



**CANADA J.K.A. KARATE FEDERATION
(CJKF)**

2011 Ontario Provincial Championships

Sunday May 29th 2011

Toronto

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General Information

The CJKF 2011 Ontario Provincial Championships are open to karatekas of all ages and ranks with valid CJKF membership.

Date & Time

Sunday May 29th, 2011
9:00am – 5:00pm

Tournament Location (map on last page)

Senator O'Connor Catholic Secondary School
60 Rowena Drive
Scarborough

Hotel/Motel Accommodations within approx 15 mins drive to tournament site:

Holiday Inn Express Toronto East
50 Estate Drive, Scarborough
\$114.99 per night/ 2 queen beds – Internet rate subject to change
<http://www.hiexpress.com/hotels/us/en/scarborough/yyzex/hoteldetail>

Travelodge Toronto East
20 Milner Business Court, Scarborough
\$119 per night/ 2 queen beds – Internet rate subject to change
http://www.travelodge.com/Travelodge/control/Booking/property_info?propertyId=09667

Best Western Executive Inn Toronto East
38 Estate Drive, Scarborough
\$116 per night/ 2 queen beds – Internet rate subject to change
<http://book.bestwestern.com/bestwestern/productInfo.do?propertyCode=66088>

Delta Toronto East
2035 Kennedy Rd., Scarborough
\$139 per night/ 2 double beds – Internet rate subject to change
www.deltahotels.com/en/hotels/ontario/delta-toronto-east

Tournament Registration Deadline

COMPETITORS:

All individual tournament registration fees and forms must be submitted to **your dojo instructor** by **deadline date specified by your dojo instructor**.

DOJO REGISTRATION DEADLINE:

Dojo tournament registration including summary sheets, fees, and signed individual waiver forms must be submitted to **Mississauga JKA** by **Saturday April 30 2011**.

Mail to Address: World Class Karate, 309 Lakeshore Road East, Mississauga, L5G 1H3
Please do not send cash in the mail.

TOURNAMENT EVENTS

Individual Kata

<u>Rank Divisions</u>	<u>Age groups, male or female</u>
White, Yellow & Orange Belt	9 & younger, 10-13, 14-17, 18 & older
Green & Purple Belt	9 & younger, 10-13, 14-17, 18 & older
Brown Belt	9 & younger, 10-13, 14-17, 18 & older
Black Belt	9 & younger, 10-13, 14-17, 18-44
Senior Brown & Black Belt	45 & older

Individual Kumite

<u>Rank Divisions</u>	<u>Age groups, male or female</u>
White, Yellow & Orange Belt	9 & younger, 10-13, 14-17, 18 & older
Green & Purple Belt	9 & younger, 10-13, 14-17, 18 & older
Brown Belt	9 & younger, 10-13, 14-17, 18 & older
Black Belt	9 & younger, 10-13, 14-17, 18-44
Senior Brown & Black Belt	45 & older

Team Kata

<u>Rank Divisions</u>	<u>Age groups, male or female or mixed teams</u>
White, Yellow & Orange Belt	15 & younger, 16 & older
Green & Purple Belt	15 & younger, 16 & older
Brown Belt	15 & younger, 16 & older
Black Belt	15 & younger
Black Belt	16 & older (female & mixed), 16 & older (men)

TOURNAMENT RULES

EVENT CONSOLIDATION FOR COMPETITORS:

The Tournament Technical Committee reserves the right to consolidate age and/or rank divisions in any tournament event as it deems necessary. Males and females competing in Individual events will be separate in all rank divisions, except as follows:

INDIVIDUAL KATA/KUMITE where there is only a single competitor, males and females will be combined for all ranks in kata, and for all ranks below Brown Belt in kumite; males and females will not be combined for kumite in the Brown & Black Belt divisions.

TEAM KATA

Each team must consist of 3 contestants, any combination of males or females of any age or rank. A team will compete in the rank division of the highest ranking team member.

If any team member is 16 & older, that team will compete in the 16 & older division.

Note: Competitors are allowed to participate on one team only.

THREE COMPETITORS RULE for kata or kumite events:

In the case where there are only three competitors in an event, there will be no automatic bye. The loser of the first match will compete against the next competitor. If the loser of the first match wins the second match, that competitor will automatically finish second, and the winner of the first match will automatically finish first. If the loser of the first match loses the second match, that competitor will finish third, and the winner of the second match will compete with the winner of the first match for first and second place.

INDIVIDUAL KATA

White, Yellow & Orange Belt - 9 & younger, 10-13, 14-17, 18 & older

Preliminary matches, until the final 4

FLAG SYSTEM; one kata by random draw from:

White Belt	Heian Shodan
Yellow Belt	Heian Shodan, Nidan
Orange Belt	Heian Shodan, Nidan, Sandan

Final matches - final 4

POINT SYSTEM; the contestant must choose one kata from:

Heian Shodan, Nidan, Sandan

Green & Purple Belt - 9 & younger, 10-13, 14-17, 18 & older

Preliminary matches, until the final 4

FLAG SYSTEM; one kata by random draw from:

Green Belt Heian Shodan, Nidan, Sandan, Yondan

Purple Belt Heian Shodan, Nidan, Sandan, Yondan, Godan

Final matches - final 4

POINT SYSTEM; the contestant must choose one kata from:

Heian Nidan, Sandan, Yondan, Godan, Tekki Shodan

Brown Belt - 9 & younger, 10-13, 14-17, 18 & older

Preliminary matches, until the final 4

FLAG SYSTEM; one kata by random draw from:

Heian Nidan, Sandan, Yondan, Godan, Tekki Shodan

Final matches - final 4

POINT SYSTEM; the contestant must choose one kata from the following:

Bassai-Dai, Kanku-Dai, Jion, Enpi

Black Belt - 9 & younger, 10-13, 14-17, 18 & older

Preliminary matches, until the final 8

FLAG SYSTEM; one kata by random draw from:

Heian Nidan, Sandan, Yondan, Godan, Tekki Shodan

Final matches - final 8

POINT SYSTEM; the contestant must choose one kata from the following:

17 & younger, male or female - Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku

18 & older, male or female - Bassai-dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku, Tekki Nidan, Tekki Sandan, Bassai-sho, Kanku-sho, Nijushiho, Sochin, Meikyo, Gojushiho-sho, Gojushiho-dai, Unsu, Chinte, Wankan.

TEAM KATA

White, Yellow, Orange Belt - 15 & younger, 16 & older

Green & Purple Belt - 15 & younger, 16 & older

Brown Belt - 15 & younger

Black Belt - 15 & younger

POINT SYSTEM: Teams must choose one kata from the following:

Heian Shodan, Nidan, Sandan, Yondan, Godan, Tekki Shodan, Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku.

Brown & Black Belt - 16 & older

POINT SYSTEM: Teams must choose one kata from the following:

Bassai-Dai, Kanku-Dai, Jion, Enpi, Jitte, Hangetsu, Gankaku, Tekki Nidan, Tekki Sandan, Bassai-Sho, Kanku-Sho, Nijushiho, Sochin, Meikyo, Gojushiho-Sho, Gojushiho-Dai, Unsu, Chinte, Wankan

Tiebreak Rule for Kata Matches (Item 39 JKA Rules)

Flag System

The Head Judge will randomly choose another kata to be performed by the 2 competitors.

Point System

The competitors will perform the same kata again. If there is still a draw, the lowest score that was dropped will be added for a total score. If there is still a draw, the highest score that was dropped will be added as well for a total score. If finally there is still a draw, the competitors will perform a different kata.

INDIVIDUAL KUMITE

White, Yellow, Orange Belt - 9 & younger, 10-13, 14-17, 18 & older

Kihon Sanbon Kumite (Basic Three Step Sparring):

Jodan (Face), Chudan (Stomach) – Start with Right Side

In the case of a tie, Start with Left Side

Green & Purple Belt - 9 & younger, 10-13, 14-17, 18 & older

Kihon Ippon Kumite (Basic One Step Sparring):

Jodan (Face), Chudan (Stomach), Mae-geri (Front kick) - Right Side Only

In the case of a tie, Left Side Only.

Brown & Black Belt - 9 & younger, 10-13, 14-17, 18 & older

Shobu Ippon Kumite (One Point System Free Sparring) - 2 minute match.

Gloves & Mouthguard are required.

Tiebreak Rule for Shobu Ippon Kumite (Item 24 JKA Rules)

If there is a draw, another match will be held. This re-match is called Sai-Shiai. If this re-match ends up in a draw, a second re-match called Sai-Sai-Shiai will be held. However, the Head Judge may order that this second re-match is a “sudden death” match meaning that the competitor that scores first is declared the winner.

After a second re-match the judges will determine a winner.

Additional Information from JKA Tournament Rules & Regulations

Item 25 (JKA Rules) – Criteria Leading to Disqualification (Hansoku)

1. The following elements are forbidden:
 - a. Excessive contact
 - b. Performing dangerous throws and where joints are involved
 - c. Wasting time by not attacking
 - d. Using provocative language and attitude, or verbal taunting
 - e. Purposely attacking after stop (Yame) or out of bounds (Jogai) is called
 - f. Head butt attack
 - g. Spear hand or Nukite attack
 - h. Purposely attacking the groin area

Guidelines for Kihon-Ippon Kumite

Attacking Techniques

1. Punch to the face or Jodan Oi-Zuki – aiming for either just below the nose, or lower part of the chin
2. Punch to the stomach or Chudan Oi-Zuki – aiming for the solar plexus
3. Front kick to the stomach or Chudan Mae-Geri – using the back leg, aiming for the solar plexus
4. There must be appropriate distance to attack. The attacking competitor steps the leg back and forms a downward block or Gedan-Barai. Each attack must be clearly announced before execution.
5. After the completion of an attack and defense sequence, both competitors simultaneously return to the natural position or Shizentai. The attacking competitor takes a step back to return to the natural position while the defending competitor takes a step forward to do the same

Defensive Techniques

1. Any kind of blocking techniques and body shifting can be used
2. Any kind of counterattack to the target areas can be used but only a single counterattack is allowed

Additional points

1. An attack or defense technique can only be used one time
2. There is to be one sudden vocal release of energy or Kiai per attack and per counterattack

Prohibited Elements (Attack)

1. Faking a movement in order to have the opponent move, and then attack that opponent
2. Lunging the body towards the opponent or taking more than one basic step forward to attack
3. From the natural position or Shizentai, the attack must follow a straight line forward and not follow the opponent who may have moved prior to completion of the attack
4. Face level and stomach level attacks that are executed with forceful motions such as pressing the arm downward while the opponent is executing a blocking technique
5. Withdrawing too quickly the hand that is executing an attack.

Prohibited Elements (Defense)

1. Contact or hitting the attacking competitor other than the blocking technique that should be executed
2. Any combination technique: sweeping the attacking competitor, any projection techniques or holds involving the joints
3. During the execution of a blocking technique to the stomach, to be blocking at the other competitor's elbow
4. During the execution of a blocking technique to the face, any forceful motions that may cause a loss of balance of the attacking competitor
5. Withdrawing too quickly the hand that is executing a counterattack

Team Kata Registration Form

Dojo: _____

Each team must consist of 3 contestants, any combination of males or females of any age or rank. A team will compete in the rank division of the highest ranking team member.

If any team member is 16 & older, that team will compete in the 16 & older division.

Note: Competitors are allowed to participate on one team only.

Adult Black Belt ONLY: Please circle if team is All Female, Mixed, or All Male

Team: _____

Name	Age	Rank	Category (Circle)
			(15 & under) (16 & over)
			White/Yellow/Orange
			Green/Purple
			Brown
			Black (Female/ Male / Mixed)

Team: _____

Name	Age	Rank	Category (Circle)
			(15 & under) (16 & over)
			White/Yellow/Orange
			Green/Purple
			Brown
			Black (Female/ Male / Mixed)

Team: _____

Name	Age	Rank	Category (Circle)
			(15 & under) (16 & over)
			White/Yellow/Orange
			Green/Purple
			Brown
			Black (Female/ Male / Mixed)

Team: _____

Name	Age	Rank	Category (Circle)
			(15 & under) (16 & over)
			White/Yellow/Orange
			Green/Purple
			Brown
			Black (Female/ Male / Mixed)

Individual Registration Form

REGISTRATION DEADLINE: Payment and signed Registration form must be submitted to **your dojo instructor** by **deadline date specified by your dojo instructor**.

Name: _____ Male/Female (*Please circle one*)

Dojo: _____ Rank: _____

Date of Birth: _____ Adult £ Senior £

Contestants must have a valid CJKF membership card.

CJKF Membership No. _____ Expiry: _____

Event Fees: (Please check appropriate boxes)

- | | | |
|--|---|-------|
| 1. Individual Kata | £ | |
| and/or Individual Kumite | £ | \$30 |
| Note: Gloves and mouth-guards are required for Brown and Black Belts. | | |
| 2. Team Kata plus any Individual event(s) | £ | \$35 |
| 3. Team Kata only | £ | \$ 15 |

Please make cheques payable to: Peel JKA. Total enclosed \$ _____

The Tournament Technical Committee reserves the right to consolidate age and/or ranking categories as it deems necessary.

WAIVER: *Please attach signed waiver on page 12 (Mandatory)*

Waiver/Release Agreement

The undersigned is aware that there are risks and dangers inherent in participating at the 2011 CJKF Ontario Provincial Championships. In consideration of being permitted to participate at the 2011 CJKF Ontario Provincial Championships, I hereby release and waive any claims against Senator O'Connor Catholic Secondary School, the Japan Karate Association, Canada JKA Karate Federation, and any and all clubs, schools, instructors, members, judges, officials, officers, directors and representatives relating thereto (collectively the "Releases") for any injury or damage which I may suffer while participating at the 2011 CJKF Ontario Provincial Championships including travel to and from the 2011 CJKF Ontario Provincial Championships.

I understand and agree that this Release will have the effect of releasing, discharging, waiving and forever relinquishing any and all actions, those causes of action that I may have or have had, whether past, present or future, whether now known or unknown and whether anticipated or unanticipated by me, arising out of my participation at the 2011 CJKF Ontario Provincial Championships. This Release shall be binding upon me, my heirs, successors, administrators, assigns and legal representatives.

I assume full responsibility for any and all risk of death or personal injury or property damage, which I may suffer while participating at the 2011 CJKF Ontario Provincial Championships. I expressly acknowledge and assume any and all risk that my participation at the 2011 CJKF Ontario Provincial Championships may subject me to personal injury to bodily harm.

I confirm that I have no past or present medical condition, injury or other physical or mental restriction which may cause or contribute to personal injury or property damage while participating at the 2011 CJKF Ontario Provincial Championships and if in case I have such a condition, I agree to forthwith nullify the Releases, as the case may be, and withdraw from the 2011 CJKF Ontario Provincial Championships.

I further agree by signing this Release, I shall indemnify and hold any of the Releases harmless from any and all liability or costs, including legal fees, associated with or arising from my participation at the 2011 CJKF Ontario Provincial Championships.

I acknowledge that I have read this Release and that I understand the words and language in it. I sign this Release freely and voluntarily.

Signature: _____ Date: _____

Parent/Guardian's Signature: _____

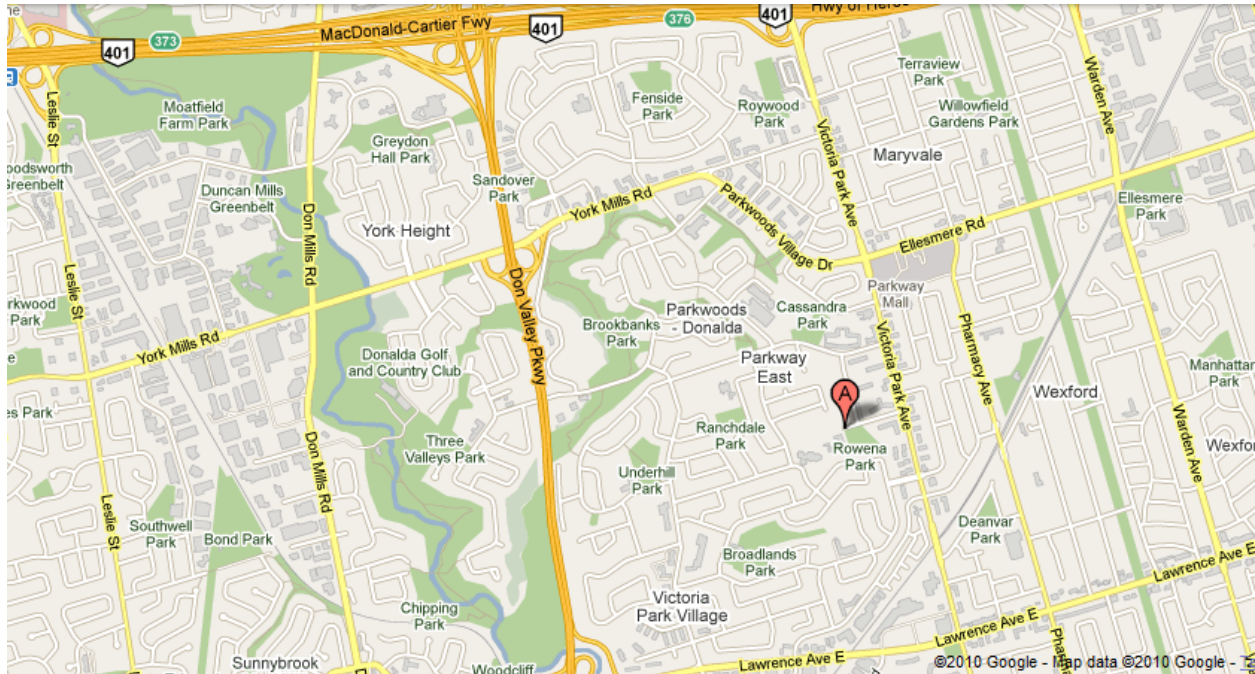
Required for contestants 17 years old & younger

Print Name: _____

MAP

Senator O'Connor Catholic Secondary School
60 Rowena Drive, Scarborough

Sunday May 29th, 2011 9:00am – 5:00pm



<p>From the East: Take Hwy 401 West Exit Victoria Park Ave South (turn left) Head South on Victoria Park Ave (2 km) Turn right at Rowena Drive School at end of street</p>	<p>From the West: Take Hwy 401 East Exit Victoria Park Ave South (turn right) Head South on Victoria Park Ave (2 km) Turn right at Rowena Drive School at end of street</p>	<p>From the QEW Take QEW East to Gardiner Expressway Go East on Gardiner Expressway to Don Valley Parkway Go North on Don Valley Parkway Exit Lawrence Ave East Take Lawrence Ave East to Victoria Park Ave (1.8 km) Go North on Victoria Park Ave (turn left) Take Victoria Park Ave to Rowena Drive (1.8 km) Turn left at Rowena Drive School at end of street</p>
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