

# Michigan Karate Tournament

**Children**  
Ages 5 - 10

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**Youth**  
Ages 11 - 17

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**Adults**  
Ages 18 - 34

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**Seniors**  
Ages 35 & older



**Sunday, April 21, 2013**

**Garden City Middle School  
1851 Radcliff St.  
Garden City, MI 48135**

Hosted by: **Shotokan Karate Federation of Michigan**  
[www.karatemi.com](http://www.karatemi.com)

Contact **Sensei Tony Valvona** if you have questions  
Cell phone: (734) 658-5683 E-mail: [Tony@karatemi.com](mailto:Tony@karatemi.com)

10:00 a.m. Doors open  
11:00 a.m. Introduction of Officials  
National Anthem  
11:30 a.m. Competition Begins

Spectator/parent fees (paid at the door):

\$5.00: Adults (15 yrs & older)  
\$3.00: Sr. Citizens (65 yrs & older)  
\$3.00: Children (5-14 yrs)  
Free: Children (4 yrs & younger)

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## IMPORTANT INFORMATION

Please make checks or money orders payable to Tony Valvona.

Mail form with check or money order to:

Tony Valvona  
44060 Cottisford Rd,  
Northville, MI 48167-8911

1 EVENT: \$40 2 EVENTS: \$50 3 EVENTS: \$60 4 EVENTS: \$70

- Postmark all Fees & Registration Forms by April 2, 2013
- Add \$5 late fee per event if postmarked after April 2, 2013
- No registration will be accepted after April 9, 2013
- **No Refunds After Registration**

## GENERAL

<b>When to Arrive:</b>	10:15 am	Competitors begin check-in**
	10:30 am	Judges and Referee, briefing
	11:00 am	Introduction of officials
	11:15 am	National Anthem
	11:30 am	Competition begins

<b>**Check-in Times:</b>	10:15 am	Ages 5-10: All Flag Sparring Competitors
	11:30 am	Ages 5-17: Kihon (Basics) competitors
	Noon	Ages 18 & older: Kihon (basics) competitors
	12:30 pm	All Ages: Kata (Forms) competitors
	1:15 pm	All Ages: Kumite (Sparring) competitors

Early check-in is permitted.

**Check-in time is NOT the competition start time.**

**Food:** Pizza, pop, coffee and bottled water will be available for purchase on site.

**Only water in plastic bottles for the competitors will be allowed in the gymnasium.** All other food or drink **must** remain in the cafeteria. Consuming food or drink in the hallways is not allowed.

**Continued on next page**

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### JUDGES

#### **Dress Code:**

**Judges and officials** are required to wear gray or dark pants, white shirt, a blue tie and blue or dark colored sport coat. . Black belts helping with the tournament can wear their Karate uniform. **Lady judges** – no heels, flat soles only (because of mats). **Center Referee** – black slip-on shoes are recommended for match area, but are not mandatory.

### COMPETITORS

#### **Awards:**

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded in each division.  
A spirit medal will be awarded for competitors ages 10 and younger.

#### **Equipment General:**

- All Competitors: No eyeglasses will be allowed unless they are high impact sport glasses approved by the Tournament Director or Doctor.
- All Competitors ages 5-17: Cloth shin pads & foot pads are optional.
- All Competitors ages 18 & older: Foot pads, shin guards, wrapped bandages (unless for obvious injury) are **NOT** allowed.

#### **Equipment Kumite:**

- All Competitors: Head protector (white preferred) is optional (but highly recommended).
- All Competitors: Fist pads are mandatory. USANKF or WKF style pads is preferred but one (1) inch thick, fabric-type fist pads, will be allowed. Recommend one set of red and one set of blue, however, other colors are acceptable.
- All Competitors: Mouth guard is **mandatory**.
- Females: Chest protector is optional (must have your own).
- Males: Groin cup is **mandatory**.

#### **Equipment Flag Sparring:**

- All Competitors (ages 5-10): Only head protector is **mandatory**.

#### **Uniform:**

- All Competitors must wear a clean white Karate uniform with their Karate belt.
- All Competitors are allowed only one club patch, five inches in diameter, on the left side of the uniform jacket.

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The tournament director reserves the right to combine divisions and / or mix gender

## KIHON (Basics)

**Basic Technique Competition:** Two at a time. Male and female divisions may be combined.

Perform set #1 or #2 as indicated on the division bracket sheet.  
Kiai on number 4 – forward & backward

Children ----- Ages 5-10      Youth ----- Ages 11-17  
Adults----- Ages 18-34      Seniors ----- Ages 35 & older

### **9<sup>th</sup> -- 8<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.*

Set 1f: Stepping forward four times: execute lunge punch to stomach.

Set 1b: Stepping backward four times: execute rising block.

**OR (per random selection by the tournament committee)**

Set 2f: Stepping forward four times: execute inward to outward block (underarm block).

Set 2b: Stepping backward four times: execute downward block.

### **7<sup>th</sup> -- 6<sup>th</sup> Kyu**

Stepping back with right leg in Kamae (combative stance) then leaving punching or blocking arm out in between counts. *Each move will be counted separately.*

Set 1f: Stepping forward four times: execute punch to face and twice to stomach.

Set 1b: Stepping backward four times: execute rising block and reverse punch to stomach.

**OR (per random selection by the tournament committee)**

Set 2f: Stepping forward four times: execute front snap kick from back leg to stomach then execute a punch to face from same kicking side upon landing in front stance.

Set 2b: Stepping backward four times: execute knife hand block in back stance, switching to front stance and execute reverse punch to stomach.

**Continued on next page**

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### KIHON (Basics)

#### 5<sup>th</sup> -- 4<sup>th</sup> Kyu

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each move will be counted separately.*

Set 1f: Stepping forward four times: outside to inward block in front stance, switch to horse stance and execute elbow attack, Jodan back fist, switch to front stance reverse punch to stomach.

Set 1b: Stepping backward four times: execute inward to outward block, jab with front hand to face level (Kizami-zuki) and reverse punch to stomach.

#### **OR (per random selection by the tournament committee)**

Set 2f: Stepping forward four times: execute front snap kick with front leg to stomach landing in front stance, execute a roundhouse kick with rear leg to face and reverse punch to stomach.

Set 2b: Stepping backward four times: execute lunge punch to face and two punches to stomach, roundhouse kick with front leg to stomach landing with reverse punch to stomach.

#### 3<sup>rd</sup> Kyu through Black Belt

Stepping back with right leg in Kamae (combative stance) and coming back to Kamae in between counts. *Each move will be counted separately.*

Set 1f: Stepping forward four times: with rear leg execute front snap kick to stomach, same leg roundhouse kick to face landing in front stance with reverse punch to stomach.

Set 1b: Stepping backward four times: execute knife hand block in back stance, front leg front snap kick to stomach, lead hand back fist to face landing forward in front stance with reverse punch to stomach.

#### **OR (per random selection by the tournament committee)**

Set 2f: Stepping forward four times: with rear leg execute front snap kick to stomach landing forward in front stance and immediately with other rear leg execute front snap kick to stomach retracting kicking leg behind you, front leg roundhouse kick to stomach landing in front stance with reverse punch to stomach.

Set 2b: Stepping backward four times: execute downward block in front stance, front leg front snap kick to stomach landing forward in front stance with a jab with front hand to face (Kizami-zuki) and reverse punch to stomach.

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## KATA (Forms)

- Flag system:** Two at a time.
- Ranks 9 Kyu – 4 Kyu:** Must perform basic Kata such as: Taikyoku, Heian, Pinan, Gekisai & any other similarly categorized Kata.
- Ranks 3 Kyu & above:** Must perform advanced Kata's from Tekki Shodan and up.

**Separate** male & female divisions, if practical, divided by **similar** rank & age as follows.

- Children ----- Ages 5-6 & 7-8 & 9-10
- Youth ----- Ages 11-12 & 13-14 & 15-17
- Adults ----- Ages 18-34
- Seniors ----- Ages 35 & older

## FLAG SPARRING

**Intended for children not yet into free sparring (Kumite).**

Headgear is **mandatory** for **all** competitors.

**Separate** male & female divisions, if practical, divided by **similar** experience, rank & age as follows.

Beginner: Under 1 year of training & less than 9 kyu.

Novice: Over 1 year of training or 9 kyu & over.

Children ----- Ages 5-6\* & 7-8\* & 9-10\*

\*Children Ages 5-10 may participate in either Kumite or Flag Sparring, but not both.

## KUMITE (Sparring)

**Separate** male & female divisions divided by **similar** size, rank & age as follows.

Children Male ----- Ages 5-6\* & 7-8\* & 9-10\*

Children Female ----- Ages 5-6\* & 7-8\* & 9-10\*

\*Children Ages 5-10 may participate in either Kumite or Flag Sparring, but not both

Youth Male ---- Ages 11-12 & 13-14 & 15-17

Youth Female ----- Ages 11-12 & 13-14 & 15-17

Adults Male ----- Ages 18-34

Adults Female ----- Ages 18-34

Seniors Male----- Ages 35 & older

Seniors Female ----- Ages 35 & older

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## **TOURNAMENT RULES & REGULATIONS**

1. The tournament director reserves the right to combine the divisions when appropriate.
2. Kihon, Kata & Kumite divisions will be run by single or double elimination per SKF of MI discretion depending on the number of entries
3. Selection of Judges & Referees will be determined by experience, rank, & knowledge. Judges & Referees will be assigned to rings the morning of the tournament at the tournament site.
4. Judges, Referees & Instructors: No shouting advice or coaching to your students or other competitors after they have been called to gather for their division.
5. Fingernails & toenails must be trimmed short.

## **KUMITE RULES: FACE CONTACT, MODIFIED USA-NKF RULES**

1. The result of a match is determined by a contestant obtaining 8 points or the highest number of points when time runs out.
2. Competitors age 17 & under, no touch or contact to the head, face or neck (including the face mask & head protector) is allowed with hand techniques. Jodan kicks may make the lightest touch ("skin touch") & still score.
3. Competitors age 18 & above may perform non-injurious light controlled "touch" contact to the head, face & neck (but not the throat) with hand & foot techniques.
4. Matches are 2 minutes using stop time.

## **CRITERIA FOR DECISION**

1. In individual matches, if after full time there are no scores or scores are equal, the decision shall be made by a final vote of the four judges & the Referee each casting their vote.
2. If short on judges, the decision shall be made by three judges & the Referee. If there is a tie vote, the Referee will make the final decision.

## **JOGAI PENALTIES**

1 <sup>st</sup> time out of bounds:	Chukoku	-- first warning
2 <sup>nd</sup> time out of bounds:	Keikoku	-- second warning
3 <sup>rd</sup> time out of bounds:	Hansoku Chui	-- warning of disqualification
4 <sup>th</sup> time out of bounds:	Hansoku	-- disqualification (loss of match)

**FLAG SPARRING: SKF of MI RULES** (Contact Robert Sherby at [Robert@karatemi.com](mailto:Robert@karatemi.com) if more information is desired. Complete set of rules available at [www.michigankaratetournament.com](http://www.michigankaratetournament.com).)

1. Matches are 1½ minutes using stop time.
2. If both second belts come off at the same time, stop the time & put both second belts back on & finish the match.
3. If tied after full time the Referee will declare a winner based on overall performance.

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## WARNINGS & PENALTIES

- CHUKOKU ----- CHUKOKU is imposed for the first instance of a minor infraction.
- KEIKOKU ----- KEIKOKU is imposed for the second instance of a minor infraction.
- HANSOKU CHUI -- This is a warning of disqualification usually imposed for infractions for which a KEIKOKU has previously been given in that bout although it may be imposed directly for serious infringements, which do not merit HANSOKU.
- HANSOKU ----- This is a penalty of disqualification following a very serious infraction or when a HANSOKU CHUI has already been given.

**SCORING:** Scoring areas are head, face, neck (including the throat), abdomen, chest, back & side.

1. YUKO (1 point)
  - a. Any punch (Tsuki) delivered to any of the seven scoring areas.
  - b. Any strike (Uchi) delivered to any of the seven scoring areas.
2. WAZA-ARI (2 points)
  - a. Chudan kicks. Chudan defined as the abdomen, chest, back, & sides.
3. IPPON (3 points)
  - a. Jodan kicks. Jodan defined as the head, face & neck (must have absolute control).
  - b. Any scoring technique that is delivered on an opponent who has been thrown, has fallen of their own accord, or who is otherwise off their feet.

## PENALTY CATEGORIES (PROHIBITED BEHAVIOR)

1. Category 1
  - a. Techniques which make excessive contact having regard to the scoring area attacked.
  - b. Techniques which make contact with the throat.
  - c. Attacks to the arms, legs, groin, joints or instep.
  - d. Attacks to the face with open hand techniques (e.g. Teisho or Nukite).
  - e. Dangerous or forbidden throwing techniques.
2. Category 2
  - a. Feigning or exaggerating injury.
  - b. Exits from the competition area (Jogai) not caused by the opponent.
  - c. Self-endangerment from behavior that exposes oneself to injury by the opponent or failing to take adequate measures like turning the back for self-protection (Mubobi).
  - d. Avoiding contact (running) to prevent the opponent having the opportunity to score.
  - e. Passivity – not attempting to engage in combat.
  - f. Clinching, wrestling, pushing, seizing or standing chest to chest without attempting a striking technique.
  - g. Techniques which by their nature cannot be controlled for the safety of the opponent and dangerous and uncontrolled attacks, whether they land or not.
  - h. Simulated attacks with the head, knees or elbows.
  - i. Unsportsman like action, talking to or goading the opponent, failing to obey the Referee.



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## Registration Form

Please make checks or money orders payable to Tony Valvona. Mail form with check or money order to:  Tony Valvona 44060 Cottisford Rd, Northville, MI 48167-8911	1 EVENT:\$40 2 EVENTS: \$50 3 EVENTS: \$60 4 EVENTS: \$70  <ul style="list-style-type: none"> <li>• Postmark all Fees &amp; Registration Forms by April 2, 2013</li> <li>• Add \$5 late fee per event if postmarked after April 2, 2013</li> <li>• No registration will be accepted after April 9, 2013</li> <li>• <b>No Refunds After Registration</b></li> </ul>
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**PLEASE PRINT CLEARLY**

COMPETITOR:   **First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

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GENDER (M / F): \_\_\_\_\_ AGE: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ WEIGHT: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

CIRCLE RANK: 9 kyu 8 kyu 7 kyu 6 kyu 5 kyu 4 kyu 3 kyu 2 kyu 1 kyu Sho-dan & above

FLAG SPARRING (Age 5-10): Beginner: under 1 year of training  Novice: over 1 year of training

COMPETITOR PHONE NUMBER: \_\_\_\_\_ e-mail: \_\_\_\_\_

CLUB NAME: \_\_\_\_\_ INSTRUCTOR NAME: \_\_\_\_\_

CLUB PHONE NUMBER: \_\_\_\_\_ e-mail: \_\_\_\_\_

**COMPETITION FEE (Please X Box):**

1 Event \$40 <input type="checkbox"/> Late Fee \$45 <input type="checkbox"/>	2 Events \$50 <input type="checkbox"/> Late Fee \$60 <input type="checkbox"/>	3 Events \$60 <input type="checkbox"/> Late Fee \$75 <input type="checkbox"/>	4 Events \$70 <input type="checkbox"/> Late Fee \$90 <input type="checkbox"/>
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**PLEASE X THE EVENT(S) THE COMPETITOR IS COMPETING IN:**

AGE on tournament date	KIHON - BASIC All Ages 9 kyu & above	KATA - FORMS All Ages 9 kyu & above	KUMITE - FIGHT All Ages ** 9 kyu & above	FLAG SPARRING Ages 5-10 Beginner & Novice
5 - 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> or	<input type="checkbox"/>
11 - 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event
18 - 34	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event
35 & older	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	No Event

I hereby for myself, my executor(s), my heirs, Forever and always agree to save and hold harmless the Shotokan Karate Federation of Michigan (SKFofMI – Tony Valvona) and any instructor, volunteers and anyone else for any liability or injury I may sustain by the way of my traveling to or from, participating in or other direct or indirect involvement in said karate event I have entered. In addition, I hereby for now and forever accept any and all responsibilities for any actions in conjunction with said event and the traveling to or from or participation in said event. Finally, I agree to allow, without compensation, the unrestricted use of any photographs, films or video tapes of myself.

Competitor's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent / Guardian's Signature: \_\_\_\_\_ (for competitor under 18 years old)