



MIDWESTERN Ontario Open

**Kata, Weapons, Self Defense, Sparring, Two
Handed Chanbara, Belt Sparring, Kempo Kata**

All Ages & Belt
Levels Welcome

Everyone wins an
award!

Saturday
3 Oct

Registration
\$45/3 Divisions

Pre-Registration
Shiai

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

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

Register Now!

promarkarate.ca/tournament/

EVENT INFORMATION

Location: Listowel Agricultural Hall

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

Pre-Registration: By midnight on Wednesday, September 30th

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

- **Black Belt Divisions for 18-29, 30-44, 45-54, 55-64, & 65+**
- **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.

- **Competitors compete at the highest belt level they've achieved in any style. 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, SEPTEMBER 30TH

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

How to Register:

Step 1: Go to www.promarkarate.ca/tournament and either:

- A/ Download the registration form, and email it to Shihan Mark Yates at "shihan@promarkarate.ca" or,
- B/ Go to promarkarate.ca/tournament and fill out the online Registration Form

Step 2: Please send in the payment for the competitors and spectators via etransfer to "events@promarkarate.ca". Please put the competitor name(s) in the message so we can process your registration correctly.

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: _____

Age/Birthdate: ____/____ Gender: _____
YYYY - MM - DD

Belt Level: _____ Please Circle: Nov Int Adv Black Belt

Address: _____

Phone #: _____ Email Address: _____

Club Name: _____

Divisions:

- | | |
|---------------------------------------|---|
| ☐ Kata | ☐ Chanbara (padded sword) |
| ☐ Weapons | ☐ Belt Sparring (flag catch) |
| ☐ Sparring | ☐ Kempo Kata |
| ☐ Self Defense | ☐ Parakarate |

Age Group:

Based on your birthdate and how old you are the day of the tournament we will sort you into the appropriate group.
Coloured belt age groups: Under 5, 6-7, 8-9, 10-12, 13-17, 18-34, 35+
Black Belts: Under 12, 13-17, 18-29, 30-44, 45-54, 55-64, 65+

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.