



CANADA J.K.A. KARATE FEDERATION (CJ KF)

2023 Ontario Provincial Championships / Invitational

Sunday December 3rd 2023

Scarborough, Ontario

CJKF Ontario Provincial Karate Championships

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General Information

The CJKF 2023 Ontario Provincial Championships are open to karateka of all ages and ranks with **valid CJKF membership**.

Date & Time

Sunday December 3rd, 2023 9:00am – 4:00pm

Tournament Location

**Burrows Hall Community Centre
1081 Progress Ave, Scarborough ONT. M1B 25Z**

Intersection: Near: Progress Ave & Sheppard Ave E

Tournament Registration Deadline

COMPETITORS:

All individual tournament registration fees and forms must be submitted to **your dojo instructor** by the **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:

**Toronto JKA Karate by
Sunday November 19th. 2023,
(2 weeks prior to the tournament.)**

This is important so we can get the divisions, medals and rings organized.

Email all information to:

torontojkakarate@gmail.com

All Payments made only by **dojo representatives** via e-transfer to:

torontojkakarate@gmail.com

(Payments by individual students will not be accepted)

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TOURNAMENT EVENTS

Individual Kata

Rank Divisions Age groups, male or female

White, Yellow & Orange Belt	7-9, 10-13, 14-17, 18 & older
Green & Purple/Blue Belt	7-9, 10-13, 14-17, 18 & older
Brown Belt	7-9, 10-13, 14-17, 18-44
Black Belt	7-9, 10-13, 14-17, 18-44
Senior Brown & Black Belt	45 & older

Individual Kumite

Rank Divisions Age groups, male or female

White, Yellow & Orange Belt	7-9, 10-13, 14-17, 18 & older
Green & Purple/Blue Belt	7-9, 10-13, 14-17, 18 & older
Brown Belt	7-9, 10-13, 14-17, 18-49
Black Belt	7-9, 10-13, 14-17, 18-49
Senior Brown & Black Belt	50 & older

Team Kata

Rank Divisions Age groups, male or female or mixed teams

White, Yellow, Orange,	11 & younger Mixed, 12-15 Mixed, 16 & older Mixed
Green, Blue, Purple	11 & younger Mixed, 12-15 Mixed, 16 & older Mixed
Brown & Black Belt	11 & younger Mixed, 12-15 Mixed,
Brown & Black Belt	16 & older Women, 16 & older Men or Mixed

Special divisions Individual Kata & Kumite

5-6 year olds all belts, boys and girls

Kata: Single Kata, Point system, in case of tie repeat same Kata

Kumite: Sanbon kumite, in case of tie repeat same side (Head judge counts for competitors)

Special divisions Individual Kata only for Special Needs

All ages and belts, one division

Competitor Sensei or Coach may assist in prep for their Kata.

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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. Male and female competing in Individual events will be separate in all rank divisions, except as follows:

INDIVIDUAL KATA/KUMITE where there is only a single competitor, male and female will be combined for all ranks in kata, and for all ranks below Brown Belt in kumite; male and female will not be combined for kumite in the Brown & Black Belt divisions. Competitors may be moved up or down in age group depending on the number of competitors in the age division

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 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

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Green & Purple/Blue 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/Blue 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 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: 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 – Children, Youth

Green & Purple/Blue Belt – Children, Youth

Brown Belt – Children, Youth

Black Belt – Children, Youth

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 - Adult

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

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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

Note: For safety reasons, competitors will not be allowed to wear regular eye glasses. Safety glasses and contact lenses are allowed.

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/Blue 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

Jiyu-Ippon Kumite (Semi-Free Sparring):

Jodan (Face), Chudan (Stomach), Mae-geri (Front kick).

Yoko-geri Kekomi (Side Thrust kick) - **Right Side Only**

In the case of a **tie, Left Side Only.**

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

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

White Gloves & Mouthguard are required.

Please Note: White Gloves must be worn. Not Blue or Red.

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 rematch 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.

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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.

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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

Guidelines for Jiyu-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. Side thrust kick to the stomach or Chudan Yoko-Geri Kekomi – using the back leg, aiming for the solar plexus
5. There must be appropriate distance to attack and each attack must be clearly announced before execution.

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
3. When there is proper distance or Maai to attack, the competitor must initiate that attack. It has been seen that proper distance or Maai has been reached and no attack is initiated. This must not be done.
4. The defending competitor must not back away creating a longer distance from the attacking competitor.
5. Faking a movement or Kensei is not allowed.

Prohibited Elements (Attack)

1. Distance is too short, and lunging the body towards the opponent.
2. Withdrawing too quickly the hand that is executing an attack.
3. Contact or hitting the opponent.
4. Blocking or shifting the body during the counterattack.
5. Grabbing or holding the opponent.

Prohibited Elements (Defense)

1. Stepping out of the court for 3 times.
2. Blocking and counterattacking at the same time

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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	Circle Category
			(11 & Under) (12-15) (16 & older)
			(Green – Blue) (Brown- Black)
			(Female / Male / Mixed)

Team: _____

Name	Age	Rank	Circle Category
			(11 & Under) (12-15) (16 & older)
			(Green – Blue) (Brown- Black)
			(Female / Male / Mixed)

Team: _____

Name	Age	Rank	Circle Category
			(11 & Under) (12-15) (16 & older)
			(Green – Blue) (Brown- Black)
			(Female / Male / Mixed)

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Individual Registration Form

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

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

Dojo: _____ **Rank:** _____

Age: **Adult 18+** **Senior 45+**

Contestants must have a valid CJKF membership card.

CJKF Membership No. _____ **Expiry:** _____

Event Fees: (Please check appropriate boxes)

- | | | |
|-------------------------------|--------------------------|-------------|
| 1. Single event | <input type="checkbox"/> | \$50 |
| 2. More than one event | <input type="checkbox"/> | \$60 |

Note: White gloves and mouth-guards are required for Brown and Black Belts.

Please e-transfer to: torontojkakarate@gmail.com

Total \$ _____

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 13 (Mandatory)

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Waiver/Release Agreement

The undersigned is aware that there are risks and dangers inherent in participating at the 2023 CJKF Ontario Provincial Championships. In consideration of being permitted to participate at the 2023 CJKF Ontario Provincial Championships, I hereby release and waive any claims against Burrows Hall, 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 2023 CJKF Ontario Provincial Championships including travel to and from the 2023 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 2023 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 2023 CJKF Ontario Provincial Championships. I expressly acknowledge and assume any and all risk that my participation at the 2023 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 2023 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 2023 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 2023 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.

Print Name: _____

Signature: _____ Date: _____

Parent/Guardian's Name: _____

Signature: _____

Required for contestants 17 years old & young

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MAP

Burrows Hall Community Centre
1081 Progress Ave, Scarborough ONT. M1B 25Z

Intersection: Near: Progress Ave & Sheppard Ave E

Sunday December 3rd 2023 9:00am – 4:00pm

Entrance same side as parking lot

<https://maps.app.goo.gl/BAdBU3bFNNLBQdhm8>

