the non-Para equivalent division.

RESPECT FOR OTHERS

Coaches, players and parents who are disrespectful to others will see their player/child disqualified from not just that division, but from the entire event. There will be zero tolerance for abuse upon anyone!! Be nice.